

Contents

Preface.....	7
Introduction.....	9
Chapter 1 Beginnings.....	13
Chapter 2 Elementary Traditional Chinese Medicine: The Organs.....	19
Heart	
Lung	
Liver	
Kidney	
Spleen	
Chapter 3 Qi and Blood.....	34
Qi	
Lowering Qi	
Types of Qi	
Meaning of Qi	
Blood	
Bleeding	
Blood Deficiency	
Blood Stasis and Ecchymosis	
Chapter 4 The Six Evils and Five Phases	53
The Six Evils	
Cold	
Fire	
Summer Heat	
Dryness	
Wetness	
Wind	
The Five Phases	
Chapter 5 The Eight Entities.....	68
The Influence of Taoism	
The Eight Entities: Four Pairs of Dualities	
Yin/Yang	

Heat/Cold
Internal/External
Solid/Deficient

Chapter 6 Taking Traditional Chinese Medicine to the ER.....86

Tongue Diagnosis
Pulse Diagnosis
The ER: My Virtual Lab
Disease Stages

Chapter 7 Fundamental TCM Treatment Principles.....98

Support the Host as well as Fight the Invader
Economics of Energy
Finding the Ben
Tonify the Deficient
The Herbal Prescription
The Confluence of East and West

Chapter 8 New Beginnings: Starting an Integrated Practice.....114

Using TCM to Treat Asthma
Treating the Ben
 A Case of Eczema
 A Case of Melasma
Diabetic Nephropathy
Gallstones
Peripheral Vascular Disease
Women's Health
 Premenstrual Syndrome
 Menstrual Irregularities
Colds and Flus
Hyperactive Airway Disease

Chapter 9 Advanced Traditional Chinese Medicine.....129

More about TCM Organs
 Liver
 Kidney
 Kidney and Life Gate
 Spleen
TCM Organ Interrelationships
 Liver and Spleen
 Kidney and Lung
 Liver, Spleen, Kidney, and Lung

TCM Organ Assignments	
Modern Applications of the Eight Entities	
Heat and Solid Conditions	
Deficiency Conditions	
Blood Stasis and Ecchymosis	
Chapter 10 About Acupuncture	148
Frequently Asked Questions about Acupuncture	
What are acupuncture channels or meridians ?	
What are the various types of acupuncture?	
How does acupuncture work?	
Does acupuncture cure or only mask pain?	
Is the response to acupuncture just a placebo effect?	
Do different people respond differently to acupuncture?	
Conditions Treatable with Acupuncture.....	165
Musculoskeletal Pain	
Upper and Lower Respiratory Problems	
Autonomic Dysfunctions	
Scar Tissue	
Headaches	
Reflex Sympathetic Dystrophy	
Reproductive Tract Disorders	
Acupuncture in a Third-World Setting.....	173
Hot Flashes	
Menstrual Irregularity	
Blocked Tear Duct	
Varicose Veins	
Burn Wound	
Meralgia Paresthetica	
Ankle Pain from an Old Injury	
Ankylosing Spondylitis	
Chapter 11 The Traditional Chinese Medical View of Diet.....	183
Toxic Foods	
Energy Foods	
Wet-Hot Foods	
Hot or Fire Qi	
Warming Foods	
Cool Foods	
Yin-Promoting Foods	
Dispersing Blood Foods	
Chapter 12 Adapting TCM to a Contemporary Western Practice.....	198

Using TCM for a Cancer Patient	
Using TCM to Treat Avascular Necrosis of the Hip	
TCM's Role in Cost Containment	
A Case of Cervical Disc Disease	
A Case of PMS and Infertility	
A Case of Obstructive Pulmonary Disease	
Chapter 13 A Comparison of the Western and Eastern Paradigm.....	209
Mechanistic vs. Organic	
Focusing on the Present vs. Connecting the Present to the Past	
Reductionism vs. Integration	
Focusing on Disease vs. Disease and Host	
Structural vs. Functional	
Replace vs. Restore	
Chapter 14 The Yin and Yang of Integration.....	221
When to Use Eastern Medicine	
When Not to Use Eastern Medicine	
How to Use Eastern Medicine: The Importance of Its Paradigm	
The Ben (Root)	
The Economics of Energy	
Gearing Treatment to Stages of Disease	
Chapter 15 TCM and Our Future.....	242
Training	
Research	
Acupuncture	
Herbal Therapy	
Glossary	
References	
Acknowledgments	