

Dear Practitioner,

We are excited to announce three new alcohol-free, liquid formulas specifically designed for children: **Children's Clear & Release Formula**, **Children's Clear Lung Formula**, and **Children's Jade Defense Formula**. All are clinically tested and effective for treating common pediatric complaints. Details on these formulas are below. We are sure you will find them an important addition to your herbal repertoire.

Wishing you a beautiful autumn.

Sincerely,

John Scott, DOM and Lorena Monda, DOM

VISIT US AT THESE CLASSES/CONFERENCES

IVAS COURSE ON VETERINARY ACUPUNCTURE

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GOLDEN FLOWER'S NEW LINE OF PEDIATRIC MEDICINAL SYRUPS

by Jake Paul Fratkin, OMD, LAc

Several years ago, I introduced **Children's Ear Formula** to the Golden Flower repertoire of products. Although actual ear infection is quite rare (but over-diagnosed by many pediatricians),ⁱ the formula we made is quite effective, often causing pediatric ear pain to disappear even after one dose.ⁱⁱ We started that product as a powder, to be reconstituted into a liquid. This proved to be a barrier to enough parents that Golden Flower pursued developing the product as a non-alcohol syrup with a good taste.

With the success of **Children's Ear Formula**, Golden Flower approached me about expanding their pediatric line, all of which would be offered in syrup form. I have been in clinical practice 33 years, and pediatrics accounts for 35% of my patient load. When I studied in Beijing in 1987-1988, I did advanced specialization in the pediatric department (along with respiratory and internal medicine). I learned how to prescribe for children, and how to manage children to get good compliance.

Over the past years, I slowly developed several formulas for common pediatric conditions that came into the clinic. I made these as tinctures, and found that I was using successfully them over and over. One

was for common cold, one was for acute cough, and one was for immune enhancement and prevention of illness. Adding in **Children's Ear Formula**, I feel that these four formulas address the great majority of pediatric cases, especially for those emergency calls where something is needed right away.

MANUFACTURING, DOSING, AND COMPLIANCE

For each 2 oz. bottle, we are providing 50 grams of raw herb. This is much stronger than most herbal-extract tinctures available on the market. Strong concentration is necessary in order to offer effectiveness in smaller doses. The formulas are made in an FDA approved, GMP facility in the United States, and the individual herbs used are tested and certified in the USA as to purity (meaning heavy metals, contaminants, and pharmaceuticals). Whole dried herbs are powdered and extracted with glycerin and no alcohol. To my knowledge, these make Golden Flower children's formulas the only liquid herbal line without alcohol. Golden Flower has carefully evaluated various flavorings (using real children!), and has come up with a pleasant flavor. These liquids can be taken straight or added to juice or water.ⁱⁱⁱ

Dosing for the common cold, cough, and ear formulas

is given every 3 to 4 hours as needed in the acute phase. For the immune enhancement and prevention formula, dosing is given once or twice a day. As for amounts, I recommend 1 teaspoon (6 ml) for children age five and above. For children younger than five, use a pediatric syringe or eye-dropper (one eye-dropper squirt is about 1 ml). For infants under one year, give 1 to 2 ml. For children between 1 and 4, give 1 ml per year of age, plus an additional 1 ml. Accordingly, a one year-old would get 2 ml; a two year-old would get 3 ml; a three year-old would get 4 ml; and a four year-old would get 5 ml. You can vary this according to your own judgment, based on age and size of the child.

For infants and toddlers up to 3 years old, lay them on their back, and gently squeeze a little syrup from the pediatric syringe into the back of their throat, allowing them to swallow. They may make a face, but once they swallow, they will forgive and forget. If they are seated or held in the arms, there is a possibility of blocking the medicine with their tongue, so lying on their back is best. Some infants may vomit the medicine. In these cases, give small amounts spaced out over time. Remember, medicine that has been vomited is medicine not consumed. You will need to repeat the dose at some point.

Once kids are two or three, they can take the medicine by pediatric syringe or by teaspoon in a seated position. Following with water or juice helps take the taste away. Even though it is sweeter than most herbal medicine, it is still thick and concentrated, and a follow-up of liquid will help. I think it is best to tell the child that this is medicine, not food or treats, and to expect some bad taste. When forewarned, they are more willing and forgiving. Tell them the taste will chase away the bad bugs causing their cough or illness. But impress upon the parents to be strong—they should not forgo giving the medicine because their child makes a bad face or comment. Colds that go untreated often end up in cough, which can continue for several weeks.

THE FORMULAS

CHILDREN'S CLEAR AND RELEASE FORMULA

is a formula for common cold, and it can also be used for fever due to viral infection. It combines herbs from various antiviral formulas, including *Gan Mao Ling*, *Yin Qiao San* and *Zhong Gan Ling*. The formula contains:

Mao Dong Qing (Ilicis Pubescendis Radix) 17 %
Lian Qiao (Forsythia Fructus) 10%
Jin Yin Hua (Lonicerae Flos) 10%

Ju Hua (Chrysanthemi Flos) 8%
Niu Bang Zi (Arctii Fructus) 7%
Xin Yi Hua (Magnoliae Flos) 7%
Sang Ye (Mori Folium) 7%
Lu Gen (Phragmitis Rhizoma) 7%
Ge Gen (Puerariae Radix) 7%
Xuan Shen (Scrophulariae Radix) 7%
Man Jing Zi (Viticis Fructus) 7%
Gan Cao (Glycyrrhizae Radix) 6%

In this prescription, herbs from the Clear Heat, Resolve Toxin category are used to combat viruses that cause common cold. These include *mao dong qing*, *lian qiao* and *jin yin hua*, and comprise 37% of the formula. Herbal formulas that do not aggressively address the causative virus are mediocre in effect, and are the reason why **Gan Mao Ling** and **Zhong Gan Ling** are so effective against viruses that cause upper respiratory infections.

Other herbs in the formula address specific symptoms.

Ju hua, *xin yi hua* and *man*

jing zi bring the formula to the nasal area, and are used to control drippy nose, sinus congestion and sneezing. *Niu bang zi* is specific for sore throat; *sang ye* addresses dry early cough; *lu gen* reduces fever and relieves sore throat; *ge gen* relaxes tightness in the neck and shoulders, and helps push trapped wind out; *xuan shen* is used for heat toxins in the lymphatics. *Gan cao* harmonizes the prescription, which means it gets herbs with different functions and directions to work together as a unified formula. It also helps to sweeten the formula.

My herbal approach is to address the variety of symptoms that arise when a child first develops a cold, but before it has manifested into a cough. It is to be used from the earliest signs—glazed eyes, drippy nose, sneezing, slight fever—as well as expressed complaints such as sore throat and headache. If the cold is caught early enough, one or two doses should knock it out. If one starts late, even 24 hours later, the viral cold is more difficult to dislodge, but I would continue using it until cough starts, at which time you should move on to **Children's Clear Lung Formula**.

CHILDREN'S CLEAR LUNG FORMULA

Some time ago I wrote an article on the seven stages of acute cough.^{iv} In this article I went to lengths to advise practitioners to carefully differentiate the exact stage of a cough, and to give an appropriate formula. In acute pediatric cough, the stages that come into

Continued on page 5

Geranium Essential Oil

Profile of a Versatile Women's Remedy

© Peter Holmes, L.Ac., M.H.

BOTANICAL SOURCE

Pelargonium cv. group Rosat (Geraniaceae—geranium family)

PRODUCTION AREAS

Egypt, South Africa, China

APPEARANCE

A mobile pale yellow-green liquid with an intense rosy-sweet, warm, somewhat green fruity odor; the odor varies with the exact botanical cultivar

EXTRACTION

Steam distillation of the fresh herb in flower

TYPICAL CONSTITUENTS

- Monoterpenols up to 68% (incl. citronellol 33%, geraniol 15-25%, linalool 5%, nerol, terpineol)
- Esters 15-30% (incl. citronellyl/geranyl/linalyl formates, citronellyle/geranyle acetate)

THERAPEUTIC FUNCTIONS & INDICATIONS

THERAPEUTIC STATUS

Mild remedy with no cumulative neurotoxicity

TOPICAL SAFETY STATUS

Non skin-irritant, non-sensitizing

FRAGRANCE CATEGORY

Middle tone with sweet notes

TROPISM

Neuroendocrine, reproductive, circulatory systems

PSYCHOLOGICAL

Balances and calms mood and feelings

- Mood swings
- Worry, anxiety, restlessness

Nurtures feelings and promotes confidence

- Grief, emotional deprivation
- Loss of self-confidence, low motivation

PHYSIOLOGICAL

(Nebulizer, gel cap, suppository, pessary)

Female hormonal restorative/regulator

- hormonal disorders from estrogen or progesterone deficiency, including PMS, dysmenorrhea, long cycles, menopausal syndrome with hot flashes

Adrenocortical restorative and regulator

- adrenal fatigue and dysregulation with low stamina, afternoon fatigue

Pancreatic restorative/regulator

- hyper- and hypoglycemia, diabetes

Pelvic and uterine decongestant

- congestive dysmenorrhea, hemorrhoids

Draining diuretic, detoxicant

- edema, retention of toxic kidney metabolites

Lymphatic and venous decongestant

- venous and lymphatic stasis with swollen glands, varicose veins

Astringent mucostatic

- mucus and other discharges, including diarrhea, leukorrhea

Hemostatic

- passive bleeding, including bleeding hemorrhoids, uterine bleeding, menorrhagia

Antifungal

- fungal infections incl. candidiasis, thrush, athlete's foot, jock itch, nail fungus, tinea/ringworm

CHINESE MEDICINE FUNCTIONS & INDICATIONS

(Acupoints, nebulizers)

QUALITY

Sweet

WARMTH QUALITY

Warm

MERIDIANS

Liver, Spleen, Heart

1. Tonifies the Blood and regulates menstruation and menopause

- Blood deficiency with irregular or scanty periods, amenorrhea, fatigue, menstrual cramps, PMS with weepiness, depression
- Blood and Yin deficiency with menopausal hot flashes, fatigue, night sweats, anxiety

2. Tonifies Liver Blood and strengthens the mind

- Liver Blood deficiency with mind weakness and poor concentration, low motivation, depression, pessimism, chronic anger with depression

3. Regulates Heart Qi and harmonizes the mind

- Heart Qi constraint with mind disharmony and worry, anxiety, distraction, restlessness

4. Tonifies Spleen Qi, resolves damp and stops discharge

- Spleen Qi deficiency with fatigue, lethargy, poor appetite, daytime sweating
- Lower warmer damp-heat with white or yellow vaginal discharge, painful urination
- Spleen turbid-damp with indigestion, abdominal distension, flatulence, diarrhea, poor appetite
- Lower Warmer damp-cold with fatigue, vaginal discharges, backaches

5. Invigorates the Blood in the lower limbs and Lower Warmer

- Blood stagnation in the lower limbs with varicose veins and ulcers, hemorrhoids
- Spleen turbid-damp with indigestion, abdominal distension, flatulence, diarrhea, poor appetite
- Lower Warmer Blood stagnation with pelvic weight or dragging; clotted, heavy, painful periods, uterine bleeding

Precautions: In rare cases Geranium oil may not be tolerated topically in highly sensitive individuals.

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 (for several minutes).

MASSAGE

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

REMARKS

The rosy-sweet, floral rose-scented geranium, which originates in South Africa, is the only type of *Pelargonium* used in essential oil form. Now distilled in places as far away as Egypt, Madagascar and China, Geranium oil has been used in a clinical context in Europe for over 50 years and has shown a good track record especially for treating various women's issues. Like Clary Sage (see Spring 2009 Newsletter), Geranium oil is an important woman's essential oil whose main actions revolve around Blood and Spleen tonification.

In terms of the Blood, Geranium's focus is actually Liver Blood, with all that this implies. On one hand, there are the menstrual symptoms, often typified by withdrawal and depression; and the menopausal symptoms, e.g. hot flashes, night sweats, fatigue and the like, all of which is prime Geranium territory. Again, combining this oil with Clary Sage or other oils often used for gynecological conditions, such as Fennel, Palmarosa or Niaouli, is something

I do regularly in my practice. In physiological terms, Geranium is a good hormonal restorative and balancer (see above), while at the same time supporting the adrenal glands in their key role among endocrine functions.

On the other hand, there is the *shen* aspect of Liver Blood deficiency, which can be an issue especially in women (whether from prolonged stress, menorrhagia, after childbirth, etc.). Shen or mind weakness is often associated with this syndrome, and here will typically present as poor concentration, loss of motivation, pessimism and sometimes chronic anger with depression. Sweet citrus oils such as Mandarin, Bergamot and Grapefruit will partner up well with Geranium in this case, forming a complementary combination.

Still working on the Blood level, Geranium is an excellent oil for moving stagnant Blood in the lower limbs that causes symptoms such as varicose veins, edema of the ankles and hemorrhoids. In the lower warmer itself, Geranium is able to invigorate the Blood and provide relief in Blood stasis symptoms, e.g. heavy painful periods with clots, and uterine bleeding. Niaouli and Cypress oils would be good complements to remove stagnation.

In terms of the Spleen, Geranium has a dual action of both tonifying Spleen Qi and transforming the resultant damp. This is both turbid-damp in the Middle Warmer (with its typical digestive symptoms) and then damp descending to the Lower Warmer where it causes white discharge, typically chronic. Atlas Cedarwood and Green Myrtle oils are other good oils to think about (and use!) with these chronic, cold discharges. For Spleen turbidity I typically add Niaouli or Patchouli.

Clearly, Geranium oil can find use in association with a wide range of potential acupoints in the treatment of these various patterns.



Pediatric Formulas (continued from page 2)

the clinic most frequently are category #2 Lung Fire, #3 Profuse Phlegm-Heat, and #4 Sticky Phlegm-Heat, with this last stage the most common presentation. The Lung Fire stage is an early presentation, and comes and goes within 24 hours before it changes to #3 or #4. Lung Fire is harsh, barksy and non-productive, and is seen in croup. Most parents do not bring their child in at this point. They bring their child in once the cough is established and they realize it is not going away. It is very important to impress upon parents that early common cold should be treated right away, and also, if the cold turns into a cough, the child should be seen before the cough becomes entrenched. Cough can be stubborn, even with Chinese herbs.

At any rate, parents usually bring the child in when the cough is harsh and constant. It may or may not be productive, and on occasion has a rattle quality. Children tend to swallow their phlegm, so it is difficult to know if it is productive, but a stethoscope will help reveal what is going on inside the lung. Questioning the parent or child is helpful—how long have they been coughing? Do they cough at night? How often? Do their lungs hurt when they cough?

Ninety-five per cent of coughs are viral in nature^v and will respond to Chinese herbal formulas that include addressing the viral component. Do not be put off by a Western diagnosis of “pneumonia” or “walking pneumonia”. In my experience, these are almost always viral events that will respond to the herbal medicines. (MDs insist on antibiotics for possible “secondary” infections, but I feel this is potentially harmful to the patient.) Our formula addresses the sticky-viral stage as well as the more productive, rattley phlegm-heat stage, which are the two stages most commonly seen. Some practitioners believe early cough to be wind-cold invasion, and think of formulas like *Xiao Qing Long Tang*, but this is not the case clinically, and counterproductive. Harsh cough is always due to heat, and even if precipitated by cold, it quickly turns to heat in the lung. Viral toxins either are the causative agent, or come into production as the lung is injured, and by the time children come into the clinic, both heat and toxic viral heat present.

Children's Clear Lung Formula contains these herbs:

She Gan (Belamcandae Rhizoma) 13 %
Zhe Bei Mu (Fritillariae Thunbergii Bulbus) 12 %
Qian Hu (Peucedani Radix) 11 %
Bai Qian (Cynanchi Stauntonii Rhizoma) 10 %
Huang Qin (Scutellariae Baicalensis Radix) 10 %
Zhi Ban Xia (Pinellia Rhizoma Preparatum) 9 %
Sang Bai Pi (Mori Cortex) 9 %
Zi Su Zi (Perillae Fructus) 9 %
Jie Geng (Platycodi Radix) 9 %
Xing Ren (Prunus Armeniacae Semen) 8 %

Our strategy is to clear lung-heat and viral toxins and address accumulation of phlegm-heat. The lead herb, *she gan*, not only clears phlegm-heat, but is also very good for sore throat. It has been shown to have strong antiviral effects.^{vi} Other herbs that clear lung-heat include *zhi zi* and *huang qin*. The formula addresses lung phlegm-heat by combining *zhe bei mu* and *qian hu*. *Jie geng* reinforces transformation of phlegm, and helps lead the formula to the lungs. *Sang bai pi* and *xing ren* clear lung heat to resolve cough. *Zhi ke* relaxes costal tension, and helps lead lung qi downwards. I have found it to be a very effective formula for pediatric cough.

CHILDREN'S JADE DEFENSE FORMULA

This formula is a variation of *Yu Ping Feng San* in a syrup form that children can easily take. Clinically, I use this formula for several different applications. Foremost is for recovery following an illness. Fever and cough deplete the body of its *zheng qi*, even in young children, and it is important to replenish qi after a cold, cough, or other acute sickness. Secondly, I use it when a parent asks me what I can do to boost their child's immune system, especially when sickness is running rampant at day-care or school. Here, I advise taking a dose once or twice a day. The formula can safely be taken for a long time. The third application is before and during allergy season. Taking the formula for 2-4 weeks prior to the onset of known pollen allergies boosts both *wei* and *ying qi*, making allergy season much less of a problem. During pollen allergies, I always combine this formula with something symptomatic for nasal symptoms, such as *Bi Yan Pian*. The formula contains:

Huang Qi (Astragali Radix) 35%
Fang Feng (Saposhnikovia Radix) 25%
Bai Zhu (Atractylodis Macrocephalae Rhizoma) 20%
Ju Hua (Chrysanthemi Flos) 20%

The original *Yu Ping Feng San*, at least in this dosing, is usually credited to Zhu Danxi in 1481.^{vii} I have modified the formula by adding *ju hua* to reinforce taking the formula to the exterior and to the upper respiratory system. The idea of boosting the immune system, in OM terms, involves strengthening the *wei qi*. *Wei qi* is not an independent energy; it is a variant of *ying qi*, the energy that circulates in the acupuncture channels. *Ying qi* is nutritive qi; it has a centripetal or concentric energy, and is destined for its associated organ. The *wei qi* is the more yang, energetic aspect of *ying qi* that radiates outwards from the meridian. By radiating through lymphatic and interstitial fluid, it energizes agents of the body's immune system to search and destroy pathogenic viruses and bacteria. **Children's Jade Defense Formula** first promotes *ying qi* using *bai zhu*; *huang qi*

Continued on page 6



creates and reinforces the centrifugal *wei qi*; *fang feng* and *ju hua* help lead the *wei qi* to the exterior. It is a remarkably effective formula, despite the few ingredients chosen.

CHILDREN'S EAR FORMULA

Introduced a number of years ago, this formula is used for acute or chronic inner ear infection (otitis media). Ear infection appears with acute, sharp pain, and this formula addresses microbial infection with accumulation of turbid damp. Most MD-diagnosed ear infections that don't show pain are due to upper respiratory infections and fever, where the ear canal will show as red. Those cases should respond to **Children's Clear and Release Formula**. Ear infections with pain are effectively addressed by **Children's Ear Formula**.

Herbs used are:

Huo Xiang (Agastaches Herba) 10 %
Fu Ling (Poria) 10%
Ju Hua (Chrysanthemi Flos) 8%
Huang Lian (Coptidis Rhizoma) 8%
Lian Qiao (Forsythiae Fructus) 8%
Chi Shao (Paeoniae Radix, rubra) 8%
Qian Hu (Peucedani Radix) 8%
Bai Zhi (Angelicae Dahuricae Radix) 7%
Chai Hu (Bupleurum Radix) 7%
Zhe Bei Mu (Fritillariae Thunbergii Bulbus) 7%
Zhi Ban Xia (Pinelliae Rhizoma Preparatum) 7%
Man Jing Zi (Viticis Fructus) 7%
Sheng Jiang (Zingiberis Rhizoma Recens) 5%

Here, we begin by clearing turbid damp and phlegm from the inner ear. *Huo xiang* is the best herb for this, and it is reinforced with *fu ling*, *qian hu*, *zhe bei mu* and *ban xia*. Herbs that fight microbial infection include *huang lian* and *lian qiao*. Herbs that bring the formula to the inner ear include *ju hua*, *bai zhi*, and *man jing zi*. Borrowing from *xiao chai hu tang*, we combine *chai hu*, *ban xia*, and *sheng jiang*, which infiltrate the lymphatic system surrounding the inner ear. *Chi shao* is used to increase circulation in the inner ear and relieve pain. Collectively, the formula clears and descends turbid damp, clears heat, and resolves

toxins. For acute, painful ear infection, with or without fever, the formula is appropriate and effective.

We believe that these four formulas—for common cold and fever, cough, immune enhancement, and ear infection—cover many of the acute presentations that affect children. These formulas can be used until the children can swallow pills, and which time a variety of pills are available. They are safe and effective, and a welcome relief to the routine recommendations for antibiotics that are offered at the pediatrician's office.

ENDNOTES

ⁱ Most so-called ear infections diagnosed in the pediatrician's office are not local infections at all, but part of the signs and symptoms of an upper respiratory infection in children under age 4. In a URI, the ear canal becomes red due to general elevated fever. The puffiness of the ear canal is due to stagnation of fluids in the inner ear, again due to elevated fever rather than accumulation of bacterial pus. Rarely, unresolved URI can result in an ear infection, but not when the URI is effectively treated with Chinese herbal formulas for common cold. In any case, prescription of antibiotics is unnecessary and in fact harmful.

ⁱⁱ For more information on treatment of ear infection, see two articles: http://www.gfcherbs.com/papers/Childrens_Ear_Infections.pdf <http://drjakefratkin.com/pdf/EarInfection.pdf>

ⁱⁱⁱ The manufacturer describes the process: "The whole herbs are ground, and are then water extracted in a double extraction process where the herb is first macerated in cold water, followed by a long slow pressure and heat water extraction process to digest and extract all the naturally occurring compounds from the cell structure of the plant. This allows the active naturally occurring phytochemical compounds to be bioavailable and is immediately absorbed when taken. After a concentration phase, natural vegetable glycerin from coconut is added to preserve and sweeten and it is made into a syrup."

^{iv} See: <http://drjakefratkin.com/pdf/PlottingCough.pdf> or <http://www.acupuncturetoday.com/mpacms/at/article.php?id=31511v> "Most coughs in children are brought on by the viruses that cause colds and the flu. Rarely, pertussis (whooping cough) or pneumonia is the cause of a prolonged cough." Department of Health, Oregon. www.patient.co.uk/showdoc/23069192. Also, "Antibiotics don't work for acute bronchitis. Now we have strong evidence saying that it shouldn't be used for this purpose." *The Lancet*, May 11, 2002;359:1648-1654.

^v "Most coughs in children are brought on by the viruses that cause colds and the flu. Rarely, pertussis (whooping cough) or pneumonia is the cause of a prolonged cough." Department of Health, Oregon. www.patient.co.uk/showdoc/23069192. Also, "Antibiotics don't work for acute bronchitis. Now we have strong evidence saying that it shouldn't be used for this purpose." *The Lancet*, May 11, 2002;359:1648-1654.

^{vi} *Zhong Yao Yao Li Yu King Yang* (Pharmacology and Applications of Chinese Herbs), 1990, 6(6): 28. In Chen and Chen, *Chinese Medical Herbology and Pharmacology*, Art of Medicine Press, 2004, p.218.

^{vii} Zhu Zhen-Heng (Danxi), *dan xi xin fa*, "Dan-Xi's Essential Teachings"; Zhu Dan-Xi, 1481. Scheid et al argue that the formula predates Zhu, with earlier mentioning in 1213. See Scheid, Bensky, Ellis and Barolet, *Chinese Herbal Medicine Formulas and Strategies*, 2nd Edition, Eastland Press, 2009; p. 326-327.

JAKE PAUL FRATKIN, OMD, L.AC. trained in Korean and Japanese acupuncture since 1975, and Chinese herbal medicine since 1982. He spent a year in Beijing hospitals specializing in internal disorders and pediatrics. Dr. Fratkin is the author of **Chinese Herbal Patent Medicines, The Clinical Desk Reference**, a compendium of 1250 Chinese herbal products available in the United States, and the editor-organizer of Wu and Fischer's *Practical Therapeutics of Traditional Chinese Medicine*. Dr. Fratkin lives and practices in Boulder, Colorado.



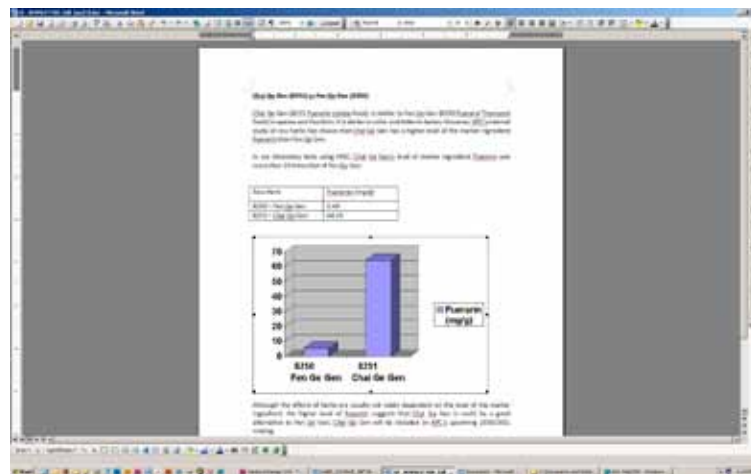
News from KPC

CHAI GE GEN (8251) VS FEN GE GEN (8250)

Chai Ge Gen (8251 *Pueraria Lobata* Root), is similar to *Fen Ge Gen* (8250 *Pueraria Thomsonii* Root) in species and function. It is darker in color and bitter in taste. However, KPC's internal study of raw herbs has shown that *Chai Ge Gen* has a higher level of the marker ingredient, Puerarin, than *Fen Ge Gen*.

In the laboratory tests using High Performance Liquid Chromatography (HPLC), *Chai Ge Gen's* level of marker ingredient, Puerarin, **was more than 10 times** that of *Fen Ge Gen*.

Raw Herb	Puerarin (mg/g)
8250 – <i>Fen Ge Gen</i>	5.49
8251 – <i>Chai Ge Gen</i>	64.23



Although the effects of herbs are usually not solely dependent on the level of the marker ingredient, the higher level of Puerarin suggests that *Chai Ge Gen* could be a good alternative to *Fen Ge Gen*. *Chai Ge Gen* will be included on KPC's upcoming 2010/2011 catalog.

Book Review—Acutonics from Galaxies to Cells: Planetary Science, Harmony, and Medicine

By Donna Carey, MS, LAc Ellen F. Franklin, MA, Judith Ponton, DC, LAc, Paul Ponton, MS, LAc, and MichelAngelo, MFA

Reviewed by Lorena Monda, DOM

This comprehensive exploration of the application of sound vibration to acupuncture points, trigger points, and points of pain provides an in-depth, scientific exploration of the use of sound vibration in a therapeutic setting. Providing a bold, innovative investigation of the human body's relationship to our solar system, this new book incorporates both the spiritual traditions and science of Oriental Medicine.

The first three chapters of the book lay the foundation for the use of planetary frequencies and musical intervals on the body, tracing scientific research that spans hundreds of years. Chapter 1, *From Galaxies to Cells*, provides specific examples of research into the impact of planetary influences on human health.

Chapter 2: *Myths, Archetypes, and Music* provides an exploration of resonant frequencies that resound in both the unconscious mind and in the collective unconscious. Myths give rise to archetypes—deep harmonic resonances that help us to understand the ways in which the elements and the planets influence us. These powerful forces that are everywhere and in everything support the quest for a more unified whole.

Chapter 3: *The Body is a Planetary Landscape* explores the relationship between the human body, the natural world, and the planets, laying the foundation for each of the subsequent chapters, which explore the planetary bodies in our solar system in great depth. Each planetary

chapter follows the same structure presenting science, myths, archetypal qualities, music, and specific highly relevant clinical applications.

The book concludes with a chapter on points and meridians that demonstrates the application and rationale for the use of specific tuning forks on acupuncture points and meridians, and a chapter that provides an innovative new look at the Eight Extraordinary meridians.

This modality was co-developed by Donna Carey while she was Clinical Dean at the Northwest Institute for Acupuncture and Oriental Medicine (NIAOM) and was integrated into fourteen community clinics, including clinics for the elderly, refugees, homeless youth, pediatrics, chronic fatigue, HIV/AIDS, and women's integrative health care. Ellen Franklin has contributed her knowledge of depth psychology, archetypes and myths, and Paul and Jude Ponton, senior Acutonics faculty and experienced acupuncturists, have contributed extensive treatment protocols throughout the book.

Specific examples of the use and application of tuning forks to treat a wide variety of conditions commonly seen in clinical practice are provided, along with treatment photographs that demonstrate the application of these tools in a clinical setting.

Published with *Acutonics From Galaxies to Cells: Case Study Companion Guide*.

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Donna Carey, LAc & Ellen Franklin, MA

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Judith Ponton, DC, LAc, Paul Ponton, MS, LAc,
and MichelAngelo, MFA

Over 600 pages, 9 x 12" full-color hard back.
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See review on Page 7.

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