

Dear Practitioner,

Happy Autumn! We are pleased to inform you that the 5th edition of our *Clinical Guide To Commonly Used Chinese Herbal Formulas* is now available, with 21 new formulas that were not in the last edition. We have been receiving enthusiastic reviews for this new version, and think you will find it helpful. We have also updated our Acupuncture Supply Catalog. If you have not received these, please call us and we'll send you a copy of each.

The two newest formulas in the Golden Flower line are **Restore the Lung Formula** and **Siler and Platycodon Formula**. All of the formulas in the new Clinical Guide are now available, with one exception. **Mulberry and Lycium Formula** is currently in production and should be available soon. All three of these formulas will be great additions to meet the challenges that changes in seasonal energy bring.

We are grateful for your continuing support. We are dedicated to providing you with the best-quality herbal products made to the highest safety standards possible. We would love to hear your feedback on our new formulas.

Sincerely,
John Scott, DOM and Lorena Monda, DOM

Chinese Herbal Medicine and the Novel H1N1 Virus¹

by John Heuertz, DOM

There is much concern about the possibility of an H1N1 flu pandemic this winter. Though many key clinical and epidemiological questions remain, overall, we know more now about the virus than we did in the spring of 2009. The World Health Organization (WHO) has tracked the virus around the world since the original cases were diagnosed in April of 2009. During the winter months in the Southern Hemisphere (June-September) the incidence of infection was marked by a sharp rise early in the season with fewer numbers being reported later in the seasonⁱⁱ. If this is an indication of what to expect of H1N1 activity in the United States this winter, then as practitioners we should be prepared for the possibility of an early flu season. Flu Season in the USA normally runs from October to March, with the peak months usually occurring in November and February. If the pattern of the Southern Hemisphere is repeated here this winter, practitioners need to be prepared for an outbreak in late September or early October.

Historically, Chinese herbal medicine has been very effective against viral infections, even new strains. During the SARS outbreak in 2003, Chinese herbs were used to treat infected patients and protect the health care professionals from contracting the virusⁱⁱⁱ. There is much that we can do as Chinese herbal medicine practitioners to help our patients before, during, and after infection. But before a discussion of treatment options, it is essential that we all understand our public obligation.

TESTING AND REPORTING: ETHICAL OBLIGATIONS AND GUIDELINES

Due to the resource-intensive nature of the task, as of July, 2009, there is no longer an obligation from the WHO or CDC to test and report every suspected case^{iv}. (Individual states may decide to track activity for their own purposes.) Instead of reporting probable novel H1N1 flu cases, the CDC has transitioned to using its traditional flu surveillance systems to track the progress of both the novel H1N1 flu pandemic and seasonal influenza^v. This marks a major change in our clinical procedure regarding this epidemiological surveillance. What this means to OM clinicians is this: we treat what we find according to the pattern presentation. (See "OM Treatment Options" below.) If the patient has a fever of over 101F/38.3C, with cough and pulse rate of over 90 BPM, and if symptoms do not stabilize or improve within 24 hours, we should refer them for immediate testing through their local health department. If the patient is not in the critical phase and is going to remain at home, make sure the family or home caregivers are familiar with the established guidelines. You can print these from the CDC website. The paper is called "Interim Guidance for H1N1 Flu (Swine Flu): Taking care of a Sick Person in Your Home."

SIGNS AND SYMPTOMS

The Centers for Disease Control (CDC) states that the

Continued on page 2



symptoms for H1N1 flu are to be considered “similar to regular human seasonal influenza.” Patients with uncomplicated disease due to H1N1 infection have experienced fever, chills, headache, and upper respiratory tract symptoms, including cough, sore throat, rhinorrhea, and shortness of breath. Other frequently reported symptoms are myalgias, arthralgias, and generalized fatigue. Some people with H1N1 flu also have reported gastrointestinal symptoms such as nausea, vomiting and diarrhea. Of all these signs and symptoms, the two most statistically significant are fever and cough. The cough need not be severe or pronounced to suspect H1N1 infection, only present.

TRANSMISSION AND EXPOSURE PRECAUTIONS

The limited data available indicates that this virus is transmitted in ways similar to other influenza viruses. Seasonal human influenza viruses are thought to spread from person to person primarily through respiratory droplets ejected during sneezing or coughing. Transmission via these large-particle droplets requires close contact between source and recipient persons because droplets cannot remain suspended in the air for long and generally travel only a short distance (< 6 feet). Close contact is considered to be within about an 8 foot radius of an infected person. It has been determined that the H1N1 virus can survive on a hard surface for up to 8 hours. All respiratory secretions and bodily fluids of novel H1N1 cases should be considered potentially infectious. Universal precautions should be strictly adhered to. (See CDC paper on “H1N1: Taking Care of Sick Persons.”) Frequent hand washing is essential; finger contact to one’s own face should be avoided unless hands are freshly washed. If these precautions are taken, there is no reason, according to the CDC, for family members or clinicians to avoid contact with individuals outside the home of an infected person.

PATHOGENESIS AND CONTAGION

Unlike the common cold, which attaches to the adenoids, the influenza virus attaches to the lung tissue itself. The lungs become inflamed and the body reacts with “flu-like symptoms.” Incubation for the H1N1 virus appears to be 1-4 days after exposure, with a possibility of being up to 7 days. Normally, an adult is contagious for about 24 hours after the fever has dropped below 100F/38C without the use of fever-reducing medicines. Children can be contagious up to one week after the fever has dispersed.

RECENT DISCOVERIES

The WHO has determined that the novel H1N1 virus has little or no resistance to neuraminidase inhibitors^{vi}. Neuraminidase inhibitors interfere with virus’s ability to replicate. Since replication of an influenza virus in the respiratory tract reaches its peak between 24 and 72 hours after the onset of the illness, early treatment with neuraminidase inhibitors can be very effective. A handful of Chinese herbs have been shown to have strong neuraminidase inhibitory effects, most notably, sophora root (*ku shen*)^{vii} and isatis root (*ban lan gen*)^{viii}. For these substances to be effective, it is important that they are administered at the right phase and with consideration to the patient’s pattern. They will be more effective when used in conjunction with other herbs in an appropriately matched formula. (See next section.)

ORIENTAL MEDICINE TREATMENT OPTIONS FOR H1N1 INFLUENZA

It is best to break down treatment options into phases. What works during one phase will be minimally effective in another, and in some cases counterproductive. The three phases are:

Prevention Phase, Initial Exposure Phase, and Fully Engaged Phase.

PREVENTION PHASE

Prior to exposure, it is possible and recommended to support the immune system in order to prevent the virus of a future exposure from forming full attachment. A strong immune system is characterized by a firm and well-regulated exterior. The *wei* (defensive) *qi* can be supported in two ways with herbal medicine: directly and through the *zheng* (normal) *qi*. In the young and the strong, direct support is usually preferable. In patients over age 40 or patients who have weaker immune systems, it is often preferable to support not only the *wei qi*, but the *zheng qi* as well. The Prevention Phase formulas are only effective prior to the onset of symptoms. These formulas, if administered after the onset of symptoms can strengthen the pathogen as well as intensify the body’s response.

PREVENTION PHASE FORMULAS

Jade Windscreen Formula (*Yu Ping Feng San*) directly supports the *wei qi*, supports immune function, and firms up the exterior against invasion. It is most effective if used for 6-10 weeks before flu season.

Astragalus Formula (*Huang Qi Jian Zhong Tang*) also directly supports the *wei qi*. It is designed for patients with

The H1N1 virus can survive on a hard surface for up to 8 hours. Frequent hand washing is essential.





weak spleen qi. It is an excellent pediatric formula during the prevention phase, but anyone with weak spleen qi can benefit from this formula.

Astragalus and Ligustrum Formula (*Huang Qi Dong Qing Pian*) is one of the formulas recommended for supporting the *wei* qi through the *zheng* qi. It is based on *fuzheng* therapy, which means “support the normal (or upright) qi” therapy. This formula is ideal for elderly patients or those with weakened immune systems. Many of the ingredients are classified in the West as adaptogens. Its OM actions include strengthening spleen and *wei* qi, nourishing the kidney and blood, and retaining essence.

Five Mushroom Formula (*Wu Gu Fang*). The power certain mushrooms possess to kill viruses and support the immune system is widely accepted. The mushrooms in **Five Mushroom Formula** are among the strongest known and have a specific clearing and strengthening action upon the lung. Any age or constitution can benefit from their potent healing properties.

Ginseng Endurance Formula (*Ren Shen Pian*). Originally designed to enhance athletic performance, this formula is quite effective for either the direct support of the *wei* qi or support through the *zheng* qi. Nearly every ingredient in this formula is classified as an adaptogen. It supports spleen qi, *wei* qi, kidney, and blood. Among the five formulas that we recommend for the Prevention Phase, **Ginseng Endurance Formula** is the most effective for patients who suffer from real exhaustion.

INITIAL EXPOSURE PHASE

If exposure is certain or probable, there is a small window of time to try and kill the virus before it has a chance to reach full strength replication. The incubation period of most influenza is from 1-4 days before symptoms begin and another 1-3 days before replication has reached its peak. The bottom line is that there are at least 2 days after initial exposure (and up to 3 days after symptoms have begun, as long as symptoms remain mild) to prevent the virus from growing to its full strength. Sometimes, if no symptoms have yet developed, Prevention Phase formulas can still be used with good effect, especially those like **Five Mushroom Formula**, that actively kill viruses while they boost the immune system. During the Initial Exposure Phase, you can also combine, to the same effect as **Five Mushroom Formula**, other Prevention Phase formulas with Initial Exposure Phase formulas. Initial Exposure Phase formulas can be used effectively if symptoms are limited to a tickle in the throat, mild lethargy, slight loss of

appetite, or body aches, and a pulse rate that is <20 BPM over the patient's normal rate. Once the virus reaches the lung tissue, however, or if symptoms do not abate within the first 24 hours of use, it is recommended to switch to a Fully Engaged Phase formula, or to combine Initial Exposure Phase formulas with Fully Engaged Phase formulas. Once the infection has developed into the Fully Engaged Phase, the formulas that were useful during the Initial Exposure Phase are of limited use. During the Fully Engaged Phase, the virus becomes lodged in the lung tissue, where it is protected. The anti-viral action of the earlier phase formulas cannot efficiently kill the virus when it is protected in the lung. Generally, during the

Fully Engaged Phase, the anti-viral formulas can only inhibit the virus's replication, they cannot destroy it outright. This will limit the virus and the symptomology so that the patient does not seem to get better, but does not seem to get worse. But the patients are getting worse: their qi and yin are being consumed.

INITIAL EXPOSURE PHASE FORMULAS

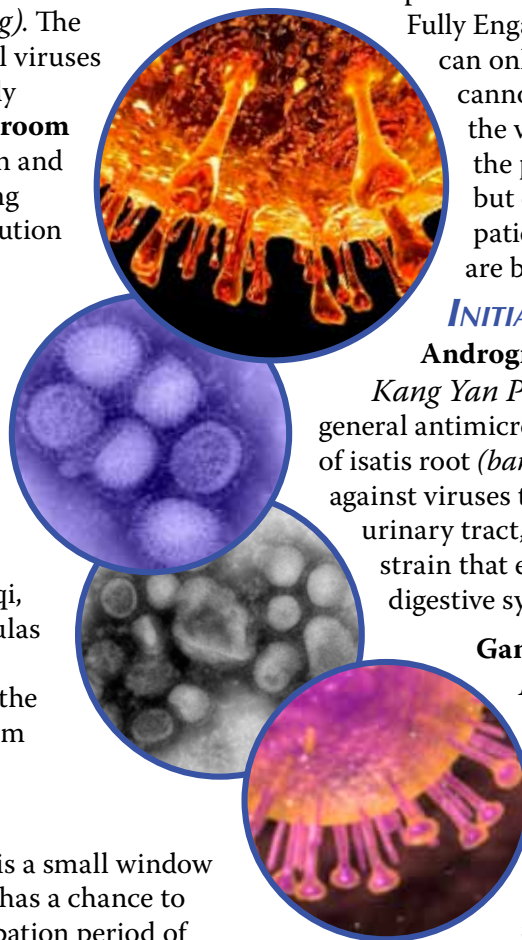
Andrographis Formula (*Chuan Xin Lian Kang Yan Pian*) is a powerful antiviral and general antimicrobial formula with a high percentage of isatis root (*ban lan gen*). It is exceptionally effective against viruses that attack the throat, intestines, or urinary tract, making it an ideal choice for a viral strain that effects both the upper respiratory and digestive systems.

Gan Mao Ling Formula (*Gan Mao Ling Pian*) is a powerful antiviral formula. It is cold-natured and strong to clear heat. It contains a high percentage of isatis root (*ban lan gen*) and is supported with a variety of antiviral substances. Due to its broad-spectrum attack, **Gan Mao Ling** is an excellent choice if the individual is in the initial exposure phase, but the

virus has not yet been identified. If it's not H1N1, and is a warm-type viral infection, **Gan Mao Ling** can be used with good effect. **Gan Mao Ling** is often misused with viral infections. It is not effective for wind-cold patterns, since its cold nature can cause the virus to settle in. Before administering **Gan Mao Ling**, make sure the patient has either an elevated pulse rate or red throat to confirm heat.

Viola Clear Fire Formula (*Di Ding Qing Huo Pian*) is highly effective against a wide variety of viruses, bacteria, and even fungi. Its balanced quality makes it an excellent choice for children and for those who have a history of pneumonia or chronic respiratory infection.

Ling Zhi Lung Formula (*Ling Zhi Fei Pian*) contains



a high percentage of sophora root (*ku shen*) and is the most appropriate formula when the patient presents with cough more prominent than fever or is prone to asthmatic breathing. Though *ku shen* is cooling, the formula overall is slightly warming, so if fever is above 101F/38.3C, it is recommended to combine with one of three heat-clearing formulas in this category.

Siler and Platycodon Formula (*Fang Feng Tong Sheng San*) is appropriate for either Initial Exposure Phase or Fully Engaged Phase since it treats heat in both the interior and the exterior. (For more details of its application, see below.)

FULLY- ENGAGED PHASE

As stated above, what distinguishes the Fully Engaged Phase physiologically is the attachment of the virus to the lung tissue. Viral replication has reached peak production within 72 hours after onset of symptoms, and the body's immune response is now occupying or even consuming all available qi. The most characteristic symptoms are racing pulse, high fever, pronounced fatigue/weakness, loss of appetite, and chest discomfort with pronounced or mild cough. Other, less frequent symptoms can include headache, myalgia, arthralgia, sore throat, sinus symptoms, diarrhea, or vomiting. At this phase, antiviral formulas (Initial Exposure Phase formulas) alone will have limited effect because their action is to drain heat and clear toxin, not to disperse heat or dislodge the attachment. Antiviral formulas have little effect on regulating the body's immune response and so do very little to improve such symptoms as headache, body aches, lethargy, and chest symptoms. Once the virus has attached and is in full replication mode, the anti-viral strategy cannot penetrate to the source. Fully Engaged Phase formulas are required in order to disperse heat, restore and regulate the body's immune response, relieve symptoms, and force the pathogen out of the lung tissue where it becomes vulnerable once again.

FULLY-ENGAGED PHASE FORMULAS

Mulberry and Lycium Formula (*Xie Bai San*) is an excellent formula to dislodge attachment between the lung tissue and heat-producing viruses. It disperses constrained lung heat and rectifies lung qi. It is appropriate to treat influenza of any type as long as the pulse is rapid. It is also safe for children. Since **Mulberry and Lycium Formula** treats asthmatic breathing too, there is no need to combine with anti-wheezing formulas. Once **Mulberry and Lycium Formula** has succeeded in improving the condition, it can be combined with one of the antiviral (Initial Exposure Phase) formulas to eliminate the virus.

Siler and Platycodon Formula (*Fang Feng Tong Sheng San*) is a commonly used formula for treating hot-type influenza. Because it treats heat that is simultaneously attacking the interior and exterior, it is the formula of choice

when the flu symptoms include chills with the fever or when the skin is breaking out from the heat pathogen. **Siler and Platycodon Formula** disinhibits urination and can help drain dampness. It will clear heat/reduce fever, calm cough that is due to heat, eliminate chills and rectify the qi. Do not use **Siler and Platycodon Formula** if the patient has loose stools or diarrhea, as it contains Chinese rhubarb (*da huang*).

Huo Xiang Zheng Qi San (4200)* is appropriate when the chief manifestations are vomiting and/or diarrhea. If the stomach is especially sensitive, it is often a challenge to keep formulas down. **Huo Xiang Zheng Qi San** can be administered one tablet at a time (or 1/8 teaspoon) with a little warm water every 30-60 minutes until the patient is able to take a larger dose. These symptoms are rare with common human seasonal influenza, but are statistically more frequent with the H1N1 flu variant.

Ren Shen Xie Fei Tang (0040)* is the strongest in this category to rectify the lung qi. Use if bronchitis or pneumonia are developing or in the case of marked phlegm production.

CRITICAL PHASE

There is also a Critical Phase of the H1N1 flu that should not go unmentioned. If a patient becomes critical or if the formulas do not seem to be helping, he or she should be admitted to a hospital where they can be more closely monitored.

* *The number following the formula name indicates item number for the KPC granular formulas. If you prefer tablets and they are available, the number is preceded by the letter "S" for "Small" and "T" for "Tall".*

Endnotes

ⁱ This paper is an updated revision of an earlier publication by Herbal Medicine Press.

ⁱⁱ http://www.who.int/csr/don/2009_08_12/en/

ⁱⁱⁱ Leung PC, Lau TE, Cheng KF, Lam CWK. *Report A: A Herbal Formula for the Prevention of Transmission of SARS During the SARS Epidemic in Hong Kong Special Administrative Region - A Prospective Cohort Study.*

^{iv} <http://www.cdc.gov/flu/weekly/>

^v *ibid.*

^{vi} <http://www.cdc.gov/h1n1flu/recommendations.htm>

^{vii} Ryu YB, Curtis-Long MJ, Kim JH, Jeong SH, Yang MS, Lee KW, Lee WS, Park KH. Division of Applied Life Science (BK21 Program), EB-NCRC, Institute of Agriculture & Life Science, Graduate School of Gyeongsang National University, Jinju 660-701, Republic of Korea

^{viii} Li HB, Yan D, Wang JB, Wang JY, Bei ZC, Wei L, Xiao XH. *Biological Evaluation of Radix Isatidis Based on Neuraminidase Activity Assay.*

Eucalyptus Essential Oil

Differentiating Three Important Eucalypts for Respiratory Conditions

© Peter Holmes, L.Ac., M.H.

BOTANICAL SOURCES

1. *Eucalyptus globulus*, Blue-gum eucalyptus
2. *Eucalyptus radiata*, Narrow-leaf eucalyptus
3. *Eucalyptus citriodora*, Lemon-scented eucalyptus

All three are in the myrtle family (Myrtaceae)

SCENT

***Eucalyptus globulus*:** fresh-camphoraceous and somewhat sweet-herbaceous

***Eucalyptus radiata*:** fresh-camphoraceous but softer than *Eucalyptus globulus*

***Eucalyptus citriodora*:** lemony-sweet, somewhat fresh, green

EXTRACTION

Steam distillation of the fresh leaves and twigs

TYPICAL CONSTITUENTS

- 1,8-cineole 60-86%
- monoterpenes (including pinene 3-27%, limonene 2-9%, cymene 1-4%)
- sesquiterpene aromadendrene 0.1-6%
- monoterpenones, monoterpenols, sesquiterpenols, aldehydes

THERAPEUTIC FUNCTIONS AND INDICATIONS

THERAPEUTIC STATUS

Mild remedy with no cumulative toxicity.

TOPICAL SAFETY STATUS

Non skin-irritant, non-sensitizing

FRAGRANCE CATEGORY

Top tone

TROPISM

Respiratory, urinary systems

PSYCHOLOGICAL

(Inhalation, diffuser, massage, bath)

Stimulates the mind and promotes energy

- Apathy, lethargy, despondency, loss of motivation, depression, low self-confidence, grief
- Mental fatigue with poor concentration and memory, confusion

Clarifies and intensifies feelings

- Emotional conflict and confusion
- Indifference, reserve, unfeelingness

PHYSIOLOGICAL

(Liniment, nebulizer, gel cap, suppository)

Stimulant expectorant, mucolytic, antitussive, strong antibacterial:

- bacterial respiratory infections with cough; including bronchitis, croup, emphysema, pneumonia; bacterial rhinitis, sinusitis, tonsillitis, laryngitis, pharyngitis, adenitis

Anti-infective, immunostimulant, anti-inflammatory:

- flu; urogenital infections, incl. cystitis, cervicitis, urethritis, vaginitis, pyelitis, nephritis, leucorrhea, cervical erosion; gastrointestinal infections

Antipyretic:

- flu, intermittent fevers, including malaria, typhoid, cholera; eruptive fevers, including measles, chickenpox, scarlet fever; swollen lymph glands

Antifungal:

- candidiasis

Vermifuge:

- intestinal parasites, including roundworm, pinworm

Antirheumatic, analgesic:

- rheumatic and arthritic conditions, neuralgia; headache, migraine

Eucalyptus radiata, Narrow-leaf eucalyptus



CHINESE MEDICINE FUNCTIONS & INDICATIONS

(Acupoints, nebulizers)

QUALITY

Pungent

WARMTH QUALITY

Cool

MERIDIANS

Lung, Bladder

1. Raises the clear Yang, tonifies Lung and Heart Qi, and strengthens the mind

- Clear yang qi deficiency with mind weakness (phlegm misting the mind), with mental foggy and fatigue, poor focus, confusion, forgetfulness
- Lung and heart qi deficiency with mind weakness with sorrow, grief, withdrawal, poor emotional response, mental fatigue, discouragement, depression



2. Releases the exterior, dispels wind-heat and relieves coughing

- External wind-heat with wind in the head and sore throat, aches and pains, possible fever, sinus pain and congestion, sneezing
- Wind-heat in the lungs with coughing, sore throat, fever, irritability
- Shao-yang stage heat with debility, episodes of alternating chills and fever

3. Cools the Lung, expels phlegm and relieves coughing

- Lung phlegm-heat with cough, fetid sputum expectoration
- Lung phlegm-dryness with difficult dry cough and plugs of sputum, chest distension

4. Drains damp-heat in the lower warmer and stops discharges

- Bladder damp-heat with irritation, urgent burning urination, cloudy urine
- Lower warmer damp-heat with white or yellow vaginal discharge, painful urination

Precautions: Eucalyptus oil is contraindicated for any type of use in babies and sensitive infants because of its high cineole content, and best avoided in those with high blood pressure and those prone to epilepsy.

ACUPOINT TREATMENT

2 drops on a Q-tip applied to the point for 10-60 seconds prior to needling or manual stimulation.

The Q-tip may be held in place longer if necessary.

MASSAGE

2-5% dilution in a lotion or vegetable carrier oil

LINIMENT

5-10% dilution in a lotion or vegetable carrier oil

REMARKS

Originating in South-eastern Australia, the huge family of eucalyptus trees is now found all over the world; the original Australian production of the oil first began in 1852 and today the oil is distilled in countries as far apart as Spain, Brazil, Morocco and China. Eucalyptus oil is well known for its use

in respiratory conditions, and especially in the treatment of cough.

But like all natural remedies, Eucalyptus too is better for certain types of cough than others. In addition, it is clinically important to differentiate between the three major species of eucalypts listed, as each one will emphasize some of the clinical indications they have in common.

The highly pungent scent quality of Eucalyptus makes it raise the yang qi up to the head and the upper warmer. This brings

much of its therapeutic focus to issues of mind/shen weakness on one hand and on upper respiratory conditions on the other. By increasing qi flow to the brain, especially when used by direct inhalation techniques, this oil can relieve symptoms such as mental fatigue, inability to concentrate, mental foggiess, and so on, which come under the pattern phlegm misting the mind. For this function, I would recommend using *Eucalyptus radiata*, the Narrow-leaf eucalyptus, as the main source, as it is gentler and less fatiguing to the olfactory sense than the somewhat stronger other species. Combining the *radiata* with the *citriodora* species of Eucalyptus is also an excellent idea, especially in a work environment where accuracy and good organization are needed.

Eucalyptus is also one of the most important agents for treating upper respiratory infections and inflammations, i.e. to release the exterior pathogens and, as such, will blend well with the likes of Rosemary and Ravintsara. *Eucalyptus radiata* is the most effective for this task, and combines especially well with more gentle, anti-inflammatory oils such as Lavender and Blue Tansy in the case of sinusitis and rhinitis, for instance. The important thing here is that Eucalyptus cools the exterior to dispel wind-heat rather than wind-cold. It is for acute, heat onsets of colds and flus, not for the chronic, cold versions that are mostly due to qi and/or blood deficiency. If coughing is also an issue, then Eucalyptus is indicated all the more, and liniments designed for chest rubs should be a major part of the treatment protocol. (See above for topical dilutions.)

Eucalyptus oils are well-suited to treat other heat types of lung pathologies, especially phlegm-heat and phlegm-heat-dryness lodging in the lung. Again, acute forms of bronchitis (both viral and bacterial) can be treated here, not chronic ones, especially with coughing, fever and difficult expectoration present, as Eucalyptus expels phlegm really well (but does not transform phlegm). With severe lung phlegm-heat, the Lemon-scented eucalyptus, *Eucalyptus citriodora*, should be the first choice. Its lemon-scented energy effectively clears heat much better than the other two species. Of course, it is always possible to combine the other species of Eucalyptus with a good heat-clearing oil such as May Chang, Lemongrass or Melissa. Combining two or all three of these species can also be very effective in many cases, as this results in a mutual enhancement of functions.

Eucalyptus combines well and easily. If cough causes chest congestion and pain, I think of adding Cypress, which is brilliant for moving the accumulated qi out of the Lungs. If the cough is from constrained qi, e.g., stress-related (as it often is in children), I will often combine it with Marjoram, Tropical Basil or Lavender to remove the underlying constraint. With copious expectoration of sputum present, I think of adding Spearmint or Green Myrtle, as these two excel at transforming as well as eliminating excess phlegm. With fever present, I will add Lavender, May Chang, Lemongrass or Lemon to clear the heat.



Eucalyptus citriodora,
Lemon-scented eucalyptus



Eucalyptus globulus,
Blue-gum eucalyptus



The Acupuncture Handbook of Sports Injuries and Pain: A Four Step Approach to Treatment

By Whitfield Reaves, with Chad Bong • Illustrated by Deborah Kelley

Review by Jake Paul Fratkin, OMD



This is an extraordinary book. Whitfield Reaves, whom I have known for almost 25 years, has summed up his vast experience and technical innovation of treating soft tissue injury into a remarkably easy-to-use, step-by-step, handbook. His book addresses 25 common injuries and pain patterns affecting the following: the heel, foot, leg, knee, thigh, hip, lower back, hand, elbow,

shoulder and neck. For example, his unit on shoulder pain includes five chapters: The Supraspinatus Muscle, The Infraspinatus Muscle, Frozen Shoulder, The Biceps Muscle Group, and The Acromial-Clavicular Joint.

If we look at the nine-page chapter on Frozen Shoulder, we get an idea of Whitfield's organization. First, a one-page summation of Diagnosis and Assessment. Then, on a single page in outline form – Summary of the Injury – which includes Clinical Features, Common Patient Complaints, Differentiation from Similar Injuries and Conditions, and Typical Medical Recommendations. Following, in short outline form, is Treatment and Techniques, with an Overview and Prognosis.

For each chapter, Whitfield then leads the practitioner through his four step protocol. For Frozen Shoulder, in Step One (Initial Treatment), he offers four techniques, including the tendinotomomy meridians, contra-lateral treatment, opposite extremity treatment, and empirical

points. The practitioner may choose from any and all of these techniques. Included are special needle techniques and comments for each of his recommendations.

Step Two offers treatments based on meridians and microsystems, such as shu-stream point combinations, xi-cleft, extraordinary meridians, and auricular therapy. This includes rationalization and degree of predictable success. Step Three addresses possible underlying *zang-fu* imbalances and their need for treatment. Step Four offers detailed examination of important local and *ah shi* points relevant to the injury.

Anyone who has studied with Whitfield, or has been his patient, observes several things. Foremost, his treatments are remarkably effective. He often tells patients that he expects recovery within three treatments. Secondly, Whitfield's genius is his knowledge of local and distal palpation points that are critical to success; few books reveal these points or Whitfield's unique needle technique. Third, his knowledge of local anatomy allows for point combinations that take into account local innervation, origin and insertion of muscles, and the relationship of ligaments and tendons to the injury. He is truly a master of his art, and this mastery is well articulated in *The Acupuncture Handbook of Sports Injuries and Pain*.

For serious practitioners specializing in pain and trauma, *The Acupuncture Handbook of Sports Injuries and Pain* will quickly become their most valued authoritative clinical guide.

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By Whitfield Reaves with Chad Bong

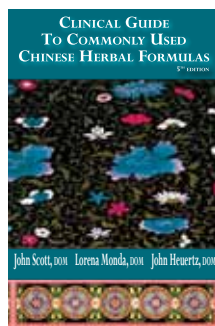
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Available from Golden Flower Chinese Herbs.

Previews available at www.WhitfieldReaves.com

See review on Page 7.



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