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The Meaning of the Acupuncture Points Kidney Channel



Dr Zan Yu Chen

Profile

Dr Zan Yu Chen is a leading name within the Chinese medicine industry in the UK and China. He is a knowledgeable teacher, an experienced practitioner and the President of the FTCMP.

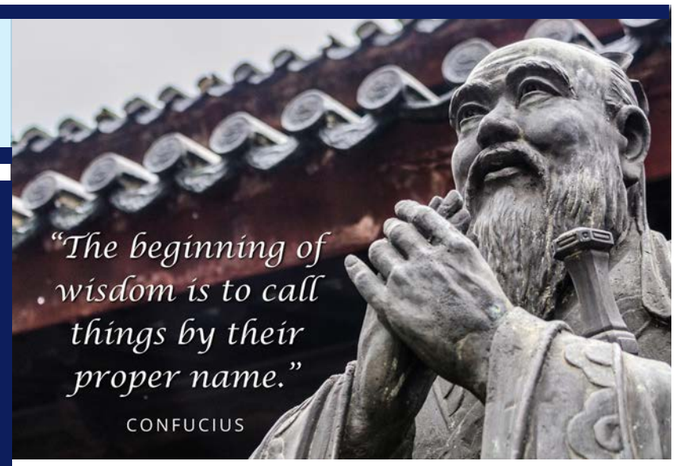
He comes from a family with a long history of Chinese medicine. He has more than 30 years of clinical and teaching experience in the UK and China. He is wholeheartedly devoted to traditional Chinese medicine and passionate about building up the bridge to connect the East and West, the modern and tradition.

He studied for six years at the Chinese Medicine department of Beijing University of Chinese Medicine (BUCM) from 1986 to 1992. He later studied for his Master's degree from 1998 to 2000 in the same department.

From 1992 to 2000, Zan Yu Chen was a lecturer of Chinese herbal medicine at BUCM, until he moved to the UK in 2000. Since then, he has been practising at his clinic in Kent.

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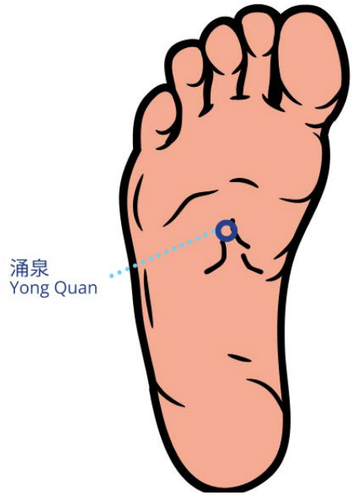


Confucius said about 2600 years ago, the name must be given properly in the first place for everything we deal with, as the name contains huge information, is a general report of the contains. The name of the herbs and acupuncture points, etc. in TCM has huge value for understanding the thoughts of Chinese medicine, and yet the study of it is not enough to reveal the secrets, the fast-learning track by name study was long neglected, particularly outside of China.

KI-1 Yong Quan 涌泉

The Yong Quan is well known as Bubbling Well in English. As the first point of the kidney, the water organ, Yong Quan initiating dynamic power of the water element of the body, synchronising the environmental water element, together with the Bladder channel's continuous flowing Qi, connect with Zhi Yin Point (BL-67), Extreme Yin, to replenish the living force and rising power.

The symptoms such as headaches, dizziness, sore throat, lose voice etc due to lack of the supply of the kidney energy and stagnations of the heat or fire, the bubbling well all can bring the strong water element to irrigate, soothe and calm down the problems.





KI-2 Ran Gu 然谷

To carry on the rising of the water element to irrigate all over the body, after the gathering the water energy from the lowest part of the body, there is a long way up and need lots of the lifting power. Ran Gu, can be interpreted to Burning valley, is the point where the raising power is generated. As the Xing-Spring point with fire property, can be used for reducing the kidney stagnation especially heat stagnation, the symptoms could be thirst, sore throat, cough, and irritation in the chest, etc.

Needling on the point for stimulate the kidney channel for awaken the central nervous system to treat the diseases such as coma and child syncope also been reported effective; applying moxibustion on the point can increase the fire of burning valley's Yang energy to treat the fatigue, heavy and painful legs caused by kidney Yang impairment.

KI-3 Tai Xi 太溪

Giant Stream is the meaning of Tai Xi, the Shu-Stream and Yuan-Source point of the Kidney channel. After the first major lift of the waterpower, the channel is reach to the big gathering place. The Yuan-Source point directly connected with the kidney organ, and able to treat various of the problems connected with kidney, such as nocturnal emission, impotence, irregular menstruation, frequent urination, diabetes, nephritis; and kidney channel connected symptoms due to insufficient support of water power, such as heel pain, lower limb cold, waist and back pain, headache, dizziness, sore throat, toothache, tinnitus, deaf.

In this stage, kidney Qi reached to a much stronger level than it started from Bubbling Well, the Giant Stream tell us the real size of the waterpower. In the aspect of the body measurement, the foot like the root of the life, in another words, is the source of the life, the pre birth constitution has manifested in the point. Some scholars also use the appearance of the Giant Stream to judge the stamina, general health conditions of the body.

KI-4 Da Zhong 大钟

Very interestingly, the kidney channel is not carried on up from the Giant Stream, instead the channel come down and back to gathering more energy and obtain big territory to consolidating the channel and building up the strong foundation. Da Zhong could be translated to Big Bell, the bell is made from metal, and the point is often used to treat for cough, asthma, hemoptysis.

As the point is also the Luo-connecting point of the kidney to the Bladder channel, conveniently, the point also located more towards the back, the Yang side of the body, made the point able to induce the dynamic power of the kidney. From the well respected and circulated book Bai Zheng Fu: 'To treat fatigue and hypersomnia, use Da Zhong and Tong Li (HT-5).'

KI-5 Shui Quan 水泉

Shui Qian, Water Spring, compare to bubbling well, the dynamic power seems not quite as strong, but the amount of the water energy is much bigger after the circulating and gathering. There is one thing in common between those two points, well and spring all rather deep, the energy is deeply rooted in the body, and able to connect to the blood and organ levels.

As the Xi-Cleft Point of the kidney channel, Shui Quan has often been used to treat irregular menstruation, dysmenorrhea, difficulty in urination, prolapse of the uterus, lower abdominal pain, amenorrhea, pelvic inflammation, cystitis, prostatitis.

Kidney is water organ, and the water is characterised by moistening and downward flowing, those two points, Da Zhong and Shui Quan, downwards flow in such a large area of the ankle, the aim is very clear: to reinforce and store up the waterpower for much further development of the channel.

In the Chinese Feng Shui practice, gently round or bend streams or rivers will gathering strong energy and fertilising land, also could be the cradles of civilisations when it in a large scale.

KI-6 Zhao Hai 照海

After the Bubbling Well, there is Burning Valley; and after the Water Spring, the Zhao Hai, Shine on Sea is followed. This pattern will reappear again and again, emphasise the common rules of the nature: holographic, repetitive but of course develop and evolve.

As the major point of lifting the water, dry throat due to lack of kidney essence moistening to upper part of the body will be the Zhao Hai's duty, prolapse of the uterus, pruritus vulcae, hernia, frequent urination, red and swollen eye, insomnia, somnolence, epilepsy, anxiety, chronic sphagitis, tonsillitis, constipation, neurasthenia and hysteria all can be helped by the Zhao Hai point.

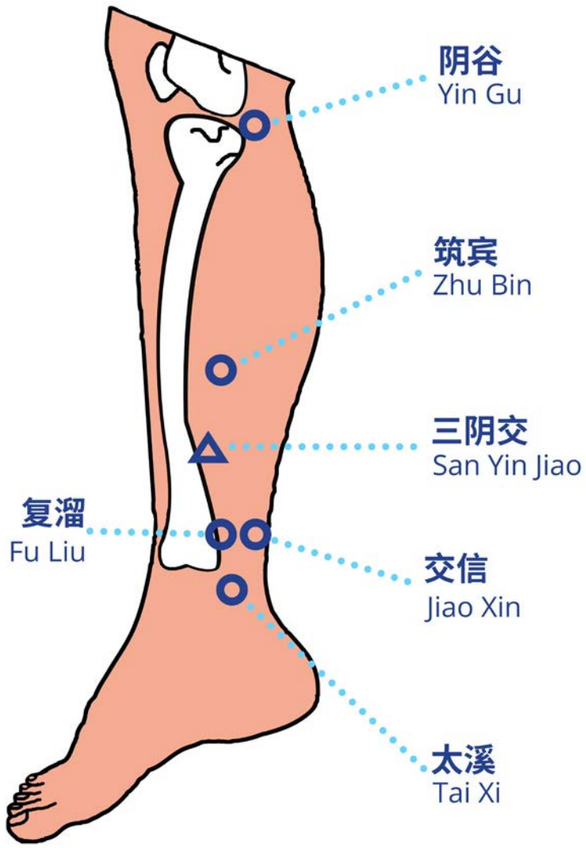
Zhao Hai is one of the Eight Confluential Points, connecting to Yin Qiao Channel. The Yin Qiao channel is in charge the eye's opening and closing as well as the movement of the legs, and only have 2 points which all shared with Kidney channel. Insomnia, epilepsy, exhaustions of the limbs often connected with malfunction of the Yin Qiao Channel and thus the Zhao Hai Point commonly applied for those disease.

KI-7 Fu Liu 复溜

From the Zhao Hai point, the water energy back to upwards flow again, Fu Liu, Back to Flowing, the name clearly marked such change of the channel. As the point also is the Jing-River point of the Kidney Channel, and Jing Point by the theory of the Chinese Medicine, means the stronger flow of energy, so compare with the previous kidney channel points, Fu Liu point contents more water energy.

To treat exogenic pathogens caused diseases such as flu, cold even pandemic without sweat, needling Fu Liu to induce perspiration. Weak and thin pulse, Foot weakness, swollen leg, lower leg paralysis, diarrhoea, borborygmi, oedema also the therapeutic range of the point.

KI-8 Jiao Xin 交信



Jiao Xin, Exchange the information, this point is right in the same horizontal level with Fu Liu, and the Xi-Cleft point of the Yin Qiao channel. Take the consider of close by spleen channel point named San Yin Jiao, Three Yin Exchange or Cross, the Exchange Information should be with spleen (Tai Yin) and liver (Jue Yin).

Doctors and scholars often apply Jiao Xin to treat irregular menstruation, pinkish leukorrhea mixed with white matter, abnormal vaginal hemorrhage, prolapse of uterus, diarrhoea, constipation, testicular swelling, dysentery, enteritis, those symptoms are caused by impairment of the spleen, kidney, and liver, the three Yin channels. By the way, Xin also means trust, reliable, is the virtue of gentleman in Confucianism, and is associated with the Spleen Qi and Earth element.

KI-9 Zhu Bin 筑宾

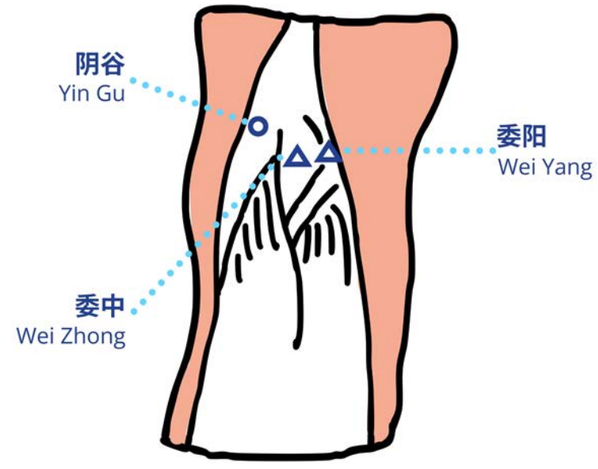
The meaning of Zhu Bin word to word is Building up for the Guest, it is hard to make sensible connection to the point. The point is the Xi-Cleft and start point of the Yin Wei Channel. The Yin Wei channel is for maintain the internal Yin in harmony, if it is not function normally then the patient will lose the mental focus and disorientated. The Guest must be the Yin Wei channel and it is built up by the Yin Channels cross in the Zhu Bin point.
Zhu Bin point is normally for treat demented, epilepsy, hernia, pain around heart region, clearly is due to the connections to the Yin Wei channel.

KI-10 Yin Gu 阴谷

Yin Gu, Yin Valley, is the He-Sea point of the Kidney Channel. The valley is the place where the large quantity of the things can be stored. The point is located besides the knee, it used to treat pain in interior of thigh and knee.

As this is He-Sea point, reinforce the point often used to treat impotence, hernia, irregular menstruation, uterine bleeding, urination difficulty, pain inside genital, demented, urinal tract infection, vaginitis, pruritus vulvae when those problems are caused by weakness of the kidney Yin.

KI-11 Heng Gu 横骨



The kidney channel is now reach to the torso, and the Heng Gu, Level Bone is the clear bony landmark of the channel, the name described the location clearly. The symptoms Heng Gu point good at to treat focus on local area, such as lower abdominal pain, pain in groin region, nocturnal emission, impotence, enuresis, urination difficulty, hernia, urethritis, pelvic inflammation, annexitis, and retention of urine. *Qian Jin Fang* recorded: moxibustion on the point for prolonged and stubborn proctocele.

KI-12 Da He 大赫

Da He, Big Glowing, is the point after Heng Gu, the first point in the torso. It is very familiar in this channel, just like Bubbling well to the Burning Valley, the logic behind is also the same. Kidney is water organ, and kidney also water-fire organ by function, and yet the combined Yin and Yang throughout whole channel.

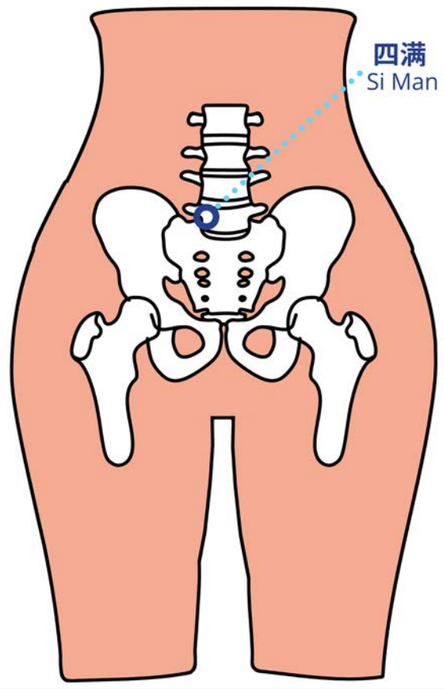
If the kidney can not maintain the uplift function, and the patient suffering for prolapse of the uterus, nocturnal emission, diarrhoea, dysentery, irregular menstruation, morbid leukorrhea, dysmenorrhea, infertility, pain in groin region etc, the Big Glowing should be effective point to apply.

KI-13 Qi Xue 气穴

Qi Xue, means Qi Point, is right located beside the Guan Yuan (Ren-4), there is the energy field and our life all started right from the area, in another word, there is plenty of Qi. With the big glowing underneath, the water element joined by huge amount of the Qi, or Yuan Qi, so this is strong kidney Qi replenish point, to treat: irregular menstruation, morbid leukorrhea, urination difficulty, waist and back pain, impotence, diarrhoea, dysentery due to impairment of the kidney Qi.

KI-14 Si Man 四满

Si Man, Full in Four aspects, or four directions, or Completely Full is the name given to mark the top stage of this round of water regeneration. The symptoms Si Man normally used to treat is very similar like the previous points: lower abdominal pain, irregular menstruation, uterine bleeding, leukorrhea, infertility, retaining of lochia, nocturnal emission, enuresis, hernia etc, but the constipation, oedema, tumour, bloating and fullness in the lower abdomen are particularly worth to remember.



KI-15 Zhong Zhu 中注

Zhong Zhu, Filling In, is the point after Completely Full. it is so clear by the name; the point is where the water Qi filling into the organ or deeper channels.
The treatment range of the diseases is lower abdominal and waist pain, irregular menstruation, constipation, diarrhoea, dysentery by most of the textbooks. But if we take consider of the name of the point, the treatment of the above symptoms must be deeper and more associated with internal organs.

Some scholars believe the organ which the Qi fill in to is the uterus, from the famous acupuncture encyclopaedia in Ming Dynasty Zhen Jiu Da Cheng recorded Zhong Zhu is used to treat heat in the lower abdomen, dry and hard stools difficult to pass, cannot hold up the Qi, back and spinal pain with contractions of the upper and lower body twist, red and pain in the inner corner of the eyes, menstrual disorders. Most of the problems is directly related to the uterus.

KI-16 Huang Shu 肓俞

Huang is the very fine place between the heart and diaphragm. With another word make a new words 'Gao Huang' has been used to describe an awkward place or situation no relief can reach. Shu is the most used word in Acupuncture point, it means point where the Qi able to be moving, transporting. Shu basically is another word for the point.

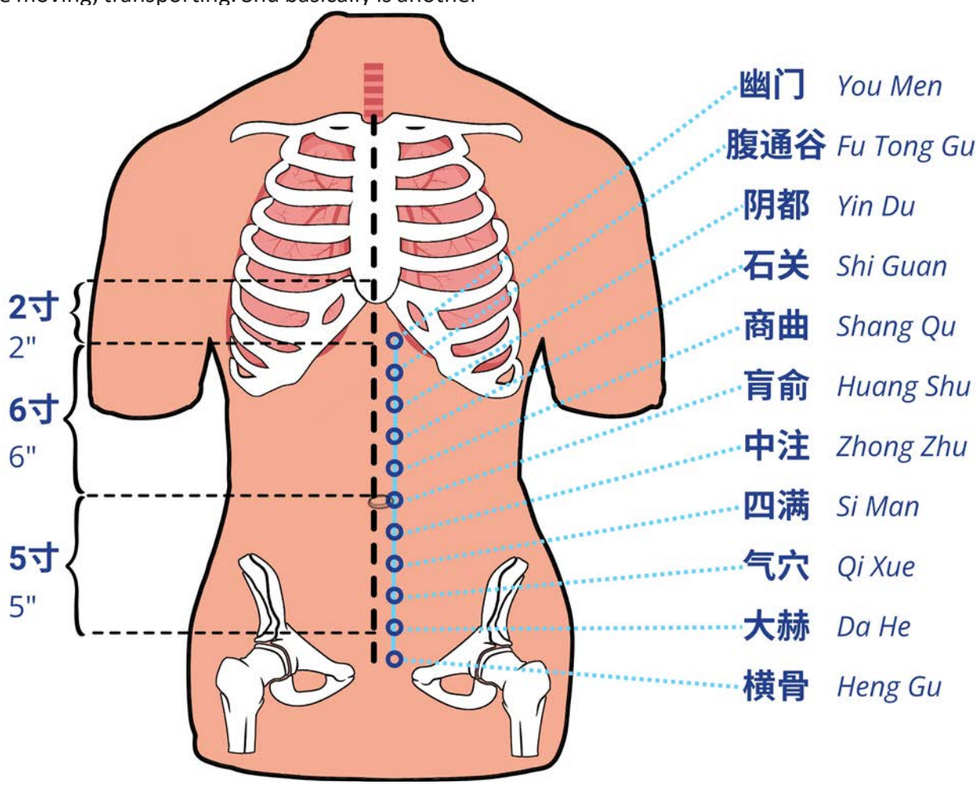
Huang Shu is located right next to Shen Que, the naval by anatomy. Shen Que means the Tower of the Shen. When we connect those two points together, the Huang shu used to treat cold under the heart region, the cold and hard pain under heart by Zhen Jiu Da Cheng is make a lot of sense.

Huang Shu used to treat local problems, such as lower abdominal pain spreading surround the umbilicus, abdominal distension, waist, and spinal pain, vomiting, diarrhoea, dysentery, constipation, irregular menstruation, hernia, gastro spasm, enteroplegia, cystitis by most of the textbooks.

KI-17 Shang Qu 商曲

From the Shang Qu the channel gets into the abdomen section, but the pattern of the naming rules is still very similar. Shang is the sound of metal, Shang Qu means the Metal in bend.

The point is located on the 2 Cun above the umbilicus and half Cun lateral to the anterior midline, inside are bending intestines that is the Metal natured. The treatment indications mainly centred by the local complains: Abdominal stagnancy, abdominal pain, diarrhoea, constipation, gastro spasm, peritonitis.



KI-18 Shi Guan 石关

Shi Guan, the Stone Gateway, is the start of a building complex. The water Qi initiated from dynamic bubbling well, long way up moistens the organs, but should not be collide to the Fire, the Heart, the Emperor of the body. The Earth is the one to keep the water energy stable and store up for continues supply, the upper abdomen is the place keep the system balanced.

Shi, Stone has the earth and metal dual natures, is a great communicator in between the earth and water. Abdominal pain, postpartum abdominal pain, infertility, vomiting, constipation, gastro spasm, oesophageal spasm, the diaphragmatic muscle spasm, all the problems connected to the spleen and kidney, Shi Guan should consider choosing.

KI-19 Yin Du 阴都

From the Stone Gateway, there lead to the Yin Du, the Yin Capital, or Yin City. This point is right next to the Zhong Wan (REN-12), the middle of the abdomen, and is the influential point of the Fu, this is well established for contain the Yin.

Abdominal pain, abdominal distension, borborygmi, infertility, constipation, chest and intercostal pain, hernia, and jaundice all can be treated with Yin Du, with the burning pain around the costal regain will be especially suitable choice.

KI-20 Fu Tong Gu 腹通谷

There is two points named Tong Gu, this one located in the abodomen, thus Fu Tong Gu, Abdominal Free Valley is named. After the gateway, the capital, there is free pass to the further aera.

If there are any blockages causing problems such as abdominal pain, abdominal distension, vomiting, heart pain, palpitation, chest pain, hoarseness or aphonia, gastritis, asthma, emphysema, intercostal neuralgia, will be the Fu Tong Gu's work. Zhen Jiu Da Cheng also recorded use the point to treat sudden lost voice.

KI-21 You Men 幽门

You Men, the Secret Door, is the last point in the abdomen of the kidney channel. The Water belongs to Yin, and yet the next stage of the channel will reach to the relatively Yang Part, the Chest, the capital of the body. The energy that able to lift further up must be processed, safeguarded, thus, Secret is necessary.

The point normally used to treat abdominal pain, hiccup, vomiting, indigestion, diarrhoea, dysentery, gastric spasm, chronic gastritis, stomach ulcer, intercostal neuralgia.

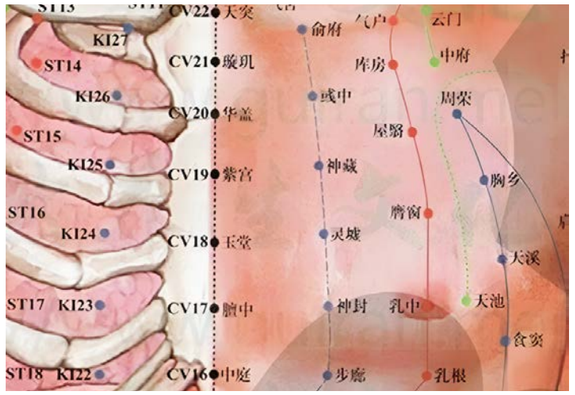
KI-22 Bu Lang 步廊

Bu Lang, Walking corridor, is the starting point of the chest section of the kidney channel. Simply by the name of the points, the magnificent and noble names been given to highlight the level of the Yang Qi in the water channel.

The treatment indications are chest pain, cough, asthma, vomiting, poor appetite, breast pain, pleurisy, intercostal neuralgia, bronchitis, rectus abdominis spasm, the most complains involve the kidney and lung.

KI-23 Shen Feng 神封

Territory of Shen is the meaning of Shen Feng, but not quiet get the posh and grand feelings. The point right next to Dan Zhong (REN-17). Normally used to treat cough, asthma, stuffiness in chest and costal region, vomiting, poor appetite, breast pain, mastitis.



KI-24 Ling Xu 灵墟

Ling Xu, the Soul Site, but the Xu normally means a massive place and often used for spiritual or historical ruins. In Chinese culture, we should remember and contribute our root spiritually and physically, each family and dynasty worship in the temples and family shrine to obtain encourage and wisdom. The points all rather close to the heart and lung, so the deep insertion is forbidden. Cough, asthma, excessive phlegm, chest and costal region distension and pain, vomiting, mastitis can choose the point if you do not have a better choice.

KI-25 Shen Cang 神藏

Shen Site, some scholars interpreted to Shen Hide, located right next to Zi Gong (REN-19), forbidden

palace. Those points are so close to the heart, and the manifestations of the Shen will affect them and should be carefully work on too.

The Cang word also could read Zang, it is the same word with organ, the meaning of the Zang is inside, hide, hamble, etc. All those characters are the Shen should always to be, to avoid unnecessary consume, so the treatment by stimulate is not recommended.

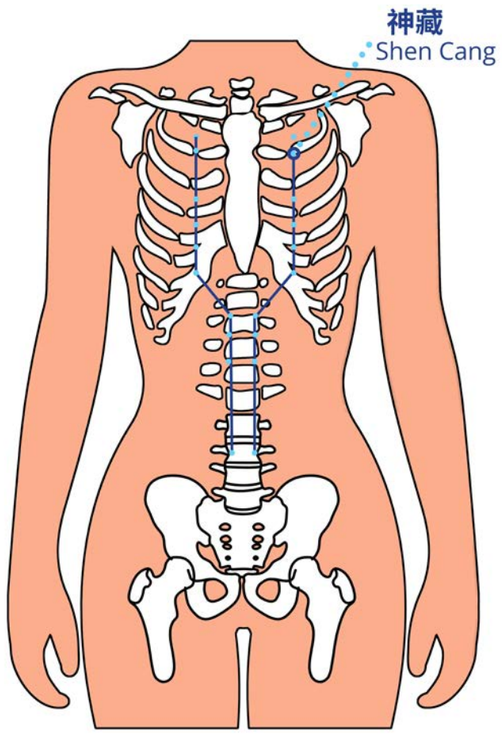
Generally, the point around the chest is not very common in use, the safer and convenient alternative choices are widely available.

By the textbooks, the chest pain, cough, asthma, fullness feeling with fidget, vomiting, poor appetite, bronchitis, pleurisy, intercostal neuralgia is the symptoms Shen Cang used to treat.

KI-26 Yu Zhong 彧中

Yu is not a very commonly used word, the meaning of it is refined, cultured, polished, splendid. Yu Zhong, Splendid inside, indicates that after such a long way generate the kidney Qi, or Water energy, come to the highest point the channel can be in the surface of the body, the essence of the channel transport into the internal organs to moisten and replenish inside.

Cough, asthma, stuffed with phlegm, chest and costal region distension and pain, poor appetite, bronchitis, pleurisy, intercostal neuralgia are the commonly recorded treatment indicators in the books of acupuncture.

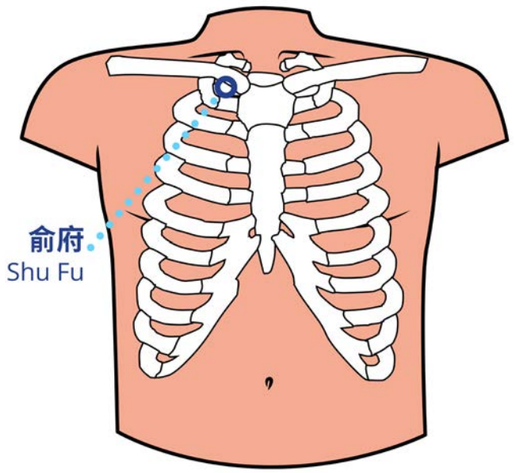


By the *Qian Jin Fang*, Yu Zhong together with Yun Men (LU-2) are used to treat cough and asthma and the patient cannot sit still or lie flat.

KI-27 Shu Fu 俞府

Shu Fu, the Mansion of Shu, or the Official Residence of the Point, is the very last point of the kidney channel on the body surface. The kidney channel inside the body will have branches reach further areas, on the body surface this is the end of the channel.

The Water element of the body, right start from the bottom of the foot, reach to the highest level. The energy will carry on transforming, transporting to irrigate the whole body, and fill into the next channel, pericardium. The first point of the Pericardium channel is named Tian Chi (PC-1), the Pool in the Heaven, is well acknowledged



the contribution of the kidney energy.

Shu means free flow, and the word was created from the boat making. In Chinese medicine, Shu has been used to name the acupuncture points generally. Shu Fu points right in the middle of the Yin and Yang, Water and Fire, is really the position representing the acupuncture point in general.

The treatment indications of the point are cough, asthma, chest pain, vomiting, poor appetite, bronchitis, pleurisy, intercostal neuralgia.

By Dr Zan Yu Chen

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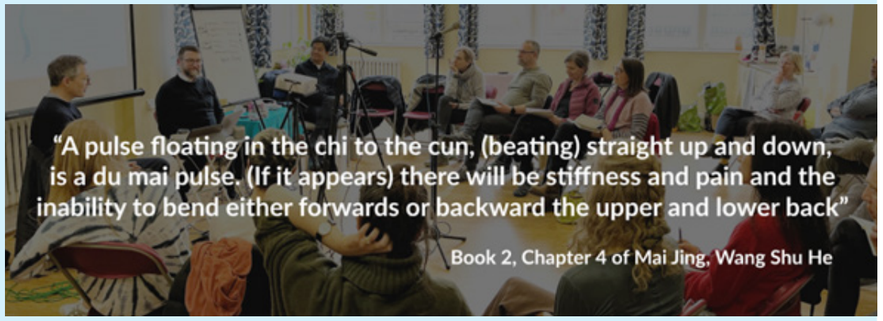
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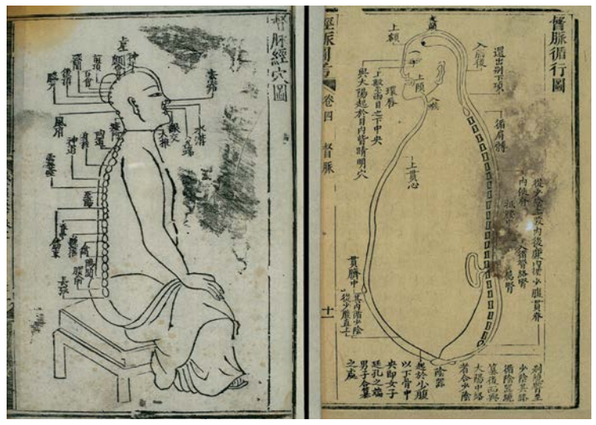
Darren Rose

MAcS TCM, MAC

Darren Rose, PhD student of Shanghai University of Chinese Medicine is co-founder of the Acupuncture Apprenticeship a not-for-profit organisation committed to teaching daoist and classical styles of Chinese medicine.

I became interested in Chinese medicine after being involved in daoist cultivation practice since my early 20's. I was always intrigued by the fact that a lot of famous Chinese medicine doctors were also daoist practitioners and were not only refining their skill in medicine but deemed it important to develop themselves with cultivation practices at the same time.

Cultivation and medicine have always gone hand in hand, and inner cultivation needs a deep understanding of Chinese medicine. We can see an example of this in a foundational text called the "four classics of internal strength" used as the basis of cultivation in the Song family xingyi quan.



"The transmission of internal strength is through the mai and luo. If you don't know the mai and luo, and practise it reluctantly, it will be useless and harmful". Nei Gong Si Jing, Song Guanghua

After completing my initial studies in Chinese medicine, I realised that even though my understanding and diagnosis were good, and like those ancient practitioners I was trying to emulate, I was cultivating myself, I wasn't getting the kind of results I knew were possible in the clinic due to the inability to translate the unsaid information which was hidden in plain sight. Pulse was the vital part missing from my and most acupuncturists' skill sets that I knew must exist, if only I could find someone to teach me.

"Pulse diagnosis seemed like searching for the Holy grail."

In Wang Shu-He's pulse classic "Mai Jing", he not only talks about the 12 primary channel pulses, but also discusses pulse qualities for the eight extraordinary vessels. Why didn't I learn this when I was studying at the beginning? Does anyone still have this skill?

Before long I was lucky enough to stumble across my friend and mentor Hung Tran who introduced me to what I now know and teach. Pulse diagnosis seemed like searching for the Holy grail, it was something no one seemed to really know well, yet everyone said they were doing it. In reality when I understood more, I could see that most practitioners were paying lip service to taking the pulse.

In fact, I came to learn that these pulse methods and more were still very much alive, and that there are also separate pulses for sinew channels, divergent channels, as well as interactions between the organ systems amongst other ways to read and understand the pulse.

"Du mai diseases are evident when the three positions - cun, guan and chi are floating and uninterrupted. The pulse is also wiry and long."

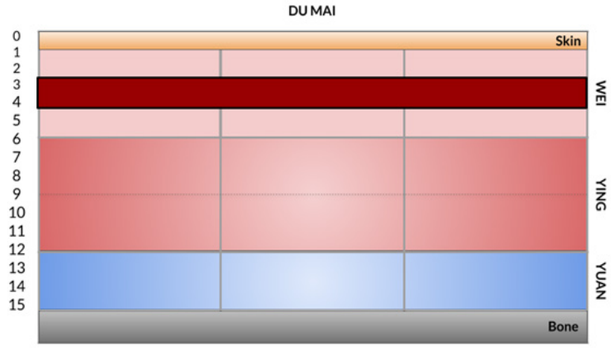
But like finding your way up the mountain, you need a guide who can clearly explain and allow you to experientially grasp it. Pulse is not impenetrable, but does require some basic concepts such as positioning, depths, qualities and knowing what ideal function/ health feels like.

Daoist medicine gives a very clear frame work: practitioner cultivation, understanding the five channels systems, needling methods for each, and pulse diagnosis. It is incredibly practical in the clinic and can bring deep transformation for patients.

In Li Shi Zhen's "Pulse Diagnosis" he states "Du mai diseases are evident when the three positions - cun, guan and chi are floating and uninterrupted. The pulse is also wiry and long."

"The du mai runs upward along the spine and governs the yang qi of the entire body. Du mai pathologies usually indicate yang deficiency. When the yang qi is deficient and weak, it is unable to nourish bone marrow. Therefore, if external perverse qi penetrates, it can cause stiffness of the spine. When the yang qi is deficient and perverse yin damp phlegm is excessive, epilepsy can occur."

Wang Shu-He's description of the du mai pulse "beating straight up and down" and Li Shi Zhen's "wiry and long" are both accurate descriptions of the du mai pulse. They also both describe the pulse being in all three positions and floating to the superficial level.



Above is a diagram illustrating the du mai pulse.

When you place your fingers on all three positions, you will feel it with an equal "uninterrupted" pressure. When you occlude the pulse to the yuan (deep) and raise up through the Ying (middle) level you will feel the pulse, but it will be strongest at the wei (superficial) level. It will also have a slight pendulum feeling, moving left to right under your fingers. Wang Shu, He describes this as "tapping".

What's so interesting about pulse is that it's all there in the same positions we are all used to feeling for, but it's like a magic world that you can only see when you have a teacher that can feel it and clearly transmit that to you. It's all there hidden in plain sight. It's also very tangible and clear to feel yourself when you know how!

Learning pulse is such an incredible tool to have, it makes working with clients very dynamic as the pulse will lead the treatment and you can often move between



different channel systems during one treatment (from the

superficial wei qi level to the deep yuan qi level), but it's also very relaxing as it means that there is no guesswork. Just listening and following what the pulse reveals. The pulse is the heart (shen), the emperor, telling you what it needs to heal. Our job is to try and follow and help facilitate what is needed with the least filtering we can. It means we need to be present and listen and try to be an empty vessel.

I really enjoy teaching this to other practitioners with my colleagues Philip Weeks and Hung Tran in our course www.acupunctureapprenticeship.com. It's great to sit back and watch the penny drop for them and to be able to transmit these invaluable skills to others to use. It can also profoundly transform their practice to something dynamic and interesting in each moment, adapting as the pulse does, and ultimately helping patients find health.

"Above all I will keep an open heart. As I move on the right path, I will receive happiness as a reward without asking for anything in return" Sun Si Miao



Claire Norton

Lic.ac MBAcC

Claire is a licensed acupuncturist and member of the British Acupuncture Council, with over 12 years of experience specialising in women's health and fertility. Alongside her clinical work, she supports third-year students as a clinical supervisor.

"As acupuncturists, we frequently encounter patients seeking help with fertility challenges. With a growing number of patients seeking its benefits, fertility cases can make up a significant part of our work. This includes women suffering with miscarriage and recurrent miscarriage. Unfortunately, conventional care often lacks sufficient support until multiple losses occur. We can have the opportunity to provide support in the hope of improved outcomes. This article shares a hopeful story of acupuncture's impact on pregnancy struggles."

Victoria and James' inspiring journey to parenthood offers hope to so many navigating fertility struggles. Being aware of the potential benefits of acupuncture in supporting fertility, Victoria sought out an acupuncturist with expertise in this field. When she approached me, they had already endured the heart-wrenching ordeal of three early miscarriages.

"Recurrent miscarriage affects approximately 1% of women and can be highly traumatic for the couple, often leaving them with limited support until the patient has experienced three losses."

Recurrent miscarriage affects approximately 1% of women and can be highly traumatic for the couple, often leaving them with limited support until the patient has experienced three losses. However, this situation is currently evolving, with efforts being made to improve support after two losses. As a fertility acupuncturist who had also experienced recurrent pregnancy loss, I was determined to provide them with the support they needed on their path to becoming parents.

Despite being referred to specialist care, Victoria and James found themselves lacking crucial guidance on essential aspects of fertility support, including nutrition and lifestyle recommendations. Victoria expressed that the information provided in our sessions in terms of diet and lifestyle was more comprehensive than anything she had received during her conventional care treatment. Moreover, our collaboration allowed us to pinpoint areas where essential lab work was incomplete or missing, ensuring they received the necessary testing before continuing their journey to conceive.

After enduring months of frustration while waiting for the results of a repeat semen analysis, which were only partially returned, I decided to refer Victoria and her partner James to a local fertility centre specialising in sperm testing.

Thankfully, the centre offered same-day testing, and the results provided reassurance. However, it's important to note that a seemingly healthy semen analysis doesn't always guarantee freedom from issues like high levels of Sperm DNA fragmentation, a known cause of recurrent early miscarriage.

Fortunately, during that time, I was aware of a local trial that Victoria and James were perfect candidates for an antioxidant
therapy trial designed to assess sperm for high levels of DNA





fragmentation. Given the usually expensive nature of such tests, being accepted into the trial, and providing a sample was a tremendous help.

The results, thankfully, indicated that high levels of DNA fragmentation were not present. Victoria and James felt an overwhelming sense of relief and could now continue their journey knowing that they had thoroughly explored the male factor.

"From a Chinese medicine approach, my treatment strategy centred on multifaceted acupuncture interventions."

From a Chinese medicine approach, my treatment strategy centred on multifaceted acupuncture interventions, including moxibustion, low-level light therapy, gua sha and TDP lamp applications in weekly sessions, transitioning to fortnightly sessions. Targeted objectives included the regulation of the nervous and hormonal systems, enhancement of blood flow to reproductive organs, reduction of inflammation, and support for egg quality.

In addition to this, we also discussed Chinese nutritional principles and avoiding foods that would have been too cold and damp forming. Considering the patients presentation, I also recommended prioritising maintaining warmth of the lower jiao (abdomen) and the use of Kidney Warmer/ Haramaki especially throughout the colder months.

Victoria and James were already living a healthy lifestyle, to optimise fertility outcomes further, lifestyle modifications were recommended. This included minimising everyday exposure to endocrine-disrupting chemicals such as Bisphenol A (BPA) and Phthalates. I signposted the couple to nutritional guidance and research, this empowered the couple to make informed choices.

After seven months of regular sessions and making lifestyles changes, Victoria and James shared the joyous news that they were pregnant once again. This time was different. Alongside regular acupuncture treatments, Victoria had also been prescribed 16 weeks of progesterone and low dose aspirin throughout her pregnancy.

Both partners continued to maintain their improved diet and lifestyle choices throughout. Acupuncture continued to be a source of great support for Victoria, easing her fatigue, nausea, and insomnia. With their determination and commitment, they conceived naturally aged 42 and 44, and finally welcomed their beautiful baby boy, Vaughan, into the world in January 2023.

Victoria and James' inspiring story has demonstrated the profound impact of acupuncture and lifestyle changes on fertility. Their inspiring story emphasises the importance of personalised care, evidence-based approaches, and the unyielding power of hope in the face of challenges. I am incredibly grateful to Victoria and James for entrusting me with their story and for offering hope and insights to other couples facing similar challenges.





Laura Biddle

BSc (Hons) LAc AAC RBAF MRCHM PG Dip

Laura is a fully licensed acupuncturist with her own practice. She has previously worked as an acupuncturist internationally following her graduation in 2017 and has practiced in Bermuda and Antarctica.

"A comparison between the intensive cruise ship style treatments of only having a week to make an impression of the patient, back to remembering the roots of our medicine and the long-term working relationships with our patients. I've travelled to 71 countries practicing acupuncture. Now I've come home, still love every day and just getting started! "

Three years as an acupuncturist on cruise ships taught me a lot about fast-paced thinking, the operating of multi-bed clinics and intensive treatment plans although, some weeks it felt more like a production line than the patient-centred treatment plan I'd been taught. The global lockdown brought me back to the UK, which is where I have now set up practice in the Midlands.

"An acupuncturist on cruise ships taught me a lot about fast-paced thinking."

Readjusting to my classic training in TCM was strange, after the ship's short-term patient plans. I hope I was doing our industry justice by spreading the



Laura's practice on board the cruise ship



power of acupuncture to cruise ship travellers and throughout, the most important word was always to continue treatments at home for any chronic conditions they were experiencing.

The diversity of patients I had the opportunity of working with ranged from Cirque de Soleil performers, survivors of the Boston Marathon bombings, professional athletes, an inventor and of course, Grandparents, Single Parents, Hard workers, students - everyone that makes the World go around.

One of the most satisfying treatments on the ships was a 70-something year old Father, who hadn't been able to stand for months due to a muscle spasm in his back. I met him as a grump on his first day on the ship, surrounded by the excitement of his family. The ship was headed to Bermuda and his daughter was set to marry on the beach in a few days' time.

After some discussion and explanation of how acupuncture works and what it could do for him, he signed up for two treatments per day for three consecutive days prior to the wedding.

"I'll never forget the beam on his face as he stood from his wheelchair in the clinic reception and took a few shaky steps."

His second day of treatments, it was his mood that was changing, and he was more relaxed and less agitated. I remember him telling me how he'd been in pain longer than he could remember and how much more comfortable he was feeling now, he'd even slept better. His third day of treatment, I'll never forget the beam on his face as he stood from his wheelchair in the clinic reception and took a few shaky steps.

He wanted to practice his walking when his family weren't around, so he could surprise them all by walking his daughter down the aisle on the day of her wedding. Well, that is just what he did.

On the return journey to Boston, I felt like a celebrity - having played a part in helping a father to walk his daughter down the aisle. The treating style in the UK tends to work around weekly or biweekly treatments, but witnessing the changes that are possible within days, it would be a wonderful style to be able to work with.

I'm honoured that one of my first patients to visit my UK practice is still a frequent visitor and it is her case I wish to share with you. This previously healthy and physically-abled young woman became an unfortunate victim to a severe side effect of a vaccine offered to her. Overnight she developed physical tics and tremors, often blacking out from the severity of them.

Her walking became something similar to a person with cerebral palsy and she arrived for her first visit pushed in a wheelchair after 8 months of having these symptoms, which were not improving. She'd never had acupuncture before and was the first in her family to look into alternative medicine to work alongside the medications she'd already been offered.



Laura's practice back in the UK

The first treatments were difficult as she was in pain from a cracked rib from one of her more severe tics. Her desire was to be able to walk her dog again. Fortunately, her determined character persevered and the treatments slowly started to improve her symptoms.

It took over 6 months of weekly acupuncture treatments, working on expelling Wind, fortifying her Yang (and upright Qi) and nourishing her Blood. We had some weeks of joyous occasions such as only using one crutch to walk from the car to the clinic and some weeks of intense emotions and frustrations.



Several patients Laura worked on, using different treatments

I'm happy to share with you that this beautiful lady now has the ability to walk sturdily over 3 miles and to her amazement - the ability to be able to carry a pint of beer in each hand from bar to table without spilling a drop! In the three years I've now been practicing in the UK it's been a privilege to practice acupuncture, and I have recently graduated and are now able to practice Chinese Herbal Medicine.

"They've tried everything else so may as well give acupuncture a go."

The changes I've been involved in making to people's lives is phenomenal and it makes me laugh the number of times I hear patients tell me how they've "tried everything else so may as well give acupuncture a go" only to find a few weeks later that they're referring their friends. I feel I'm still at the beginning of this career and look forward to a lifetime of learning and gaining experience and knowledge from scholars and my fellow practitioners.



Laura saw stunning views whilst working on the cruise ship



Holly Jo Van De Velde

BsC Hons A acupuncture & TCM MBAcC

Holly graduated from Northern College of Acupuncture in York, In association with London South Bank University in 2021.

Holly also works for the NHS and Yorkshire Ambulance Service, when not doing Acupuncture at her clinic in Doncaster, South Yorkshire.

"Military Acupuncture for those Currently Serving in the HM Forces and Veterans of HM Forces.

The use of acupuncture for helping to assist with military life after the military."

Acupuncture ON TOUR

For many, those who embark on serving Queen/King and country is more than just a job, it is something that is such a calling internally, it is felt with every ounce and fibre of a soldier's being. For some it's been a natural vocation, sometimes it's a passion, felt since childhood, a child discovering camouflage gear, replica machine guns….

For some, it is an idea or a family affair - fathers, grandfathers, every earlier generation served, some in World War One, some World War Two, some have been "born" into military life, following their dads (and now mums) around the world, being a "military brats kid" and so following in their parents' footsteps.

For some, it is simply not having a clue what job "they want to do" when they leave school… although who does when we leave at 16/17/18? And for some, it's wanting that family unit, a home, a sense of belonging. And HM Forces can sure provide all of that…

So how does acupuncture fit in? Well at the moment, it kind of doesn't. But it should.

Like the NADA GB protocol can be used for alcohol and drug detox setting, to help addicted people to detox from alcoholism and drugs as strong and lethal as heroine, NADA has been used and created to help people suffering to come off from multiple substance abuse. It has also been used to help with stopping smoking and other addictive behaviours.

"I have started to work with many different veterans to see if acupuncture does help with their PTSD symptoms."

Through my clinic experience, I have found that Acupuncture works on helping destress, promote relaxation, help with sleep disorders, and can help with PTSD. Many veterans, it has been documented, do suffer with PTSD, and I have started to work with many different veterans to see if acupuncture does help with their symptoms, which can often be complex. I have personally had good results with every veteran and serving military person I have had the honour of working with.

NADA protocol offers a way of providing acupuncture in a setting which is compatible with having many patients in the same room at once, and these settings have been demonstrated at many detox and rehabilitation facilities, with outstanding results for patients with substance issues.

Its protocol is perfect for treating up to 20 people at once, in a group setting, without needing to do a full TCM (Traditional Chinese Medicine) Acupuncture consultation and treatment. It enables more people to be treated at once, and still receive powerful benefits of acupuncture.

"I realised what price some of these amazing veterans/current servicemen and women have paid while in their line of duty."

After working closely with many veterans, including the amazing Ben Parkinson MBE, with myself being his private personal trainer for over three years, I realised what price some of these amazing veterans/current servicemen and women have paid while in their line of duty.

The respect and admiration I learned from Ben often left me in shock and tears but moved all the same. I listened to Ben and all he had to say, and the fact he said he would have done it all again in a heartbeat truly shows the meaning of a true warrior.

Since working for Ben, and while being a full-time acupuncture student, embarked on a unique and bold journey of working for HM Queen Elizabeth II and lived at worked at Buckingham Palace, and Balmoral Castle in Scotland, however, I came home to finish my acupuncture degree as I felt it was calling me. I joined the Royal Household whilst halfway through my degree as I had six months off as a break. So back to acupuncture I returned…. With a vast amount more knowledge about the military and its importance of keeping our country, and its people, safe.



Ben enjoying his NADA protocol Acupuncture.

At the moment, I am working with and have worked with many different walks of life veterans, and my goal has been to improve their symptoms whilst in retirement, to make life more comfortable for them.

You don't have to have a substance issue to enjoy the relaxation and benefits of acupuncture and the NADA protocol has been designed to help with many of the organs and bodily systems, which makes it a safe, quick, effective way of providing acupuncture in a group setting to many people.

It would be wonderful, and perhaps highly beneficial, for "military acupuncture" to be offered to all people who are serving, where possible, to help manage with stress and sleep, and for veterans to be able to access this form of acupuncture as and when needed. It has helped many of my personal patients to live a better life, after all they deserve acupuncture and to "feel better".

They gave their hearts and soul to our Queen(s), King and Country. I would like it to be accessible, affordable, and available for each and every person who has served, past and present.

NADA Protocol

nada GB ear acupuncture

The NADA treatment model follows the NADA U.S. five-point training protocol, developed at the Lincoln Memorial Hospital, Lincoln Recovery Centre in New York. The process involves the gentle insertion of up to five fine, single use, sterilised, stainless steel disposable needles into specific energetic points in the outer ear. No electrical stimulation is used.

The five ear points:

1. **Sympathetic** – calms the nervous system and helps with overall relaxation.
2. **Shen Men / "Spirit Gate"** – reduces anxiety and nervousness.
3. **Kidney Point** – for calming fears and healing internal organs.
4. **Liver Point** – for detoxification, blood purification, and to quell aggression.
5. **Lung Point** – promotes aeration and helps
6. clients let go of grief.

The outer ear acts like a switchboard that sends impulses to the brain, which stimulate the release of endorphins, lowers stress and induces relaxation.



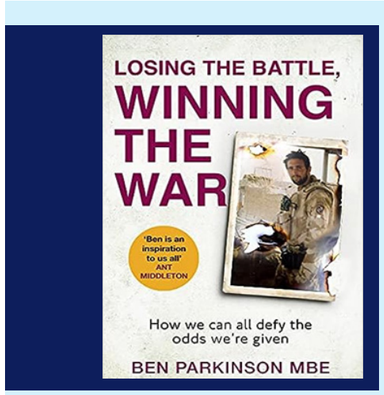
The NADA-system is most suited to group settings. An NADA Practitioner will insert up to five needles in each ear for up to 45 minutes while clients sit in a relaxed atmosphere. During this time the client may fall asleep, experience a meditative state, or just feel calm and relaxed.

In the 1970's the NADA protocol was developed to help addicts with their recovery dealing with trauma, anxiety, depression, irritability and cravings. Since then, NADA protocol has been found effective for a wide range of conditions.

Acupuncturist Without Borders has used it extensively in treating trauma during and after hurricane Katrina and have begun a national military outreach to veterans.

Group Acupuncture is simple and effective. There is no appointment necessary, no intake, no need to talk of past experiences. Individuals simply come in and experience the benefits of the acupuncture.

The NADA protocol is not a stand-alone treatment. It works best when used in combination within a comprehensive treatment programme that offers other therapeutic elements such as counselling, education, family involvement, peer/community support groups and supportive medical healthcare.



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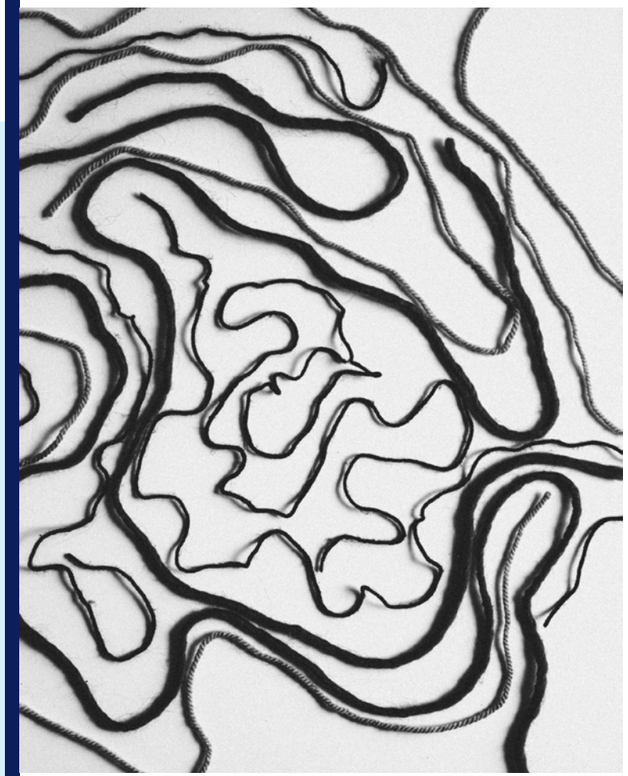


Claire Dabreo

Lic.Ac

Claire is a Five Element Acupuncturist and Founder of The Harmony Principle, for practitioners interested in deepening their own experience and understanding of the five elements.

It has been fascinating to witness what has happened in the world of health and wellbeing over the last twenty years or so, as the Trojan Horse of yoga helped people become more open to exploring 'alternative medicine' and the relationship between mind, body and spirit.



As a Five Element acupuncturist the concept of treating at the level of the Spirit is central to the practice, the starting point of every enquiry. When I first experienced acupuncture over 20 years ago, this was the style of acupuncture I was treated with, a happy accident.

I didn't know what to expect for my back pain but what I discovered was a system of medicine that made sense of a lifetime of symptoms.

"Claire discusses her experience with Five Element acupuncture and how it has helped reconnect them back to their rightful place in the world."

From childhood onwards, trauma and dislocation manifesting in a disruption of physical health, a story you can trace through my life to be unravelled and unwound, like Ariadne's Thread.

Patient S called me up one day, she had seen a package on my website I offer, 'Feel My Qi'. Ten treatment sessions, slightly longer than my usual appointment times, for those interested in coming back to themselves, a way to remember one's Dao. Pretty niche, right? When I created the package, I didn't expect it to land with many people and S was the first enquiry I had ever received.

"Her Spirit could no longer countenance this small life she was living."

She was in her early 30s, living in her mother's home, working in an admin job. With a degree in psychology, she was extremely articulate, well read, curious, but had stepped away from her career several years previously because she was overwhelmed. Now her life was very small; she worked from home, barely socialising or daring to do much outside of this comfort zone, the pandemic having shrunk her life into ever decreasing circles.

In our first session together, she spoke a lot about the extra weight she was carrying around her middle, her difficult family relationships and childhood trauma though she was vague around so much of the detail, hard to pin down to timelines and facts.

What was apparent was that S was ready for change. Her Spirit could no longer countenance this small life she was living, but she needed help to get herself moving forward; she needed clarity, confidence and courage.

"Going back into her childhood in order to look forward to her future self."

I diagnosed her as a Fire CF, specifically a IICF (or Small Intestine) and treated her accordingly. By signing up to a package which was created for those who were prepared to dig deep and be open with me as they worked meant we were able to get into her dark corners quite quickly, going back into her childhood in order to look forward to her future self, dismantling the bars of her imaginary cage.

Four months later S was in a very different place, excited about life's possibilities and her own potential. She had taken up photography again, a passion she had lost the thread of several years before.

The connections she had made over the months we worked together led to an opportunity to live in a community rent-free in return for helping tend the land, a lifestyle she wanted to cultivate for her future.

The last time we met she was working her notice from her admin job, having found the courage to step back into her life, fully trusting in her own ability to thrive and create a life that fulfilled her deepest self. She could 'feel her Qi', her own vitality and life force, giving her agency to direct her life forward again.



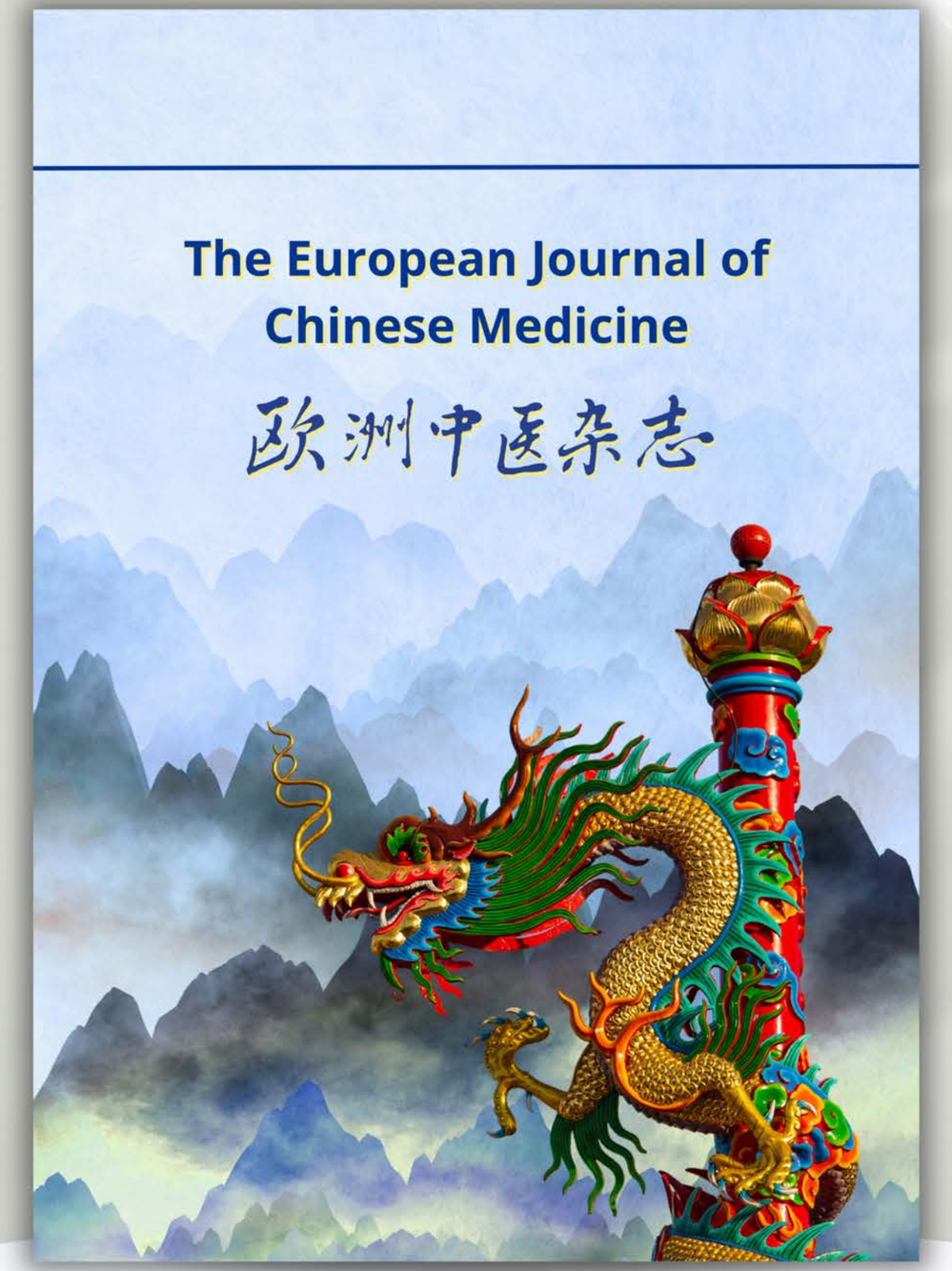
We are invited, as practitioners, time and again, to help people move through something or beyond something. To help them get out of their own way and open their perspective, to see the wounds at the level of Spirit and to use the tools we know to help them take their rightful place in the world.

"I can't think of a medicine more fitting for our times."

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The Medication Rules of Poria Cocos from the chapter on cough due to phlegm and fluid congestion in "Synopsis of the Golden Chamber."

CHEN Zan- yu, GU Yu

Abstract

This article analyses the application rules of Poria cocos in the chapter on phlegm and cough in Synopsis of the Golden Chamber. Poria cocos is valuable in phlegm retention treatment. It is a diuretic, and it supports healthy energy.

Keywords: Synopsis of Golden Chamber; Poria cocos; Phlegm retention.



Poria Cocos

Poria cocos is the dried sclerotium of the Polyporaceae fungus Poria cocos. It parasitises the roots of Pinaceae plants, such as red pine or Masson pine trees and penetrates 20 to 30 cm underground.

It has a black outer skin and a hard white inner layer. It was first published in "Shen Nong's Materia Medica": "It tastes sweet and neutral. It is mainly used for rebellious qi in the chest and hypochondrium, anxiety, fear of evil, palpitations and panic attacks, pain in the heart, cold and heat feeling with irritation, cough, dry mouth and tongue, and promote urination. It lasts for a long time. Long-term intake to soothe the soul, calm the mind, prevent hunger, and prolong life."

It enters the heart, lungs, spleen, and kidney meridians and is a standard medicine to nourish the heart and spleen and leach out dampness.

Poria cocos is used in many prescriptions in the chapter on phlegm, water retention, and cough in Synopsis of the Golden Chamber. The rigorous principle and long-sighted thinking significantly impact the clinical application of Poria cocos for posterity. The author has gained insight from the following cases:

1. Linggui Zhugan Decoction

Indications: phlegm and fluid congestion in the epigastrium, fullness in the chest and hypochondrium, and vertigo.

There is a saying:

"For a patient who has shortness of breath with minor fluid retention, Linggui Zhugan decoction should be used to eliminate the fluid from urination". The recipe of the formula is Poria (4 liang), Guizhi (3 liang), Atractylodes (3 liang) and Liquorice (2 liang) in decoction.



Atractylodes

Phlegm and fluids gather and congest the area around the diaphragm and obstruct the yang qi mechanisms in the chest. The absence of distribution of heart yang and the deficiency of heart qi result in shortness of breath, minor fluid retention, and fullness in the chest and hypochondria.

Congested phlegm and fluid block the clear Qi rising, and the descending of turbid Yin, and the mind lacks nourishment, hence vertigo or dizziness. In the formula, as the chief herb, Poria cocos (4 liang) enters the lungs and kidneys, improves fluids' metabolism and leaches out the dampness. It transforms the congested fluids in the chest, hypochondria, heart, and lungs, warms and restores the heart and spleen yang qi and assists the rise of the clear yang to ease vertigo or dizziness.



Liquorice Root

However, Poria cocos can promote urination and leach out dampness, which consumes Yin. Its ability to replenish yang is weak. Therefore, the formula uses Guizhi to warm and disperse and atractylodes to tonify the spleen and replenish qi, enhancing Poria's replenishing power. Guizhi and liquorice support the heart and spleen yang qi in the chest and hypochondrium, while atractylodes and liquorice strengthen Middle Burner and treat the root of phlegm. Although the formula has four herbs, the combination is smart, and the thought is meticulous.



Cinnamon Twig

2. Kidney Qi Pill

Kidney Qi Pill contains Poria (3 liang), Rehmannia glutinosa (8 liang), yam (4 liang), Dogwood (4 liang), Alisma (3 liang), peony bark (3 liang), cinnamon twig (1 liang), and Fuzi (1 liang). The formula warms and tonifies the kidney's Qi function, therefore promoting and improving water and fluid metabolism.

Poria cocos is sweet and bland. It is an essential ingredient, although its replenishing power is insufficient. Rehmannia glutinosa is greasy and cloying, which may hinder the spleen's function. Yam is astringent and cloggy. Poria cocos benefit qi and water mentalism.

Together with cinnamon twig and aconite, the formula tonifies the deficiency of Yin to promote the generation of yang qi. Moreover, Poria cocos also communicates with the heart and kidneys, leading the qi from the heart and lungs back to its source in the kidneys. Restored kidney qi drives the functional transformation and movement of water.

In the chapter on phlegm-water retention and cough in Synopsis of Golden Chamber, Kidney Qi Pill and Lingguizhugan Decoction are used to treat shortness of breath and minor fluid retention. The difference is that one formula has four ingredients, and the other has eight; one is a decoction, and the other is a pill.

The effects of a decoction are strong and immediate,

whereas pills work slowly and are commonly used for treating chronic disorders associated with deficiency. Hence, Lingguizhugan Decoction, which has Poria cocos as the chief ingredient, is used for acute water retention. The actions of the Kidney Qi Pill, which has Poria cocos as an assistant, are gradually warm and tonify kidney qi.

Both prescriptions treat the same syndrome. However, treatment of the Spleen is required if the cause is external water retention; otherwise, treatment of the kidney is essential if the cause is internal water retention. The author believes that using Lingguizhugan Decoction if pathogenic fluid is involved and upright qi is sufficient.

When the upright qi is deficient, warms and consolidates the root Kidney yang should be addressed. The foundation of treating water retention is treating both Spleen and Kidney and Heart and Lungs. That's why Kidney Qi Pill and Lingguishugan Decoction are so popular. Within these two formulas, Poria cocos tonifies and drains. It nourishes the heart, lungs, spleen and kidneys. Poria cocos is the only herb that has these multiple functions.

3. Omit gypsum and add Poria cocos and Glauber's Salt to Wood Fangji Decoction

Mufangji Decoction consists of Mufangji (3 liang), gypsum (12 pieces in the size of a chicken), cinnamon twigs (2 liang), and ginseng (4 liang). The formula mainly treats water accumulation congested in the lungs and chest, causing wheezing with fullness in the chest, a dark complexion, and a deep and tight pulse, which lingers and no improvement after purging (inducing vomiting or using laxatives).

Mufangji is bitter and cold. It disperses and flows through the twelve meridians. It expels and promotes urination. Cinnamon twigs unblock

the yang and facilitate the removal of congested fluids. Ginseng strengthens the earth and restores



Glauber's Salt

injured stomach functions after inappropriate treatments like inducing vomiting and using laxatives.

Ginseng also protects the healthy energy not being impaired by Mufangji. Fluid congestion in the chest and lungs, causing wheezing with fullness in the chest and a deep and tight pulse, which cannot be improved after purging (inducing vomiting or using laxatives). This indicates that the location of fluid congestion is in the muscles and joints rather than the internal or upper part of the body. Interestingly, gypsum is used in the formula.



Ginseng

Gypsum relieves muscles and mainly clears heat and drains fire. It is sweet and bland and enters the stomach, pungent and enters the lungs. It is heavy but fragile and can either rise or sink. It assists Mufangji in draining water accumulated in the diaphragm. "Deficient condition may be cured immediately, but it may relapse within a few days if it is a full condition.



Gypsum

Omit gypsum and add Poria cocos (4 liang) and Glauber's salt (3 he) and reduce Mufangji to 1 liang if the condition does not improve with the original prescription. In the chapter, the fullness and deficiency refer to the strength of the pathogenic water retention rather than the upright qi. Glauber's salt is salty, cold, acrid, and bitter. It purges and guides out the accumulations and stagnations in the stomach and intestines and promotes metabolism.

It has a stronger purgative effect than gypsum; it is more suitable for excessive fluid congestion in the chest and lungs. Poria cocos (4 liang) can not only assist Glauber's salt to expel the excessive fluids retention but also aid ginseng to support the middle earth and help cinnamon twigs revitalise and protect the heart yang.

The discussion on the dosage of Mufangji is precious. The repetitive treatments of draining water congestion in the lungs and chest could injure both upright qi and pathogens. Hence, replace gypsum with Glauber's salt and Poria cocos, which could penetrate through the body to cleanse the triple burner stomach and intestines.

Meanwhile, the combination of the two is less cold with a balanced function of draining and strengthening. Cutting the dosage of Mufangji is less damaging to Yang Qi. "Phlegm and water retention should be treated with warm medicine," which is an important principle in clinical practice.

4. Pinellia (Banxia) plus Poria cocos Decoction

The indications of this formula are vomiting, epigastric focal distention, water in the diaphragm and dizziness and palpitation.

Xiaobanxia decoction is specifically prescribed to drain water retention and relieve vomiting. The purpose of adding Poria cocos to the formula is due to excessive water in the diaphragm causing dizziness, vertigo (Xuan), and restlessness (Ji).

Accumulated water in the diaphragm interferes with the liver and kidney's essence, thereby disturbs and disharmonises the mind. "Compendium of Materia Medica" says: "The symptoms of vertigo and dizziness and palpitations are the manifestation of epigastric region water congestion. When the heart is affected, palpitation presents in the epigastric region.



Pinellia

When the kidneys are interfered with, palpitation occurs under the umbilicus. Regardless of where the water is within the body, urination is the main method to remove excessive water. Poria is a perfect candidate for this task. Poria cocos enters the heart, lungs and kidneys, drains and leaches water and resolves dampness. Its sweet and bland tastes could well balance the effect of pungency and bitterness from pinellia and ginger.



Ginger

5. Five-Ingredient Powder with Poria (Wuling Powder)

Wuling Powder consists of three parts Poria cocos, five parts Alisma (Zexie), three parts Polyporus (Zhuling), three parts Atractylodes macrocephala (Baizhu), and two parts Guizhi. It is a widely used formula for skinny people who suffer from palpitations under the navel, salivation and dizziness. The prescription uses a large dose of Alisma to leach out dampness, promote urination and eliminate heat, making the formula's effect specific and powerful.

Polyporus cocos is sweet and neutral in nature. It works with Poria cocos in pairs to assist Alisma in promoting diuresis and dispelling fluid retention. (Compendium of Materia Medica) has an excellent discussion regarding this point: "Polyporus, Poria and Alisma are bland and neutral and particularly



Alisma

effective in leaching out dampness and regulating the urinary pathways. Zhongsheng Wuling Powder and Zhuling Decoction can used together based on the theories rooted from (Ben Jing) and (Nei Jing).

According to (Ben Jing), Poria cocos regulates water channels, Poria cocos facilitates urination, and Alisma eliminates water. According to (Nei Jing), Triple Burner is the water channel, the bladder is the water house, and the kidney is the master of the Triple Burner and bladder.

Combining two theories, it can be concluded that Poria cocos benefit triple burner water, Poria cocos benefit bladder water, and Alisma benefits kidney water." The three medicines have similar taste and nature, which reinforce the particular actions of promoting and benefiting diuresis, efficiently dredging the blockage, and transforming water and fluids. The water and heat congestion syndrome are the main indication for using Wuling powder and Zhuling Decoction.

The water congestion may not go away without using the three ingredients together. If the water remains, so does the heat. If the heat remains, the patient will feel thirsty with urinary difficulty. Therefore, the combined medication can achieve the full therapeutic effect.

Moreover, Poria cocos have broader impacts. Certain ingredients work in pairs within the formula to enhance certain actions: Alisma and Polyporus cocos remove water and clear heat. Poria cocos support Guizhi in reconnecting



Polyporus

the heart and lungs to dissolve the fluids, and Atractylodes macrocephala to strengthen middle Earth to leach out water, which treats both root and biao conditions to achieve the full effect.

The name Wuling is from Poria cocos. A supplemental note says to drink enough warm water to promote sweat for the healing process. Sweating indicates the harmony of the ying and wei qi and is a sign of restoring yang qi rather than expelling water and fluids from spontaneous sweating. The effects of the combination of these five ingredients are comprehensive, including dispersing external, transforming internal, eliminating the middle body and draining the lower body. The design of this formula is meticulous, and the modification is endless.

6. In the chapter on cough due to phlegm and fluid congestion in "Synopsis of the Golden Chamber"

There are many other prescriptions using Poria cocos. The purposes of using Poria cocos remain briefly the same. They will be discussed briefly here.

Poria Drink (Fuling Yin) from Medical Secrets of An Official (Waitai): Poria is combined with ginseng and Atractylodes to toninfy the middle burner energy and strengthen the spleen, and benefit transformation. Orange peel and ginger regulate qi and dispel cold to eliminate phlegm and improve appetite.

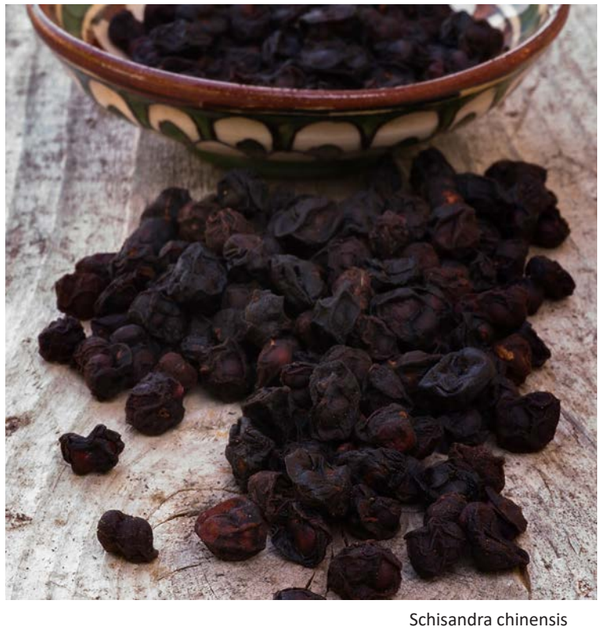
The Pathogenesis of the prescription's indication is poor appetite, which is caused by the congestion of qi in the heart and chest region due to the weakness after vomiting water. Since water has gone, it is unnecessary to focus on draining and leaching out dampness and fluids. However, the prescription is still named after Poria cocos, indicating the importance of Poria cocos.

Poria, Guizhi and Wuwei Liquorice Decoction is composed of Poria cocos, Guizhi, Liquorice and Schisandra chinensis, which treat upwards rebellious qi. Removing cinnamon twigs and adding dried ginger and Asarum form Poria, Liquorice, Schisandra, Ginger and Asarum Decoction.

The indications of this prescription are coughing accompanied by a feeling of fullness and discomfort in the chest and diaphragm. Adding Pinellia ternata is the new prescription called GuiLing, Schisandra chinensis, Liquorice removal of cinnamon twigs and add Ginger, Asarum and Pinellia ternate Decoction.

The indications are exterior cold syndrome with vomiting. With the additional ingredient of almonds, the formula treats patients who also suffer from oedema; rhubarb is added to drain heat for symptoms such as hot face like alcohol flushes reactions.

All modifications are tailored according to the symptoms with clear justification. Poria cocos promote urination,



Schisandra chinensis



Rhubarb

leach out dampness and strengthen and support upright qi. It treats both underlying root conditions and the biao conditions. It treats a variety of conditions caused by pathogenic water and fluid congestion.

Poria cocos transforms phlegm and promotes urination, which suits excessiveness and deficiency. With Polyporus and Alisma, it leaches out dampness from urination. Paired with cinnamon twigs, it warms the yang in the chest and drains water.

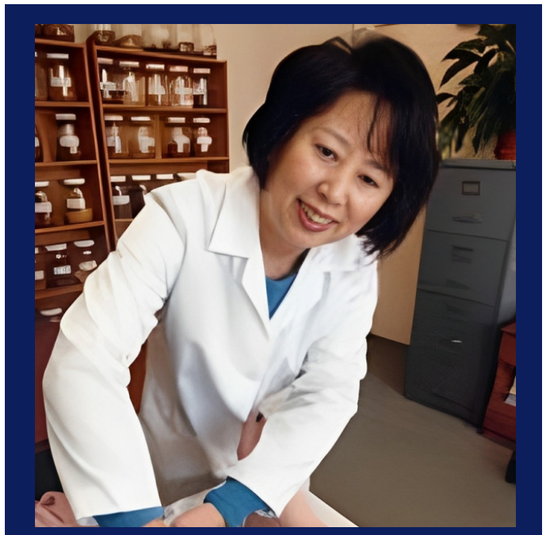
With ginseng and Atractylodes, it strengthens and harmonises the middle burner and resolves dampness. With orange peel and Pinellia ternate, it regulates qi, removes stagnation and relieves the discomfort of fullness caused by phlegm. With Aconite, it warms yang and promotes diuresis. Poria cocos is a natural diuretic with a speciality in phlegm and water retention conditions, and it is considered a holy medicine for water retention.

By CHEN Zan- yu, GU Yu



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TCM treatment for Long COVID Syndrome that has Caused Postpartum Depression.



Qing Zhang BM

Profile

Mrs Qing Zhang graduated from Beijing Railway Medical College, Beijing Chinese Medical University and Jilin University. She has over 30 years' clinical experience.

She is an experienced practitioner to treat various conditions, including gynecological condition such as infertility/IVF, PCOS; Migraines/Headaches; Neuralgia; IBS, Anxiety / Depressions; skin conditions such as Acne/Eczema/Dermatitis.

In March 2002, she was appointed as a visiting professor by the Chinese Medical School, Xong Cai University, China.

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Abstract

Long COVID 19 syndrome causing depression is one of the many common conditions. So many people suffer from anxiety, sorrow, insomnia, and depression after they have had Long COVID syndromes.

Why does this happen? What causes it?

In this article, the author tries to explain it by tradition Chinese Medicine's theory [Wu Yun Liu Qi theory], what it may cause, its ethology, pathogenesis and the best treatments can be given Long COVID syndromes, Acupuncture, Chinese Medicine, Wu Yun Liu Qi Theory.

Since 2019 COVID 19 has swept across the globe rapidly, including United Kingdom, millions of people suffer from it, and so many people suffer from long COVID syndrome. Long term of COVID 19 causes postpartum depression is one of the common conditions.

Case report:

Mrs L (D.O.B 18.12.1992), had a labour on 19.10.2020, during her labour, she lost a lot of blood, and then she felt body weak in general. In May 2021, her husband had positive test of COVID, he had a fever, sore throat, cough, breathlessness; a few weeks later, he recovered but she started to have some symptoms: sore throat, cough, some fever, fatigue, and body aches. A few of weeks later, her sore throat and cough had improved, but she still had a mild cough, felt tired and her body continued to feel hot or cold.

At the beginning of 2022, she starts to feel anxious, having insomnia, palpitation, short breath, depressed, tearful, with symptoms worsening, she could not control herself. Her husband was my patient in the past, he recommended her to visit my clinic.

The first visit to my clinic 27.01.22:

Main complaint: after long COVID syndrome, she starts to have symptoms of anxious, excessive tension, insomnia, short of breath, prepetition, tearful, depressed.

History:

She had labour about one year ago, she lost lots of blood during her labour. She suffered from body fatigue since. She had COVID a few months ago. She was feeling anxious, stressed, insomnia. When she was a little girl; she had weak digestive system and she still often suffers from habitual constipation.

On examination:

Tongue: Pale and light red, thin white fur, red tip, and edge of tongue has tooth marks.
Pulse: Weak, thin, and strings.

Birthday Life Chart

18.12.1992 Ren Shen year. (壬申年).

Year Yun (年运): excessive Wood Yun（木运太过).

Si Tian（司天): Shao Yang Xiang Huo （少阳相火).

Zai Qua（在泉): Jue Yin Feng Mu (厥阴风木).

Zhu Yun (主运) Tai Yang Han Shui（太阳寒水).

Ke Yun (客运) Tai Yang Han Shui（太阳寒水).

Zhu Qi (主气)： Tai Yang Han Shui(太阳寒水).

Ke Qi (客气) Jue Yin Feng Mu(厥阴风木).

Morbidity Chart:

20.01.2022, Ren Yin Year (壬寅).

Year Yun (年运): excessive Wood Yun（木运太过).

Si Tian（司天): Shao Yang Xiang Huo （少阳相火).

Zai Qua（在泉): Jue Yin Feng Mu (厥阴风木).

Zhu Yun (主运)： Jue Yin Feng Mu (厥阴风木).

Ke Yun (客运): Jue Yin Feng Mu (厥阴风木).

Zhu Qi (主气): Jue Yin Feng Mu (厥阴风木).

Ke Qi (客气)： Shao Yin Jun Huo (少阴君火).

Treatment Time Chart

27.01.22 Ren Yin Year（壬寅).

Year Yun (年运): excessive Wood Yun（木运太过).

Si Tian（司天): Shao Yang Xiang Huo （少阳相火).

Zai Qua（在泉): Jue Yin Feng Mu (厥阴风木).

Zhu Yun (主运): Jue Yin Feng Mu (厥阴风木).

Ke Yun (客运): Jue Yin Feng Mu (厥阴风木).

Zhu Qi(主气): Jue Yin Feng Mu (厥阴风木).

Ke Qi (客气)： Shao Yin Jun Huo (少阴君火).

Analysis:

Mrs L suffers from postpartum depression causes by long COVID syndrome. Modern medicine does not have very effective treatment for mental illness or depression caused by long COVID syndrome. They can only give



patients sedative drugs such as anti-depression medication. It has side effects and strong drug resistance; some people do not like to take them.

Western medicine believes the postpartum depression causes by oestrogen and progesterone level sharply declines after labour; hormones synthesized by the thyroid will sharply decline meantime, that can cause people having fatigue, slow



response, and depression. Mrs L lost lots of blood during her labour one year perversely, her sea of blood was empty, her general health was weak, and her body immune system was weak; after she suffered from long COVID syndrome, which damaged her Qi and Blood, her Qi and Blood weakness even worse.

Her husband and herself both caught COVID, she was worried she would lose him, her husband was the only one to works and support family, if he passed away, how would she and her newborn baby be able to survive if she passes away as well? Who would look after her newborn baby? She started to have anxiety, weeping, insomnia, and depression. Her body's weakness made the symptoms worse, it became a vicious circle, making her symptoms even worse, and she lost control herself.





From Chinese Medicine [Wu Yun Liu Qi] theory:

Mrs L was born in 1992, year of Ren Shen (壬申), year of Ren Shen is excessive Wood Yun（木运太过), normally excessive Wood Yun, Year the Wind excessive, the nature of Wind is active, it easily causes human body liver Qi excessive, liver drains too much.

She was born in December, according to five element's law of prosperity and decline in four seasons（五行四季旺衰的规律), in the winter, is the season of water is prosperous,（当令者旺）the water is the king, aquatic wood, and the liver is prime minister,（水生木. 肝木是相) so liver is still strong.

Mrs. L was born in excessive Wood Yun year, this means her congenital constitution is excessive wood. The constitution of excessive wood easily suffers from mental illness. Her excessive liver Qi easily causes her heart Yin deficiency, heart Blood deficiency, which can cause her to suffer from anxiety, insomnia, depression symptoms.

According to the five element philosophy, excessive liver mood can invade lung metal, and then make lung metal weaker, so she immune system was weak, she caught COVID easily, after she was infected with COVID, her body Qi and Yin's weakness got even worse and that was why she easily suffer from depression.

Liver mu restricts spleen earth, and then causes her spleen weak, so her digestive system was weak, it was why she suffered from habitual constipation; her constipation made body Qi flow rising and failing disturbed, which could make her all the symptoms worse.



2022 is Ren Yin (壬寅) year, is excessive Wood Yun, is also her heavenly calendar year, it is the same excessive wood Yun year, as the same Si Tian (司天), Zai Quan (在泉).

Her problems had started in January, Zhu Yun（主运), Ke Yun (客运) both Jue Yin Feng Mu (厥阴风木), Zhu Qi (主气) also Jue Yin Feng Mu (厥阴风木), Ke Qi (客气) is Shao Yin Jun Huo (少阴君火) Si Tian (司天) is shao Yang Xiang Huo (少阳相火); the Spring is the Wind active season, three Jue Yin Feng Mu (厥阴风木), one Shao Yang Xiang Huo (少阳相火), one Shao Yin Jun Huo (少阴君火).

The wind and the Fire activate each other, creating a vicious cycle, deeply damaged her body Yin and Blood, the heavenly and earthly formed strong magnetic field, was a big influence to her, the even worse thing was, she was infected with long COVID syndrome, her health was weakened, the internal and external factors strongly affect her health, she was mentally and physically imbalanced, her failure to long COVID syndrome caused depression.

The symptoms:

Anxiety, palpitations, insomnia, restlessness, weeping, cannot concentrate, lost interesting, depressed.

Treatment principle:

Replenish liver and kidney Yin, nourishing the Blood, activate liver Qi's stagnation, calm mind, and spirit.



Chinese medicine formulae:

Gan mei Da zao tang, Fu xiao mai, Da zao, Gan cao. (Use concentrated herbal powder, 9 g daily.)

Acupuncture points:

Feng chi (GB 20), Bai Hui (GV20), Xin Shu (B15), Fei Shu (B13), Gan Shu (B18), Shen Shu (B23), Ci Liao, (B32) Tan Zhong (CV17) Nei guan (P6), Tai Chong, (LI3), San Yin Jiao (Sp 6). Bai hui (GV20), Si Shen Cong (EX-CAL), Tai Yang (Ex-CAI.)

During the treatment, patient did not respond very much. After the first treatment session, her husband told me that the day after her treatment, symptoms had gotten worse, and she cried all day. I realised that the acupuncture treatment may be too strong, Qi moved too much, so that made her body Qi and Yin weaker, worsening her symptoms.



The second visit, 03.02.2022: I used a gentle treatment.

Acupuncture points:

Nei Guan (P6), Tai Chong (Li3), Shao Hai (H3) Xue Hai, (SP10), scalp acupuncture: Bai Hui, (GV20) Si Shen Cong (EX-CAL), and all gentle stimulation.

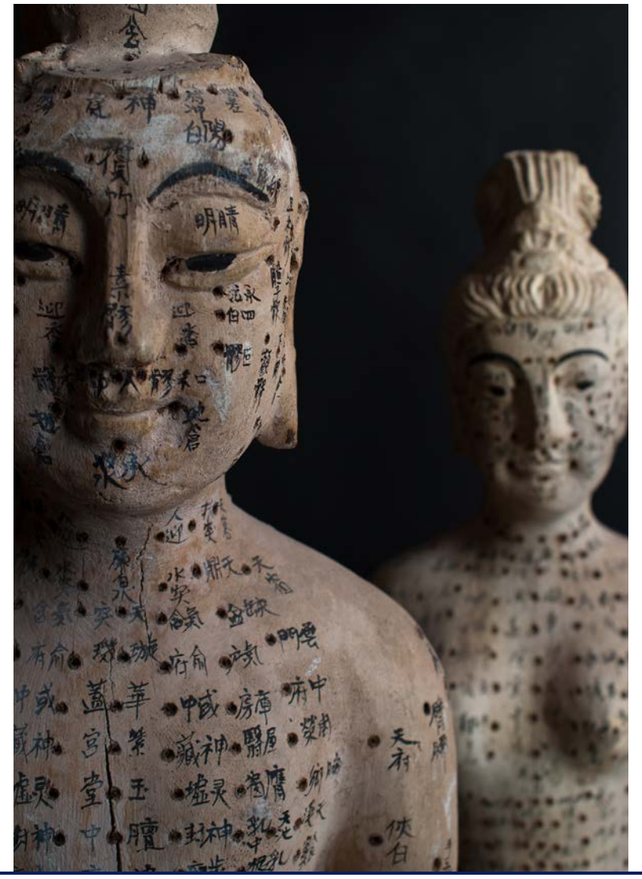
Her husband told me, her symptom had not changed, she still was emotional, but it was not strong like last time. I consulted Dr Wang tian Jun (who is experienced in scalpel acupuncture.) He suggested for a patient suffering from long COVID syndrome caused depression, the acupuncture treatment should be gentle, also should use tonic technique.

Dr Wang's advice made me realise that acupuncture treatment for her condition should not be the same as others as her depression was caused long COVID syndromes, her body was weak, and she lost lot of blood during her labour previously. Her body's Qi was weak, and her blood sea was empty, her body Qi and Yin both deficient, causing her heart Yin and Blood disharmony and that was the reason caused her postpartum depression. The treatment for her condition, firstly should be nourishing blood and Yin, then in the meantime I am able to stimulate her liver Qi and remove Qi stagnation. Otherwise, it could make her symptoms worse.

The third visit 10.02.2022

I have changed my acupuncture technical totally. The first I used her neck points Feng chi (CV20), An Mian (Ex-CAL), Feng Fu (GV16), I stimulated neck facial systems, relaxed her neck musical, as 30% brain's blood supply come from vertebral artery from neck, I tried to improve her neck blood circulation to improve her blood supplies to her brain, improved her brain's function; I also worked on stimulating her central nerve systems, and improved her depression. (3)

Then I stimulated her Bladder meridian acupuncture points on her back, Xi Shu (B15), Gan Shu (B18) Shen Shu (B23), Ci Liao (B32), as automatic nerves systems are a close relationship with the acceptors of facial systems, I used acupuncture points to stimulate facial systems of Bladder meridians, it can stimulate autonomic nerves systems, and improve automatic nerves systems function, so as to improve her heart, liver and kidney's function, and improve her centre nerves systems function.



Lastly, I stimulated her Tan Zhong point (CV17), improved her heart function and Qi in general; Nei Guan (P6), Tai Chong (Li3), Fu acupuncture point: Zhong wan (CV12) (heaven), guan yuan (CV3) (earth) I found the sensitive point in Guan yuan (CV3), this indicated her body Qi and Blood and vital energy was very weak, so I gave her moxa on it over a longer period of time.

She told me that she felt a warm glowing feeling travelling across her whole body, I also found a sensitive point in her Tai Yang (EX-CAL) points, I gave her moxa in it, and she felt so relaxed, she almost fell to sleep. At the same time, I prescript Gan Mai Da Zao tang for her.

The fourth visit, 17.02.2022:

Mrs L's depression symptoms had obviously improved. She had not felt anxious, sorrowful, or insomnia symptoms for whole week. I carried on the same treatments of acupuncture and herbs formulae.

In the meantime, I suggested to her that she should do more physical exercise and meditation such as Qi Kung or Tai Chi; improve her lifestyle and communicate more with her friends and family. After a few weeks of acupuncture and Chinese medicine treatment, her postpartum depression caused by long COVID syndromes disappeared. She is now fully recovered.

Reference:

1 Professor Zhu Yue Ping, Dean of Three of Heaven and Earth traditional Chinese Medicine College, France. [Wu Yun Liu Qi theory and appliance] course of study online.

2 Professor Jia Peng Wang. Professor of Higher Chinese Medical College Shan Dong. He published over ten research papers and was chief editor or assistant chief editor of five textbooks.

3 Dr Chang Qi Ying, specialist in treating pain disorders and complex conditions. The Centre for Pain medicine in Dresden, Germany. He raised "Craniospinal theory and Appliance's new theory" and put it in practice in 2019, for various pain disorders, common conditions, difficult and complex diseases. He achieved excellent results.

By Qing Zhang





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156 cases of Covid-19 were treated with Traditional Chinese medicine in the UK and its significance.



*Dan Jiang**

Profile

Ms Dan Jiang MMedSci

UK Voluntary team on TCM practitioners against Covid-19

This case study has been sumarised by 8 authors:

Dan Jiang*, Tianjun Wang, Haier Fu, Lingyu Lee, Shengbing Zhu, Diansheng Yu, Yan Wang & Feng Wang, Shulan Tang.

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TCM Consultant (Awarded by WFCMS)

Fellow of ATCM UKMs, Dan Jiang has over 40 years of clinical practice and teaching experiences in acupuncture and TCM in both private clinics and affiliated hospitals of universities in China and UK and has been practicing in the UK for nearly 30 years, since 1991. She has helped more than ten thousand patients from many different countries out of debilitating medical conditions including, a variety of internal diseases, infertility, women's health conditions, acute and chronic muscle and joint pains, cancer care and post-surgery complications, dermatological diseases.

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Abstract

Incidence and prevalence of infected Covid-19 are still rampant in the West and the most countries throughout world from 2020 to 2023. Although the incidence of infected Covid-19 in the developed countries has decreased down by the popular vaccination, it is still anxiety and worry to make more serious widespread from the varied coronavirus. It is a rigorous fact that there still are higher on the mortality to the seniors, special seniors who are resided at nursing homes. For seniors, the infected Coronavirus may product them a disastrous attack according to their pre-existing diseases, complication accompanied with Covid-19, and post-syndromes caused by Covid-19.

Their Covid-19 may be more complex, more serious, harder to find fast and effective therapies and easier to succumb to the post-syndromes which will make a bad influence on the quality of life, for the rest of their lives. TCM focuses on individual cases and can pay attention more to their pre-existing diseases. The complications caused with Covid-19 poses the possibility of post-syndrome's production. While some anti-coronavirus herbs are prescribed, a more fixed prescription is made.

In UK, a voluntary team of TCM practitioners have been treating plenty of patients. In this clinical trial, we collected 156 cases and classified them into two groups: over 45 years old as the observing group and under of 44 years old as the contrasted group, incidences on pre-existing diseases, complication and post-syndromes are observed separately; their results after treated by Chinese herbal medicine are also observed. We recognise from these observation and analysis that TCM treatment can significantly stabilised pre-existing diseases, treat complication together and prevent the post-syndromes' occurrence while is treating to Coronavirus.

Conclusion: TCM is a suitable treating choice to people with Covid-19 and even better to the seniors with a clinical complex state.

Key words: Covid-19, TCM, Chinese Herbal Medicine, seniors.

The coronavirus has still been spreading around the world, causing an outbreak of acute infectious pneumonia, even multiple systematic inflammatory disorders following with varied virus. From World Health Organisations (WHO) weekly report on 5th Oct 2022, more than 615 million of infected cases



and more than 6.5 million of deaths are confirmed in the world [1]. The daily report In the UK on 3rd Aug 2022 shows there are more than 5 million of infected cases and 177 thousands of died cases are confirmed, fluctuating figures daily on recently infected and died cases with Covid-19 are reported although the severe case rates, hospitalised rates and died rate have decreased in UK [2].

Since only these cases who are infected and developed into more severe or critical stages, can be accepted for an intensive service in UK hospitals. It means numerous of infected patients may have not received enough medical support, which then advances into a too severe cases if their symptoms are not managed well. This means developing effective and safe therapies for the prevention and treatment of COVID-19 has become a major public health concern.

As a voluntary team on TCM practitioners, set up on March 2020, with more and more TCM practitioners throughout the whole UK that have been joining in, so



that patients in every area can be referred to the near TCM practitioner from WeChat, WhatsApp, the Internet, and other forms of remote access. Due to a positive result issued in China [3, 4] in which Chinese herbal medicines are involved to treat coronavirus, so TCM practitioners can also use Chinese herbal medicine to diagnose and treat patients here.

We have to modify the typical herbal medicine prescriptions from the national guideline introduced from the China health Authority [5] following with European or UK herbal medicine regulations [6], and make a suitable prescription of Chinese herbal medicine to treat to the local UK patients [7]. We have recorded 1500 cases to determine their requirements and have issued herbal meticines or other TCM treatments to a further 160 cases. [8] We have summarised these cases by a clinical research approach and discuss how Chinese medicine's effect to control Coronavirus here.

1 Method:

1.1 Programme is designed: The seniors meet a greater risk during infected coronavirus compared with the youngers. This is because they may possess the pre-existing diseases or may be triggered by coronavirus and occur complications, which easily develop into the post-syndrome of Covid-19. The seniors may manifest more complex and severe conditions when they are suffering from coronavirus. Meaning we classified all of our patients into two groups: over 45 years old and under of 44 years old to identify the treating significant of TCM.

1.2 Programme is recruited: We distributed the notice to all of TCM practitioners in the voluntary team and require them to summarise and submit their cases. It was required that all of the cases should be clarified into two groups, which are pre-existing diseases, complications and post-syndromes of Covid-19 occurrances, with all cases reported respectively from individual doctor TCM practitioners by the end of April 2021.

1.3 Statistical treatment: All figures on the clinical reports from the TCM practitioners were collected by the research team. A special statistical technologist compiled all of the figures with statistical analysis and created professional tables.

1.4 Article was prepared by Dan Jiang and was reviewed by a research team with above statistical analysis.

2 Reports: All relevant information on patients was collected into this clinical trial when they had accepted TCM treatment for all of their procedures for infected coronavirus and reported by their TCM practitioners.

Among of patients who we have been treating:
Men 73 cases. Female 83 cases.

- 45-year-olds and above as the observation group is 78 cases; among of them: 37（47.40）as men; 41（52.60）as female.
- 44-year-olds and younger as contrasted group is 78 cases; among of them: 36（46.20）as men; 42（53.80）as female.

2.1 Observation: 2.1.1 Incident rate of Covid-19:
Infectious symptoms with a positive PCR： 134例
Suspected cases without a positive PCR： 22例*
Gentle stage; minor clinical symptoms, T <38
Ordinary stage: T >38.1, typical symptoms
Severe stage or more severe:
T>39, Breathless with dyspnea, or other severe symptoms.

Table 1:

Incidences and diseased levels on patients in different years old groups with Covid-19:

Diseased Levels	Over Than 45 Years Old Group (78)	Under Of 44 Years Old Group (78)	Chi-Square Value	P Value
Gentle Stage	31 (39.74)	45 (57.70)	12.703	0.002
Ordinary Stage	37 (47.43)	33 (42.30)		
Severe and Over More	10 (12.83)	0		

*** Note:** In the early phase of the pandemic Covid-19, the PCR test was not convenient, so many patients who could not make their test, or disliked being tested, although they manifested many symptoms, can be diagnosed in the clinic as highly suspected cases.

2.1.2 Incident rates of special relevant health problems:

*** Pre-existing diseases** means the diseases which the patients suffered before he/she got their covid-19: such as Allergy, Diabetes, and Hypertension etc.



Table2:

Compare on incidence of the pre-existing diseases with Covid-19 on the different year's old groups:

	Over Than 45 Years Old Group	Under Of 44 Years Old Group	Chi-Square Value	P Value
The Pre-Existing Diseases	No: 41 (52.60) Yes: 37 (47.40)	No: 70 (89.70) Yes: 8 (10.30)	26.265	< 0.001
Diabetes	No: 73 (93.60) Yes: 05 (6.40)	No: 78 (100)	5.166	0.023
Hypertension	No: 64 (82.10) Yes: 14 (17.90)	No: 73 (93.60) Yes: 5 (6.40)	4.854	0.028
Cardiologic Vascular disease	No: 75 (96.20) Yes: 3 (3.80)	No: 78(100)	3.059	0.08
Obesity	No: 77 (98.70) Yes: 1 (1.30)	No: 76 (97.40) Yes: 2 (2.60)	0.340	0.56
Allergy	No: 75 (96.20) Yes: 3 (3.80)	No: 74 (94.90) Yes: 4 (5.10)	0.150	0.699
Asthma / Respiratory Diseases	No: 68 (87.20) Yes: 10 (12.80)	No: 76 (97.40) Yes: 2 (2.60)	5.778	0.016
Post-virus, Chronic Fatigue Syndrome	No: 64 (82.1) Yes: 14 (17.90)	No: 77 (98.70) Yes: 1 (1.30)	12.465	<0.001
Other:	No: 76 (97.40) Yes: 02 (2.60)	No: 78 (100)	2.026	0.155

* One patient may suffer from more than a single disease, which means;

- ► The group with over 45 years old: 37 diseases in 78 cases, which is engaged as 47.44 %.
- ► The group with under 44 years old: 8 diseases in 78 cases which is engaged as 10.26 %.

Chi-Square Value is 26.265, with < 0.001 in P value.

- **Complications**

This means the disease which patients suffered from during the Covid-19 is affected or is triggered to occur with coronavirus: Such as Lung collapse, Cardiological problem, Reproductive disorders etc.

Table 3:

Compare on incidence of complication during Covid-19 with different years old groups:

The Complication	Over 45 years old group No: 54(69.20) Yes: 24 (30.80)	Under Of 44 Years Old Group No: 66 (84.60) Yes: 12 (15.40)	Chi-Square Value 5.2	P Value 0.023
Allergy	No: 76 (97.40) Yes: 2 (2.60)	No: 74 (94.90) Yes: 4 (5.10)	0.693	0.405
Cardiovascular Disease	No: 74 (94.90) Yes: 4 (5.10)	No: 76 (97.40) Yes: 2 (2.60)	0.693	0.405
Irritable Bowel Syndrome	No: 65 (83.30) Yes: 13 (16.70)	No: 72 (92.30) Yes: 6 (7.70)	2.937	0.087
Pain	No: 66 (84.60) Yes: 12 (15.40)	No: 72 (92.30) Yes: 6 (7.70)	2.261	0.133
Reproductive Disorders	No: 76 (97.40) Yes: 2 (2.60)	No: 76 (97.40) Yes: 2 (2.60)	0	1
Other	No: 76 (97.40) Yes: 2 (2.60)	No: 78 (100) Yes: 0	2.026	0.155

Compare on incidence of complication during Covid-19 with groups over 45 and under of 44.

- ► Among of the group with over 45 years old: 24 cases with complications, 30.76 %.
- ► Among of the group with under 44 years old: 12 cases with complications, 15.38 %.

Chi-Square Value is 5.2, with 0.023 in P value.

- **Post-syndrome of Covid-19**:

Some clinical symptoms are still existing after PCR becomes negative, Such as lung weaker or Respiratory function failure, cardiovascular disease, psychological disorders, gastrointestinal diseases etc.

Table 4:

Compare on incidence of Post-syndrome of Covid-19 with different years old groups:

Post-syndrome of Covid-19	Over Than 45 Years Old Group	Under Of 44 Years Old Group	Chi-Square Value	P Value
	No: 46 (59.00) Yes: 32 (41.00)	No: 60 (76.90) Yes: 18 (23.10)	5.769a	0.016
Lung weaker/ Respiratory Function Failure / Lung Fibrosis	No: 70 (89.70) Yes: 8 (10.30)	No: 76 (97.40) Yes: 2 (2.60)	3.847a	0.05
Cardiovascular Diseases	No: 74 (94.90) Yes: 4 (5.10)	No: 78 (100) Yes: 0	4.105a	0.043
Gastrointestinal Diseases	No: 62 (79.50) Yes: 16 (20.50)	No: 72 (92.30) Yes: 6 (7.70)	5.292a	0.021
Psychiatric Disorders	No: 74 (94.90) Yes: 4 (5.10)	No: 76 (97.40) Yes: 2 (2.60)	0.693a	0.405
Post-virus Chronic-Fatigue Syndrome	No: 67 (85.90) Yes: 11 (14.10)	No: 65 (83.30) Yes: 13 (16.70)	0.197a	0.657
Allergy	No: 76 (97.40) Yes: 2 (2.60)	No: 74 (94.90) Yes: 4 (5.10)	0.693a	0.405
Other:	No: 66 (84.60) Yes: 12 (15.40)	No: 74 (94.90) Yes: 4 (5.10)	4.457a	0.0353

Compare on incidence of Post-syndrome of Covid-19 with group over 45 and under of 44.

- ► Among of the group with over 45 years old: 32 cases who become to post syndrome of Covid-19, 41.02 %.
- ► Among of the group with under 44 years old: 18 cases who become to post-syndrome of Covid-19, 23.08 %.

Chi-square value is 5.769a with 0.016 in P value.

3 TCM diagnosis and treatment:

3.1 Chinese herbal medicine:

During the lockdown phase, we couldn't contact patients face to face as we were required to close to the clinic as we were alternative and complementary medicine, but we could collect clinical information from patients by some remote accesses: WeChat, WhatsApp, internet, Zoom etc. We could understand the infected state, severity of patients from clinical symptoms, and confirmed the diagnosis by the photos on patient's tongues, then we sent herbal medicine to the patients by post.

Due to using remote diagnosis with an indirect contact access, and preferring to prescribe herbal medicines in different forms according to the severity of disease and patient's preference to individual case, we prescribed herbal treating form as below:

3.1.1 Special prescribed scientific herbal powders form to individual case:

55 （70.50 %) and 49 (62.80 %) in the over 45 group and under 44 group respectively.

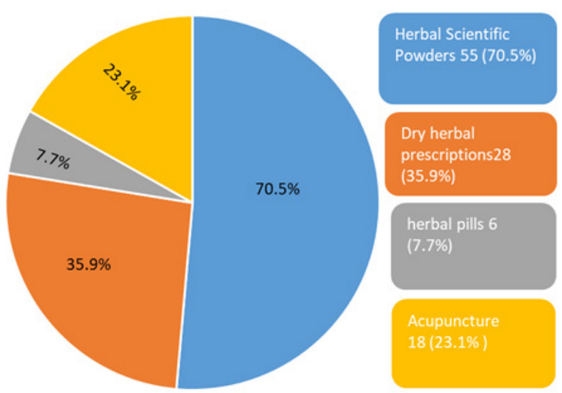
3.1.2 Special prescribed raw herbs in a decoction form to individual case:

28 (35.90 %) and 31 (39.70 %) in the over 45 group and under 44 group respectively.

3.1.3 Prepared herbal pills which doctors designed for common conditions to prevent or treat Covid-19 in advance:

6 （7.70 %） and 2 （2.60 %） in over 45 group and under 44 group respectively.

Because prepared herbal sachets or pills are cheaper and easily take, many patients can be prescribed raw herbs or powder herbs at the early stages who manifested as a severe or typical symptoms as Covid-19, then they were transferred to a prepared herbal pills or sachets after they had been better in about 1-3 weeks.



Applying rate of TCM therapies:

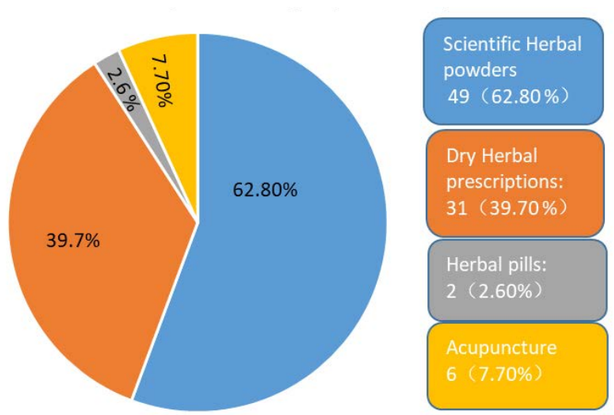
Figure 1:

Application on all TCM therapies in the group over 45 years old.

Figure 2:

Application on all TCM therapies on the group under of 44 years old.

Scientific herbal powders used as 55 (70.50 %) in over 45 years old group and 49 (62.80 %) in under of 44 years old group respectively; Chi-square value is 1.038 with 0.308 in P value.



Dry herbal decoctions used 28 (35.90%) in over 45 years old group and 31 (39.70%) in under of 44 years old group respectively; Chi-square value is 0.245 with 0.62 in P value.

Herbal pills are used 6 （7.70 %） in over 45 years old and (22.60 %） in under of 44 years old group respectively; Chi-square value is 2.108 with 0.147 in P value.

3.2 Acupuncture:

We could apply acupuncture treatment after we were reopening clinics, so we selected acupuncture with herbs together for making a stronger enough treating level. Most of the patients, especially ones with psychological symptoms, a complex state, complications or post-syndromes, acupuncture played a necessary role and valuable effect. Acupuncture used 18 （23.10 %） in over 45 year's old group and 6 （7.70 %） in under of 44 years old group; Chi-square value is 7.091 with 0.008 in P value.

3.3 Routine Treatment of TCM

* Anti-Coronavirus treatment with herbal medicine.

We selected the 1-2 main formula as the basic prescription as below, then we revised it with some herbs according to specialised symptoms which patient manifested to make a complete prescription for individual case.

Huoxiangzhengqi Decoction / Pills, [8] Huopoxialing [9] / Lianpo Decoctions; [10] Sanren Decoction; [11]

Above are the three formulas that should be selected for infectious Covid-19 patients in an early stage or gentle cases: Huoxiangzhengqi Decoction is better to be given to the patients with wind-cold-damp pathogenic factors; Huopoxialing / Lianpo Decoctions is better to be given to the patients with wind-heat-damp pathogenic factors; Sanren Decoction is better to be given to the patients with dampness.

Lianhuaqingwen Cap [12] / Huolingshuanghua Yin; [13] Qingfeipaidu Decoction; [14]

The above three formula should be selected for infectious Covid-19 patients in an ordinary stage, or severe cases. Qingfeipaidu Decoction is a basic main prescription; Lianhuaqingwen Cap / Huolingshuanghua Yin are prepared herbal capsule and granule.

Special prescription which is variated with above basic formulas to individual cases according to his/her basic health state, complication, and possible post-syndromes.



4. Clinical summary: 4.1 156 cases study:

All information on the cases with Covid-19 are collected from voluntary team on TCM practitioners who have treated in the practice TCM clinic in the UK.

4.1.1 Criterion:

1) Cured:

All of clinical symptoms disappeared;

- PCR become negative.
- Pre-existing diseases are stable.
- No complication appeared.
-
- No post-syndromes appeared.

2) Better:

PCR become a negative; Symptoms get less; Post-syndrome is still existing.

4.1.2 Result:

Table 5:

Compare on Result of TCM treatment to Covid-19 in different years old groups

Result	Over 45 years old group (78)	Under of 44 years old group (78)	Chi- Square Value	P Value
Cured	64 (82.05)	75 (96.15)	8.430	0.015
Better	11 (14.10)	3 (3.80)		
No effect	3 (3.80)	0		

In the over 45 years old group (78):

- Cured: 64 （82.05),
- Better: 11 （14.10),
- No effect: 3 （3.85).

In the under of 44 years old group (78):

- Cured: 75 （96.15）
- Better: 3 （3.85）
- No effect: 0

Chi-square value: 8.430, P-Value: 0.015.

4.2 Cases studies:

Case 1: A typical sufferer with Covid-19 over stress and multiple pre-existing illnesses:

Ms. T, 56, a Barrister with stress, irritable bowel and shoulder-neck pain who was affected Covid-19 from an excited kiss given by one of her clients when she won the lawsuit for fostering rights to her son. Due to busy work, she has been manifesting stress, restlessness, nervousness, headaches, poor sleep and multiple joint pains that lasted a couple of years, she caught Coronavirus immediately after she attended court.

Complaints:

Fever T 38.4c, fatigue, aching in general, illness feeling, some cough without phlegm, restlessness and hard fail asleep. PCR is positive.

TCM signs:

Light red tongue with greasy coating.

Diagnosis:

1) Infectious Covid-19

2) Multiple pre-existed diseases: Stress, Psychtric disorder-Anxiety, Irritable bowel syndrome (IBS), Arthritis.

Differentiation of syndrome: Dampness and heat accumulated at liver & spleen.

Herbal prescription:

Huoxiangzhengqi varied with Xiaochaihu Decoction.

Huoxiang10, Houpo10, Jiangbanxia10, Fuling10, Huashi15, Yiyiren30, Chaihu10, Chishao10, Huangqin10, Yuxingcao10, Zhuye10, Gancao5.

Herbal pills:

Qianghuoshengshi Pills & Huoxiangzhengqi Pills.

Result:

Due to both of treating principles on anti-coronavirus and releasing stress together are given, she is healed and relaxed quickly.

Case 2: A case who suffers from three times of Covid-19 is complicated with Colitis:

Ms. K, 55, a teacher who was suffered from a severe Ulcerative Colitis, controlled well by medicine and TCM's support 2 years prior. Since 2020, she suffered from Covid-19 three times, in Feb, Aug, and Jan 2021, which also triggered her Colitis; since she is third infected by Coronavirus, she is aggravated her colitis until PCR become negative.

Complaints:

Diarrhea with watery stools countless daily, more than ten times with abdominal cramps, but no blood or mucus in stools; fatigue with general aching and poor sleep.

TCM signs:

Pale tongue with thin coating.

Diagnosis:

1) Infectious Covid-19

2) Complication—Ulcerative Colitis;

Differentiation of TCM: Excessive damp and heat accumulation with spleen deficiency.

Herbal prescription: Baitouwong30, Qinpi10, Baishao20, Yanhusuo10, Ganjiang10, Chenpi10, Baizhu10, Fangfeng10, Kezi10, Yizhiren10, Huangbai10, Zhimu10, Gegen10, Zhigancao5.

Result:

After she takes the special prescription, her Covid-19 is completely healed and diarrhoea and abdominal cramp caused by colitis is also gradually controlled well. Due to Buzhongyiqi decoction is replaced after her diarrhoea is controlled, she has been getting stabilisation in general.

Case 3: A case with lung weaker as a post syndrome after be controlled from Covid-19:

Ms. N, 67, a therapist, due to infected Covid-19 two months previously, she had fever, 39.6c, cough, chest pain and dyspnea, SoA2 <90, so she was admitted into hospital for intensive treatment for a week.



Complaints:

After discharged, she is still feel lethargy, breathlessand tiredness in general. If she moved, she would cough or have breathlessness, also thirsty, poor sleep. After a course of antibiotics, she does not feel better at all.

TCM signs:

Light red tongue with less white coating;

Test signs:

PCR -, SoA2 92-95 swings

Diagnosis:

1) Post-syndrome of Covid-19

2) Lung weaker / Respiratory functional Insufficiency

Differentiation of TCM: lung and spleen Qi and Yin deficiency

Herbal prescription:

Taizishen30, Nan / Beishashen15 each, Maimendong10, Shendihuang10, Tinglizi10, Jiegeng10, Banzhilian10, Yuxingcao10,Sangbaipi10, Huangqin10, Zhimu10, Gancao5.

Acupuncture:

Moxi at Ren8,

Du20, 24 St8, 25, 36, Ren 15, 12, 6, 4, Sp9, 6, 4, 3 Sj5, Gb41

Result:

She has been controlled for all of symptoms and weakness lungs after 4 weeks of TCM managements.

5 Discussion:

5.1

TCM is a good choice for people with Covid-19, even better for the seniors who are over 45 years old; the main symptoms which are caused from Covid-19 can be controlled after effective antivirus treatment of herbal medicines are given.

5.2

Due to TCM can manage a formula targeting to individual case, his/her pre-existing diseases can be involved or double cared in the prescription, so a stable state on their pre-existing diseases can be received after the main symptoms from Covid-19 is treated;

5.3

Due to TCM seeing a body as a whole, so their complications accompany with Covid-19 can also be paid attention more for healed with anti-coronavirus together.

5.4

TCM can effectively prevent and treat post-syndromes of Covid-19. Due to TCM helping to control Coronavirus, stabilising immune system, promoting organ's function, and correcting bio-circulation, so it can make a complete rehabilitation after the Covid-19 controlled.

Due to stabilising pre-existing diseases, treating complications, and preventing post-syndromes accompanied with anti-coronavirus with TCM, so TCM can display a significant comprehensive treating effect to the Covid-19 sufferers, even better to the senior people.

6 Conclusion:

TCM is an effective and suitable treating choice for patients with Covid-19, it is even suitable to treat the senior sufferers.

Author's contribution:

D Jiang designed and prepared the manuscript as a correspondent author; TJ Wang organized all of programme and team as another main author; H Fu and L Lee collected clinical figures and made statistical analysis; the manuscript is reviewed by Prof Taiping Fan in Cambridge University.

Acknowledgement:

Due to these TCM practitioners who accepted and treated patients with Covid-19 summarise and submit their clinical cases to the programme, we can have a bigger sample of clinical figures, so make greeting to all of attenders.

Conflict of interest:

The authors declare that there is no conflict of interest and no research funding support.

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7 D Jiang, (2021) Diagnosis and Management of Infected or Suspected Patients with Covid-19----48 Cases study in the UK, Annals of Clinical Cases ISSN: 2692-7993.

8 Huoxiangzhengqi Decoction / Pills: (Huoxiang *Herba Agastaches*, Houpo *Cortex Magnoliae Officinalis,* Fuling *Poria*, Zisu *Folium Perillae* , Dafupi *Pericarpium Arecae*, Jiangbanxia *Rhizoma Pinelliae,* Chenpi *Pericarpium Citri Reticulatae*, Jiegeng *Radix Platycodi,* Baizhu*Rhizoma Atractylodis Macrocephalae*, Baizhi *Radix Angelicae Dahuricae*, Gancao *Radix Glycyrrhizae are consisted*) .

9 Huopoxialing Decoction; (Huoxiang *Herba Agastaches seu Pogostemi,* Houpo, *Cortex Magnoliae Officinalis;* Jiangbanxia Rhizoma Pinelliae Ternatae*;* Fuling *Sclerotium Poriae Cocos;* Xingren *Semen Pruni Armeniacae; Yiyiren* Semen Coicis Lachryma-Jobi; *Baidoukou Fructus Amomi Cardamomi, Zhuling Sclerotium Polypori Umbellati; Tongcao Medulla Tetrapanacis Papyriferi; Zexie Rhizoma Alismatis Orientalis are consisted).*

10 Lianpo Decoctions; (Huanglian *Rhizoma Coptidis,* Houpo *Cortex Magnoliae Officinalis,* Shichangpo *Rhizoma Acori Graminei,* Jiangbanxia *Rhizoma Pinelliae Ternatae,* Douchi *Semen Sojae Praeparatum,* Shanzhizi *Fructus Gardeniae Jasminoidis,* Lugen *Rhizoma Phragmitis Communis are consisted).*

11 Sanren Decoction; (Xing Ren *Semen Pruni Armeniacae;* Yi Yi Ren Semen *Coicis Lachryma-jobi,* Bai Dou Kou *Fructus Cardamomi Rotundi,* Hua Shi *Talcum;* Hou Po *Cortex Magnoliae Officinalis,* Tong Cao *Caulis Mutong,* Ban Xia *Rhizoma Pinelliae Ternatae,* Zhu Ye *Herba Lophatheri Gracilis are consisted).*

12 Lianhuaqingwen Cap; *(Lianqiao Fructus Forsythiae Suspensae, Jinyinhua Flos Lonicerae Japonicae, Mahuang Herba Ephedrae, Xingren Semen Pruni Armeniacae, Shigao Gypsum Fibrosum, Banlangen Radix Isatidis seu Baphicacanthi, Guangzhong Radix Potentillae, Yuxingcao Herba Houttuyniae Cordatae cum Radice, Huoxiang Herba Agastaches seu Pogostemi, Dahuang Radix et Rhizoma Rhei, Hongjingtian, Rhodiola rosea, Bohe Herba Menthae Haplocalycis, Gancao Radix Glycyrrhizae Uralensis are consisted).*

13 Huolingshuanghua Yin*; (Huangjing Rhizoma Polygonati, Fuling Sclerotium Poriae Cocos, Wuzhimaotao Ficus hirta Vahl, Huoxiang Herba Agastaches seu Pogostemi, Zisuye Folium Perillae Frutescentis, Chenpi Pericarpium Citri Reticulatae, Shengjiang Rhizoma Zingiberis Officinalis Recens, Dazao Fructus Zizyphi Jujubae, Xiangru Herba Elsholtziae seu Moslae, Caoguo Fructus Amomi Tsao-Ko, Jiegeng Radix Platycodi Grandiflori, Pibaye Folium Eriobotryae Japonicae, Sangye Folium Mori Albae, Jinyinhua Flos Lonicerae Japonicae, Laifuzi Semen Raphani Sativi, Maiya Fructus Hordei Vulgaris Germinantus are consisted).*

14 Qingfeipaidu Decoction; *(Xiangru(Mahuang*) Herba Elsholtziae Ramulus Cinnamomi, Fuling Poria, Shengjiang Rhizoma Zingiberis Recens, Tinglizi(Xixin*) Semen Descurainiae, Huoxiang Herba Agastaches, Zexie Rhizoma Alismatis, Chaihu Radix Bupleuri, ZiyuanRadix Asteris, Xingren Semen Armeniacae, Zhuling Polyporus Umbellatus, HuangQin (Shigao*) Radix Scutellariae, Kuandonghua Flos Farfarae, Zhishi Fructus Aurantii Immaturus, Baizhu Rhizoma Atractylodis Macrocephalae, Jiangbanxia Rhizoma Pinelliae, Shegan Rhizoma Belamcandae, Chenpi Pericarpium Citri Reticulatae, Shanyao Rhizoma Dioscoreae, Gancao Radix Glycyrrhizae are consisted).*

By Dan Jiang



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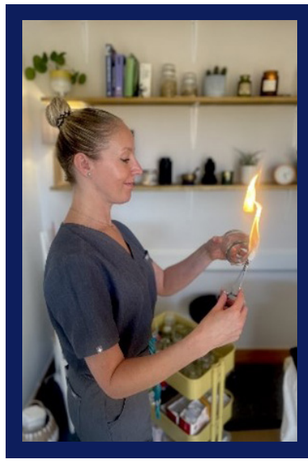
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MBAcC

Melanie is a fully qualified Acupuncturist and Traditional Chinese Medicine Practitioner, gaining her Bachelor of Science Honors degree from the prestigious Northern College of Acupuncture in the City of York.

"Why did I become an acupuncturist?"

Many of my patients have asked me this question since starting my practice and my honest and simple answer is because-
"Acupuncture changed my life".

My journey with Acupuncture and Traditional Chinese Medicine started about 20 years ago, at the age of 22 and out of the blue I had started experiencing symptoms of anxiety, ranging from insomnia and night terrors, palpitations, panic attacks, chest tightness and in general low mood.

After a couple of months of feeling unwell the symptoms were just not going away so I had decided to book an appointment with my GP, with no examination and just a few questions later she had concluded that she thought I was depressed and needed to take anti-depressants for at least 6 months. Of course, I knew this was not the answer and after some of my own research I had decided to try acupuncture. At this stage I had no clue even what it was, but what I did know was that everything I had read up to now made total sense and that this was the path I needed to take.

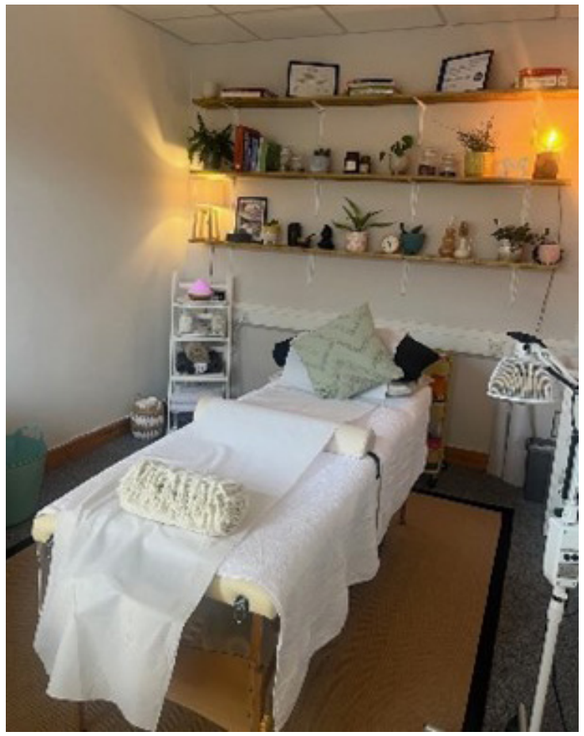
"It changed my life forever."



Now the fact that I am sat here writing this as an acupuncturist, I think you know how the story ends…

…12 sessions later with an amazing Chinese doctor and a prescription of herbal medication, this wonderful medicine had cured me of any of the symptoms I was experiencing and changed my life forever.

Fast forward another 15 years, the completion of a 3-year Bachelor of Science degree at The Northern College of Acupuncture in York and now I get to share this wonderful medicine rooted in 5000 years of history with my patients in my own clinic space 'Nourish From Within Acupuncture' based in the historic city of York.

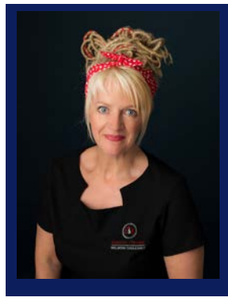


Melanie's "safe space" clinic.

I like to think that my own clinic provides a 'safe space' for my patients. Through the wisdom and tradition rooted in this medicine I will continue to share many of the techniques I have learnt over the years not only through studying but through my own personal experiences of this medicine and the many Chinese doctors that have taught me the way over the years.

"The bamboo that bends is stronger than the oak that resists."

My goal as an acupuncturist is to spread the word about this medicine and the many ailments it can treat through my Instagram page mel_acupuncture. A piece of wisdom from Dr Liu, the first ever Chinese Doctor that treat me ''The bamboo that bends is stronger than the oak that resists."



Amanda Christer

MSc

Wellbeing consultant and Nada GB Trainer, based in the Northeast of England UK. The founder of the Amanda Christer Wellbeing Consultancy.

"I believe training and personal development is an ongoing process which lead me to gain my Master's degree in 2009 at Teesside University and since then I have gained other qualifications in Medical Acupuncture and Dry Needling, Fertility Reflexology, Battlefield Acupuncture, Pregnancy Reflexology and Scalp Acupuncture to name a few."

Many teenagers spend lot of time contemplating what career path to follow when leaving school. For me, there wasn't that period of uncertainty, my mind was 100% made up. I'd always known that hairdressing was my path to follow and after 10 successful and very enjoyable years I thought my past, present and future had been forged.

But, oh boy did my path change direction. After having two beautiful children, Emily and Oliver, I found myself volunteering for a homeless charity which sent me on a totally different journey working within the field of substance.

"I'd gone from split ends to offering support to individuals experiencing issues with both illicit and prescribed medication."

Working in such a diverse fast paced environment allowed me to tailor my services to assess each client as an individual, just as I had done in my previous life as a hairdresser. I'd gone from split ends to offering support to individuals experiencing issues with both illicit and prescribed medication.

It was during this time that I was fortunate to be introduced to the Nada ear acupuncture protocol. Nada GB as it is now known here in the UK. The process involves the gentle insertion of up to five, single use, sterilised, stainless steel disposable acupuncture needles into specific energetic points in the outer ear.

The NADA Protocol was initially founded to aid relaxation and wellbeing for people suffering with substance misuse problems, and/or in recovery.

In more recent years, other areas of treatment which incorporate the Nada protocol are, stress and anxiety management, panic disorders, sleep issues, trauma recovery in communities following major catastrophes, aiding recovery from medications and dependency, relaxation in young people with behavioural disorders, stop smoking services and ameliorating side effects from drug treatment in cancer care.

The protocol is known to have a calming effect on the central nervous system. NADA GB is part of an international body. The same protocol is used in many countries across the globe.

Delivering Nada ear acupuncture clinics, up to 4 per week to individuals who regularly did not attend their appointments was amazing, seeing the same faces time and time again for more made me realise just how fabulous this tool I now had in my toolbox was.

I had the privilege of witnessing remarkable transformations, I knew this was my future path, that acupuncture had opened my eyes to a new way of working, a totally holistic, wellbeing tool and I loved it.

Moving up through the Nada GB ranks I took an assessor's role and when Nada GB took the decision to train more trainers in the UK, I knew this was my future. I find teaching absolute novice's new skills, watching their confidence grow and to see them blossom into practitioners a real joy.

I graduated with my Master's degree in 2009, and continue run my own highly successful holistic wellbeing practice in the Northeast of England. As I reflect on my journey, I am filled with gratitude and love. Taking this journey has and still is invaluable.



Amanda pictured above delivering acupuncture treatment to her local Darlington MP at an over 50's lifestyle event exhibiting a range of support services available to the local community.



Jordan Fay Marshall

Lic.Ac. BSc (Hons) MBAcC

Jordan Fay is a fully licensed Acupuncturist with BAcC and a dedicated practitioner of Chinese Medicine with her own clinic room in Norwich.

I'm Jordan and I'm an acupuncturist in Norwich UK. I studied Chinese medicine acupuncture at the university of Westminster in London. Despite only graduating in 2021 and Covid, I was able to build my patient base here in Norwich, a community in great need for acupuncture, I was able to become a full-time acupuncturist with my own clinic room since. It's been a dream come true!

"There have been some incredible success stories in my journey that I want to encourage you all with."



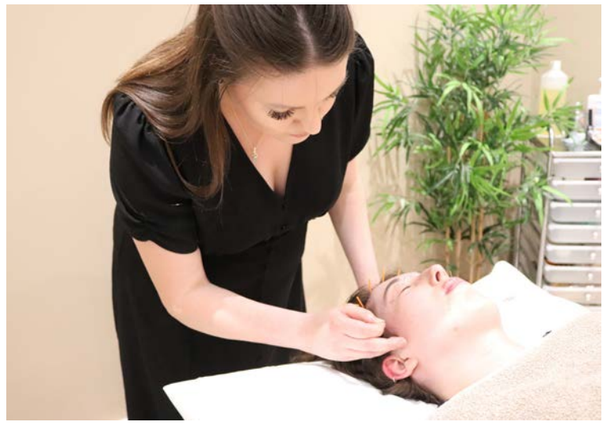
Jordan's acupuncture clinic

Being a new practitioner, at the start it can be quite daunting especially with treating health conditions you have never treated before. There have been some incredible success stories in my journey that I want to encourage you all with.

A female in her early 40s came to me in desperate need to relieve pain she had been experiencing for over 20 years. She had chronic endometriosis and had to have a hysterectomy in her mid-30s which left her still in a lot of pain in her lower abdomen, back and hips. The doctors did not have anything more they could do or suggest other than the standard painkillers. She had completely given up at this point.

"Jordan Fay recalls some memorable patients that she has treated with acupuncture at her clinic."

She had never tried acupuncture before and agreed to have 10 sessions once a week. During each session she felt more and more relief but would feel the pain come back at times. After the 7th session she suffered with absolutely no pain at all, ridding herself of painkillers! She now just comes regularly once a month to keep herself at bay and recommends acupuncture to all she comes across.



Another patient of mine I treated was in his early 30s who had just been diagnosed with MS. He could barely walk, had lost sensations in his arms and legs, used a walking stick, and wore an eye patch for his vision loss. He hasn't started any medication from the specialist due to delays. With his anxiety and depression increasingly getting worse, I got a message from him saying he is very sceptical about acupuncture but at this stage is desperate and willing to try anything.

"I was dumbfounded!"

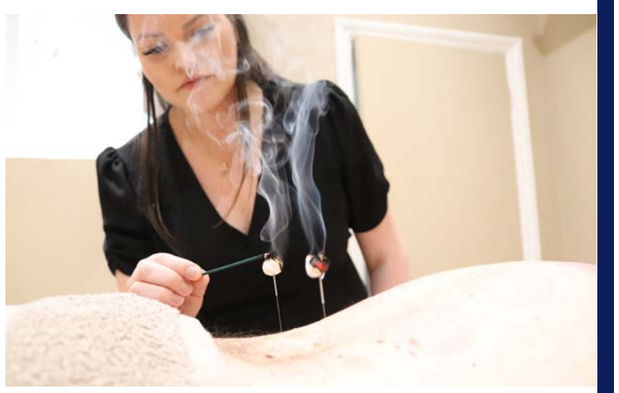
Housebound at this point, I started treating him once a week in his home. After one session, he messaged the next day to day he is walking with no stick, has increased energy and without an eye patch, and even managed to walk to his local shop and back a few minutes away! I was dumbfounded to say the least as this was my first MS patient. After a few weeks of treatment his symptoms were getting better each time until he started his medication. We are now still working together to battle his symptoms that have arisen from the awful side effects of the medication he is now on. He now looks forward to his acupuncture sessions.

"She was very doubtful of acupuncture."

I have many success stories, but I shall leave you with one more. Another lady in her 70s who had been suffering with chronic neck pain was referred to me from a local pain clinic. She was very doubtful of acupuncture and whether it would do anything to relieve her pain. Her pain was so bad, she couldn't sleep, she couldn't drive and could barely move her neck. After her first session she said the pain felt the same with no difference.

I explained that acupuncture can take some time to work especially when not feeling relaxed. We agreed she would come twice a week for a few weeks at the start to 'give it a go'. After her 3rd treatment she explained that it wasn't working for her but thanked me for trying. Within a week I had emails of more sessions being booked in by her.

When she came back, she explained the pain clinic saw a profound difference in her neck after the acupuncture sessions with me and she was surprised that she felt so much better than she did and now continues to get her regular acupuncture sessions with me finally getting positive results with managing her pain and being able to get a night's sleep.



Jordan treating a patient at her clinic in Norwich

In my experience, most patients in western society come for acupuncture when they feel it is a last resort for them rather than it being a lifestyle and a preventative.

My thoughts to conclude, when patients feel they are getting nowhere and about to give up, it is at that point they should not give up and then healing will come. The more relaxed and less stress my patients are under, the healing improves vastly. Still, I know I have a lot more to learn and more experience to gather. I love this journey of being an acupuncturist. "



Elda Edwards

Lic Ac, BSc(Hons), MBAAC, Dip. CHM

Elda is an Acupuncturist and a Chinese Medicine Herbalist, graduating from the College of Integrated Chinese Medicine in Reading. An AAC member, who runs a busy practice in Surrey. Specialising in gynaecological problems, menopause, anxiety and musculoskeletal conditions.

"My thirst for knowledge was unstoppable. When I embarked on a 3.5 year degree in Acupuncture at the College of Integrated Chinese Medicine, I was ready for the big step, to dedicate my life to study the vastness & beauty of Chinese Medicine! "

After I had graduated from the College of Integrated Chinese Medicine in Reading in 2019, I felt that my curiosity for Chinese Medicine was just poked into and that I wanted to deepen my understanding and my knowledge. The quest had just begun.

I couldn't be happier when Phoenix Academy offered a 1 Year Diploma in Chinese Herbal Medicine! I immediately enrolled and the lectures held by Dr Chen were both inspiring and fascinating because they contained golden nuggets of information into the Traditional way of Chinese Herbal Formulas.

"The process leading to a formula prescription is thorough and many times filled with puzzling questions."

By the time I finished the course I had ordered 200 herbs, a grinder and 200 jars and I created my own dispensary. I just love having as many herbs as possible, I want to feel their texture, their aroma, I am curious to see how each individual herb tastes like and how they come together in decoctions. Before I give my patient their formula, I always taste it first because on one hand, I feel that I need to know how the patient will experience them and on the other hand, I am curious and eager to experience the magic brought by the interaction of the individual herb.

The first formula I prescribed (Mi Mu Di Huang Wan with additions and subtraction) was for a lady suffering from both dry and wet macular degeneration. She had to move to France and so I prepared a batch that would last her 3 months. I ground all the herbs and I advised her to mix 10g each day with honey until a paste is formed, to be taken with warm water, away from meals but not on an empty stomach.



After a month she told me that the herbs made a big difference to the dry type and that her vision in her right eye improved considerably. She also told me that other aches and pains she felt in her body were gone, her legs which would become very cold at night were now warm.

The process leading to a formula prescription is thorough and many times filled with puzzling questions, as some of the patients' symptoms would be very complicated and contradictory. I respect the power of the herbs, I know their potency and the fact that they also can cause serious adverse reactions. My rule of thumb is to always check the drug interactions and to always write down the medication the patient is under.

"There are people who are scared of acupuncture, they have a needle phobia and ask me to only prescribe herbs."

I have successfully treated with herbal formulas many women who come to me because of heavy and painful periods, anxiety, and menopause symptoms. There are people who are scared of acupuncture because they have a needle phobia, they ask me to only prescribe herbs for them and this is the moment I am reminded of what a powerful tool I have in my tool kit. If I hadn't studied herbs, I would have never been able to help so many patients seeking help.

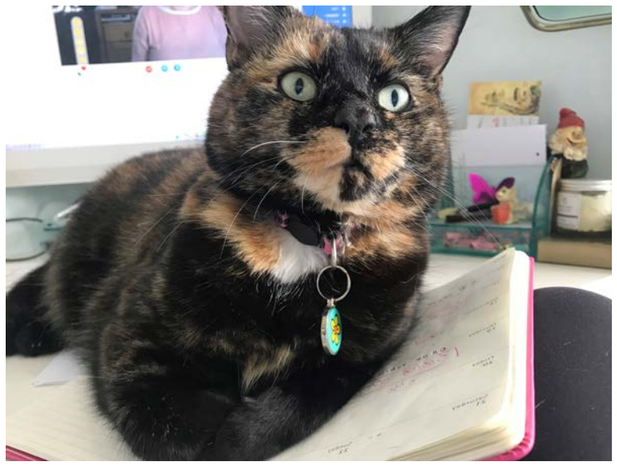
In my clinic I see a lot of people suffering with arthritis and many of them asked me if I have something they could apply externally. And their requests triggered the start of a new approach of herb preparation: external formulas. I am in the process of preparing 2 types of poultice and liniments: for Cold Bi and Hot Bi and after that I shall prepare a liniment for sinews and bones for chronic conditions.

I have one story which is closest to my heart. This is the case of my cat who suffered from urinary infection with crystals in urine. She was also constipated. The vet could not do anything and suggested surgical intervention. I then thought that I could compose a formula. just as I would prescribe for a person, but with adjustments in the grammage.

I bought a book on Chinese Veterinary Herbology, and I created the formula for damp heat in the Bladder. I ground



the herbs, mixed them with honey and formed tiny pills, 1g each. I gave my cat 2 pills a day and after a week she was cured! How amazing is this?



Meet Frankie, now a very happy and healthy pussycat!

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Sandra Bird

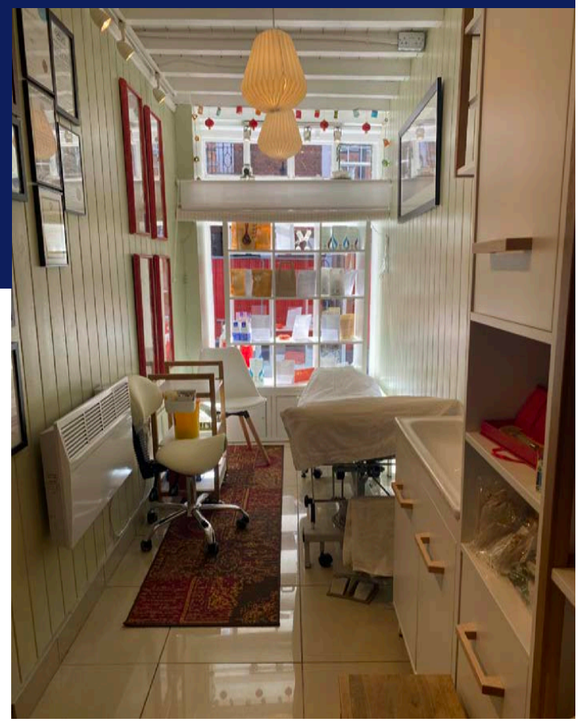
BSc(Hons) DipCHM MBAcC MRCHM

Sandra lives and works in Lincoln. She describes herself as Acupuncturist, Herbalist, Drummer, Witchy Wu, and lover of tea. She was astounded by the 'coincidence' when she discovered the meaning of Wu.

Sandra Bird

Acupuncture & Herbs

"Dressing the Shop Window- A Lincoln tale of TCM, Steampunk, & a Witchy Wu"



In those distant days before the covid lockdowns I was working in my Lincoln based acupuncture practice whilst studying Chinese herbal medicine at the Northern College of Acupuncture in York. On my Lincoln working days, on my way to and from clinic, I would walk past a little empty shop and think to myself what a wonderful acupuncture and herbal medicine shop it would be. I even tried to find out who the landlord was, but all to no avail.

"I would walk past a little empty shop and think to myself what a wonderful acupuncture and herbal medicine shop it would be."

Part way through my second year at NCA and for many reasons, mainly related to my inability to be in several places at once, I deferred my studies for a while. Then covid struck and we had lockdowns. I closed my practice and once we were able to start treating people again, I relicensed with my local council to provide acupuncture as home visit treatments only.

This worked well, as I think people felt comfortable with one person going into their home to see them and for some it was their only human contact with the outside world. An added bonus was that NCA moved all teaching and herbal clinics online, thus enabling me to go back and finish my DipCHM.

At around the same time as I completed my DipCHM I spotted an advert for the little empty shop. I took this as a sign and I just had to find out more. I contacted the agent, viewed the property, and the rest (as they say) is history. I signed the contract (having got my solicitor to rewrite it), got the keys, spent long days and evenings planning, painting, and preparing, all working around my acupuncture home visits. After about six weeks of cleaning, painting, measuring, plumbing, and building flatpacks my beautiful little shop was ready to start welcoming and treating patients.

When I say my "little" shop, it really is a small space. Just 1.52 metres wide with a total length of approx. 5 metres. With careful use of the space, it's just big enough for the treatment couch and everything I need to work effectively and efficiently. It's a good discipline for me to have to consider the function and form of everything I bring into the space.

I have found that things I once thought of as essential have become not so and it's amazing how much can be tidily and usefully kept in a small place when enough thought and care has been put into the planning of furniture selection and placement. I sometimes have to be creative when it comes to storage and I don't carry large stocks of anything.

"My herbal dispensary is small but mightily efficient."

My herbal dispensary is small but mightily efficient, all housed in one cupboard the top of which serves as an excellent countertop when mixing formulas. I use mainly granules for convenience and size and I built up the dispensary by ordering what I needed as I needed it. I also use an outside dispensary service from time to time, which allows me to keep my dispensary compact.

"This is my chance to engage with them and promote the benefits of Chinese medicine."

In addition to treating my patients with acupuncture and herbal medicine, I use the retail space to sell OTC remedies, herbal teas, culinary herbs, and supplements. I display what I can of these in the window to encourage people to come in. Once in they inevitably ask what acupuncture and/or herbs can help with and, of course, this is my chance to engage with them and promote the benefits of Chinese medicine.



In between appointments I leave the blinds open and the treatment room is then on view behind the window display. I get more walk-ins asking for appointments here than I have in any of my previous clinic locations.

The location is in the heart of old Lincoln, surrounded by history and heritage. Just around the corner from Lincoln Cathedral, the Castle, the Magna Carta, and lots of great independent retailers, restaurants, bars, hotels, and small businesses. There is also a supportive local retail and business guild that organises events to increase footfall, including window 'trails' encouraging visitors to look for particular items displayed in shop windows with quiz questions relating to the individual shops. I've taken part in several seasonal trails including Easter Egg, Pumpkin, and even Queen's Corgis for the jubilee.



Sandra's beautiful and ever changing window display.

One event that Lincoln is home and host to is the Asylum Steampunk festival, reportedly the largest in the world. Last year during the festival weekend I decided to dress up appropriately and, using my original needle skills, I made costumes for my acupuncture models who live in the window.

This has developed into seasonal outfits for them (they now have a complete wardrobe for the year) and I display information on the appropriate Element/Phase alongside them. They are the stars of my window and prompt many people to stop and look. On a personal level I have found the creating and changing of the outfits to be a lovely way to mark the changing seasons and be present with the flow of the year.



As I write this, we are approaching the Steampunk festival weekend once again, and I will shortly be making some additions to the window and dusting off my Witchy Wu hat. But for now, in the photos, you can see my gorgeous "acubuddy models standing in the sunshine and dressed in their red summer outfits.

UK Centre of Chinese Medicine
英国中医药中心



Supporting the Advancement of Chinese Medicine

ABOUT CCMUK

The Chinese Medicine UK Centre (CCMUK) is a non-profit organisation based in the UK devoted to promoting and advancing Chinese medicine.

CCMUK serves as a central hub for Chinese medicine, offering resources, support, opportunities for scientific research, academic education, clinical skill exchange, and the development of relevant projects.

Through these collaborative efforts, CCMUK endeavours to advance Chinese medicine, enhance its reputation, and make valuable contributions to its development and growth.

PURPOSE

CCMUK aims to act as a central hub for Chinese medicine, providing information, support, opportunities for scientific research, academic education, the exchange of clinical skills, and the incubation and implementation of projects relevant to the field.

MISSION

Our mission at CCMUK is to amplify the social impact of Chinese medicine by bolstering its capacity to strengthen its presence and impact, preserve public health and facilitate sustainable growth of the Chinese medicine industry in the UK.

ETHICS

Our code of ethics is applicable to anyone that enters into a professional partnership with CCMUK. This includes – but is not limited to – Professional Advisory Committee members, collaborators, event organisers and contractors.

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