

ACTCM LIBRARY NEWSLETTER

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NEWLY ACQUIRED BOOKS



***Acupuncture Understood: Rediscovering Traditional Five Element Healthcare* by Stuart Lightbody; World Scientific, 2014.**

Very little has been written on acupuncture and the Oriental medical view of health for the lay person in recent years. Even less has been written on the training requirements which vary enormously. This unique book clarifies this situation. It introduces the reader to the key concepts of healthy living, wellbeing, longevity, and their own inner kingdom. It draws upon the wisdom inherent in ancient Chinese philosophy whose universal principles were laid down in the Nei Jing, the oldest extant medical book in the world, written around 221 BCE. It brings alive and makes relevant this ancient understanding of the human being and the concept of health maintenance in the 21st century and is presented in a clear, easy to read and interesting format. It involves the individual in looking at their own health and lifestyle and offers advice as to how these might be optimized for life in the modern world. This book covers the historical background of oriental medicine, gives details of the 5 Element and Yin/Yang theories and brings to light its remarkable transition from one side of the world to the other. It explains how diagnosis, the consultation process, acupuncture and moxibustion work and offers extensive advice on preventive health.

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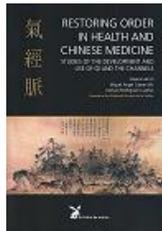
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Restoring Order in Health and Chinese Medicine: Studies of the Development and Use of Qi and the Channels by Stephen Birch, etc.; 2014.

This is a detailed edited book with contributions from very experienced practitioners about qi, its development and uses and the jingmai or meridians/channels of acupuncture. this book is a must for all students and practitioners of qi related disciplines and those interested in studying qi related practices. The concepts of qi and jingmai are central for the development and practice of medical systems like acupuncture, herbal medicine, and massage. Qi is a central concept in a number of self-development traditions from Asia, including Taiji quan, Qigong, and Aikido. The contributors have drawn from a wide range of scholarly literature, original sources and many years of experience using these different practice methods to expose the history, development, nature, practical understanding and uses of these concepts, seeking the central core focus that guides their use in such a broad range of practice traditions. The cultivation of the practitioner is a

central theme found in the early literature and highlighted throughout these chapters. In addition the last two chapters focus on practical exercises that help develop the inner skills of the practitioner so that they are better able to utilise qi in clinical practice. This book will help both the student and seasoned practitioner deepen their understanding and uses of these traditional concepts.

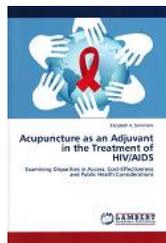


***Increasing IVF Success with Acupuncture: An Integrated Approach* by Nick Dalton-Brewer; Singing Dragon, 2014.**

This practical book provides need-to-know information vital for acupuncturists to treat patients with fertility problems.

Nick Dalton-Brewer details the causes of fertility issues, including the impact of lifestyle and diet, and explains the scientific basis for the different methods of treatment. Integrating Assisted Reproduction Techniques (ART) with Traditional Chinese Medicine (TCM) therapies and acupuncture, he presents his own cutting-edge research on the successful use of these therapies to improve fertility and pregnancy rates and describes a method for integrated diagnosis and treatment.

This book will give TCM practitioners direct access to the vital specialist knowledge and technical information needed to treat the increasing numbers of patients with fertility problems effectively. It will also be of interest to doctors of Western medicine concerned about the efficacy of recommending acupuncture treatments as adjuncts to ART.



***Acupuncture as an Adjuvant in the Treatment of HIV/AIDS: Examining Disparities in Access, Cost-Effectiveness and Public Health Considerations* by Elizabeth A. Sommers; 2014.**

The use of acupuncture in the U.S. by individuals living with HIV/AIDS represents a novel area of clinical and academic study. Seeking relief from antiretroviral medication

side effects, such as digestive symptoms or pain, many patients use acupuncture as an adjuvant to their medical care. Effective control of side effects is often associated with enhanced adherence to medication. For this reason, examining the value of acupuncture from therapeutic, public health, and economic perspectives becomes compelling. The first paper in this book (Dynamic Interplay of Adherence to HIV-Medication, Quality of Life and Side Effect Management) uses a conceptual model to explain these dynamic inter-relationships. Cost-effectiveness of Acupuncture to Improve and Sustain Adherence to Antiretroviral Therapies, the second paper, explores cost considerations of enhanced adherence. The final paper (Examining Changes in Utilization of Acupuncture Care Related to Reduction in Ryan White Care Act Funding) addresses utilization using bivariate and multivariate analyses to explore disparities associated with demographic and behavioral issues.



***Constitutional Facial Acupuncture* by Mary Elizabeth Wakefield; 2014.**

We are re-defining the face of ageing on a daily basis, with the Baby Boom generation in the vanguard, followed by younger generations who are similarly intrigued by non-invasive natural solutions that are integrative rather than purely cosmetic.

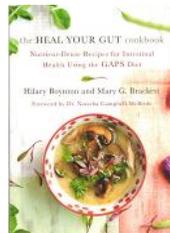
Constitutional Facial Acupuncture has begun to make an impact on popular culture and outmoded perceptions about the nature of authentic beauty and the ageing process.

Acupuncturists who practice in this field are increasingly expected to have specialized training and knowledge, outside the customary parameters of the more traditional approaches.

This book introduces a complete Constitutional Facial Acupuncture protocol that is comprehensive, effective and clearly organized, with illustrative color photographs and facial needling diagrams. Its strong constitutional components are unique, adhere to the principles of Chinese medicine, and are rooted in the three levels of treatment - Jing, Ying and Wei.

- A new and detailed Constitutional Facial Acupuncture protocol highlights acupoints, muscle points, Shen imbalances, lines and wrinkles, needling technique, relevant points and their locations.
- A comprehensive constitutional treatment approach

- A customized, modular topical herbal protocol that is enriched with the use of essential oils and natural cleansers, creams, etc.
 - Practical step-by-step instructions on how to integrate the needling protocols with the topical herbs, jade rollers, gem eye discs, etc.
 - A complete Constitutional Facial Acupuncture needling protocol for 12 problematic areas of the facial landscape, i.e., droopy eyelids, sagging neck, crow's feet, sunken cheeks, etc.
 - Contraindications, benefits, and personal advice drawn from the author's 30+ years of experience
 - An essential text for students or practitioners of facial acupuncture, and also for those readers who are interested in the field of "healthy aging"
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***The Heal Your Gut Cookbook: Nutrient-Dense Recipes for Intestinal Health Using the GAPS Diet* by Hilary Boynton & Mary G. Brackett; Chelsea Green Publishing, 2014.**

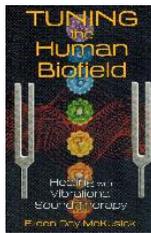
With more than two hundred straightforward, nutrient-dense, and appealing recipes, *The Heal Your Gut Cookbook* was created by GAPS Diet experts Hilary Boynton and Mary G. Brackett to help heal your gut and to manage the illnesses that stem from it.

Developed by pioneering British MD Dr. Natasha Campbell-McBride, who provides the book's Foreword, Gut and Psychology Syndrome (GAPS) refers to disorders, including ADD/ADHD, autism, addictions, depression, and obsessive-compulsive disorder, stemming from or exacerbated by leaky gut and dysbiosis. GAPS also refers to chronic gut-related physical conditions, including celiac disease, rheumatoid arthritis, diabetes type one, and Crohn's disease, as well as asthma, eczema, allergies, thyroid disorders, and more. An evolution of the Specific Carbohydrate Diet, the GAPS Diet will appeal to followers of the Paleo Diet, who are still struggling for optimum health, as well as anyone interested in the health benefits of fermentation or the Weston A. Price approach to nutrition.

In *The Heal Your Gut Cookbook*, readers will learn about the key cooking techniques and ingredients that form the backbone of the GAPS Diet: working with stocks and broths, soaking nuts and seeds, using coconut, and culturing raw dairy. The authors offer encouraging, real-life perspectives on the life-changing improvements to the health of their families by following this challenging, but powerful, diet.

The GAPS Diet is designed to restore the balance between beneficial and pathogenic intestinal bacteria and seal the gut through the elimination of grains, processed foods, and refined sugars and the carefully sequenced reintroduction of nutrient-dense foods, including bone broths, raw cultured dairy, certain fermented vegetables, organic pastured eggs, organ meats, and more.

The Heal Your Gut Cookbook is a must-have if you are following the GAPS Diet, considering the GAPS Diet, or simply looking to improve your digestive health and—by extension—your physical and mental well-being.



***Tuning the Human Biofield: Healing with Vibrational Sound Therapy* by Eileen Day McKusick; Healing Arts Press, 2014.**

A guide to the practice of Sound Balancing, using tuning forks to clear trauma stored in the human energy field

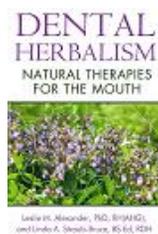
- Provides a precise map of the energetic biofield that surrounds the body, showing where specific emotions, memories, traumas, and pain are stored
- Details how to locate stored trauma in the biofield with a tuning fork and clear it
- Explains how Sound Balancing provides consistent, predictable relief from pain, anxiety, insomnia, migraines, digestive disorders, and many other ailments

When Eileen McKusick began offering sound therapy in her massage practice she soon discovered she could use tuning forks to locate and hear disturbances in the energy field, or biofield, that surrounded each of her clients. She found these energetic disturbances correlated with the emotional and physical traumas her clients had experienced throughout their lives, the biofield acting as a record of pain, stress, and trauma from gestation onward. Passing the forks through these areas in the biofield not only corrected the distorted vibrational sounds she was hearing but also imparted consistent, predictable, and sometimes immediate relief from pain, anxiety, insomnia, migraines, depression,

fibromyalgia, digestive disorders, and a host of other complaints. Now, nearly 20 years later, McKusick has fully developed her sound healing method, which she calls Sound Balancing, and created a map of the biofield, revealing the precise locations where specific emotions, memories, ailments, and traumas are stored.

In this book, McKusick explains the complete practice of Sound Balancing and provides illustrations of her Biofield Anatomy Map. She details how to use tuning forks to find and clear pain and trauma stored in the biofield. She reveals how the traditional principles and locations of the chakras correspond directly with her biofield discoveries. Exploring the science behind Sound Balancing, she examines scientific research on the nature of sound and energy and explains how experiences of trauma produce “pathological oscillations” in the biofield, causing a breakdown of order, structure, and function in the body.

Offering a revolutionary perspective on mind, energy, memory, and trauma, McKusick’s guide to Sound Balancing provides new avenues of healing for energy workers, massage therapists, sound healers, and those looking to overcome chronic illness and release the traumas of their past.



***Dental Herbalism: Natural Therapies for the Mouth* by Leslie M. Alexander & Linda A. Straub-Bruce; Healing Arts Press, 2014.**

A comprehensive practical reference to herbal dental care for all ages

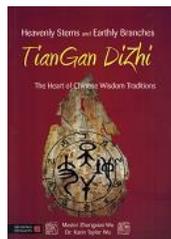
- Details the use of 41 safe and effective herbs for the mouth
- Explores 47 common conditions that affect the mouth, such as gingivitis, periodontitis, acid reflux, and tooth loss
- Provides recipes for herbal toothpastes, mouth rinses, pain-relieving poultices, and teas for prevention and daily care
- Examines infant and toddler oral care, including remedies for teething and thrush

Our oral health is intimately linked with our overall health and well-being. In this practical guide to herbal dental care, medical herbalist Leslie Alexander and registered dental hygienist Linda Straub-Bruce detail how to use 41 safe and effective herbs for the mouth for optimum oral health, prevention of decay and inflammation, and relief from

pain and discomfort.

The authors provide recipes for herbal toothpastes and rinses, poultices for pain and inflammation, and teas and tinctures for intervention, prevention, and daily care. They explain how recent research confirms the link between poor oral health and many diseases, such as diabetes, stroke, and heart disease. They examine the risk factors, symptoms, causes, and herbal preventives and remedies for 47 common conditions that affect the mouth, such as gingivitis, periodontitis, bruxism, acid reflux/GERD, and tooth loss. They explore the complete anatomy of the mouth and explain proper brushing, flossing, and tongue-cleaning techniques to prevent tooth decay and gum disease and maintain bridges, implants, and braces. The authors address the importance of diet and nutrition in oral health as well as controversial topics including fluoride. They provide an in-depth chapter on pregnancy, infant, and childhood oral care, including herbal remedies for teething and thrush.

Ideal for those looking to improve their own oral health, herbalists looking to address the root cause of systemic inflammation, or dental professionals searching for natural alternatives, this authoritative yet practical guide empowers each of us to reclaim the health of our mouths and sustain a full, strong set of teeth for a lifetime.



***Heavenly Stems and Earthly Branches – Tian Gan Di Zhi: The Heart of Chinese Wisdom Traditions* by Zhongxian Wu & Karin Taylor Wu; Singing Dragon, 2014.**

Essential reading for serious students of Chinese practical arts, including medicine, martial arts and FengShui, Master Zhongxian Wu and Dr Karin Taylor Wu provide a detailed explanation of the 22 GanZhi symbols in this book, outlining the characteristics of each, and their interactions and relationships.

TianGan (Heavenly Stems) and DiZhi (Earthly Branches), commonly abbreviated to GanZhi, originated in the ancient Chinese cosmological sciences and is a complex calendrical system which was created to codify the patterns of life and of the universe itself. The ten symbols of Gan express the Yin or Yang perspective of Five Elements and embody the Way of Heaven. The 12 symbols of Zhi, made manifest in the 12 animals of the Chinese zodiac, hold the root of each Element and embrace the Way of Earth.

Poetic summaries from the Song dynasty give the reader a deep understanding of the nature of each Stem and their relationship to each other. Offering an unprecedented

insight into the subtleties and far-reaching influence of this ancient system, this book will be invaluable for the study or practice of Chinese medicine, FengShui, Chinese astrology, traditional Chinese cosmology, Qigong, Taiji, and other inner cultivation practices.

A set of study cards (9781848191501), also published by Singing Dragon, are available to accompany this book.



***Antahkarana: Celestial Fullness Esoteric Acupuncture Vol.VI* by Mikio Sankey; Mountain Castle Publishing, 2014**

Included will be: Treatment protocols according to Tiers of Density of consciousness. Plus New Encoding Patterns with plenty of diagrams. Includes: The *Hun* Follow the *Shen* Pattern, Crystalline Waters Pattern, Crystalline Heart Grid Pattern, The Eight Heart Gates Pattern, Tree of Life Astral Pattern and others. There will be detailed step-by-step diagrams for the posterior visualization connections of the acupuncture points within the various New Encoding Patterns. The following charts are guidelines for treating your clientele. This protocol is based on balancing and strengthening one's chakras. Remember, chakras are on the astral plane meaning we are working with the emotional plane. The New Encoding Patterns are not limited to the astral levels. The goal for Esoteric Acupuncture is to balance the chakras and allow the recipient of the treatment to move into the consciousness realms of the Causal, Buddhic, Atmic, Monadic, Logoic Planes and higher. The Esoteric Acupuncture treatments are designed to help you find your Puzzle Piece in life.

ARTICLE ABSTRACTS

“Efficacy of Acupuncture on Fibromyalgia Syndrome: a Meta-analysis” *Y Bai, et al;* *Journal of Traditional Chinese Medicine*, 34(4), 381-391, 2014.

OBJECTIVE: To comprehensively evaluate the effectiveness of acupuncture as a treatment for fibromyalgia syndrome.

METHODS: Two review authors independently selected the trials for the Meta-analysis, assessed their methodological quality and extracted relevant data. A quality assessment was conducted according to the Cochrane Review Handbook 5.0. RevMan 5.0.20

software was used in the statistical analysis.

RESULTS: A total of 523 trials were reviewed and 9 trials were selected for Meta-analysis. (a) Compared acupuncture with sham acupuncture, there was a significant difference in the visual analogue scale, but no difference in the pressure pain threshold. Additionally, and there was a difference in the fibromyalgia impact questionnaire and the multidisciplinary pain inventory after 4 weeks of treatment, but no difference after 7 weeks of therapy. There was no difference in the numerical rating scale in weeks 3, 8 and 13. (b) Acupuncture versus drugs. There were differences in the VAS after 20 days of acupuncture and moxibustion treatment comparing with the drug amitriptyline, and after 4 weeks of acupuncture and moxibustion treatment comparing with the drug fluoxetine and amitriptyline. There were also differences in the number of tender points when comparing acupuncture with amitriptyline or fluoxetine. There was no difference in total efficiency when comparing acupuncture with amitriptyline after 4 weeks of treatment, but there were differences between the two groups 45 days after treatment. There were also differences in total efficiency comparing acupuncture with fluoxetine, and when comparing 4 weeks post-treatment of acupuncture with a combination of amitriptyline, oryzanol and vitamin B. (c) A comparison of acupuncture, drugs and exercise with drugs and exercise showed PPT differences in months 3 and 6. There was no difference between the two comparison groups after follow-up visits in months 12 and 24.

CONCLUSION: Compared with sham acupuncture, there was not enough evidence to prove the efficacy of acupuncture therapy for the treatment of fibromyalgia. Some evidence testified that the effectiveness of acupuncture therapy for fibromyalgia was superior to drugs; however, the included trials were not of high quality or had high bias risks. Acupuncture combined with drugs and exercise could increase pain thresholds in the short term, but there is a need for higher quality randomized controlled trials to further confirm this.

“Effectiveness and Safety of Heat-sensitive Moxibustion on Bronchial Asthma: a Meta-analysis of Randomized Control Trials” *J Xiong, et al; Journal of Traditional Chinese Medicine, 34(4), 392-400, 2014.*

OBJECTIVE: To comprehensively evaluate the effectiveness of acupuncture as a treatment for fibromyalgia syndrome.

OBJECTIVE: To systematically evaluate the effectiveness and safety of heat-sensitive moxibustion (HSM) on asthma.

METHODS: Large databases in China and overseas were searched by electronic and manual means to collect information on randomized controlled trials (RCTs). Two evaluators independently extracted data and evaluated the quality of RCTs according to Cochrane Review Handbook v5.0. RevMan v5.0.20 was used for statistical analyses.

RESULTS: Fourteen RCTs involving 637 patients were collected. Thirteen RCTs

compared the effects of HSM and Western Medicine. After 3-month treatment and after 6-month follow-up, there was no significant difference in effective rate [relative risk (RR)=1.01, 95% CI (0.92, 1.12), and 1.12, (0.93, 1.36), respectively], in the asthma control test score of asthma symptoms [weighted mean difference (WMD)=1.54, 95% CI (3.54, 0.47), and 1.41, (0.48, 3.29), respectively] and in the forced expiratory volume in 1 second (FEV1) and peak expiratory flow (PEF). One RCT compared the effect of HSM with warm-suspended moxibustion. After 6-month follow-up, there was a significant difference in FEV1 and PEF [WMD=0.51, 95% CI (0.10, 0.92), and 1.78, (1.06, 2.50), respectively]. After 3-month treatment, there was no significant difference between the two groups. One RCT compared the effect of HSM with acupoint application. After 3-month treatment, there was no significant difference in the effective rate [RR=0.68, 95% CI (0.42, 1.12)].

CONCLUSION: HSM did not show superiority to conventional Western Medicine and acupoint application in terms of curative effects, and may be superior to warm-suspended moxibustion with regard to long-term curative effects. Because of low quality of the included RCTs, this conclusion must be bolstered with higher-quality RCTs.

“Does Acupuncture Have a Positive Effect on School Success in Children?” D TAS, HV ACAR; *Journal of Traditional Chinese Medicine*, 34(4), 450-454, 2014.

OBJECTIVE: To evaluate school success in pediatric patients undergoing acupuncture treatment for various indications.

METHODS: The grades achieved during both school terms by children undergoing acupuncture treatment for various indications at the pediatric outpatient clinic of Ulus State Hospital were analyzed. Exam grades in mathematics, social studies, and Turkish was compared between the first and the second terms. Forty children were included in the study, with 22 male and 18 female, and their average age was 11.1 years. These patients were undergoing acupuncture treatment for attention deficit-hyperactivity disorder (ADHD), enuresis nocturna, migraine, obesity, atopic dermatitis, alopecia areata, and Tourette's syndrome. Treatments were done at the beginning of the second term. Four of the 25 patients with ADHD had borderline intelligence quotients. The report cards of all 40 patients were examined, and their grades in the first and the second school term were compared.

RESULTS: There was a statistically significant increase in the grades obtained in mathematics, social studies, and Turkish ($P<0.005$) by the students from the first to the second school term. When 4 ADHD patients with borderline deficiency in intelligence were excluded, and the grades among the 21 patients with ADHD were compared for both terms, there was also a statistically significant increase in mathematics, social studies, and Turkish grades ($P<0.05$).

CONCLUSION: Acupuncture contributed to the academic success of the children who underwent acupuncture treatment for their primary symptoms.

“Correlation between Women's Sub-health and Reproductive Diseases with Pregnancies and Labors” XJ Xu, et al; *Journal of Traditional Chinese Medicine*, 34(4), 465-469, 2014.

OBJECTIVE: To investigate whether female sub-health conditions and reproductive diseases are associated with pregnancies and labors.

METHODS: A cross-sectional survey was performed by using a structured questionnaire. A total of 1343 women aged 35 years or younger in six urban areas of Chengdu were included in the study. According to the Screening Criteria of sub-health conditions, these women were categorized into three groups: postpartum healthy group, sub-healthy group, and reproductive disease group. Data were double-entered using EpiData and then analyzed by SPSS.

RESULTS: Pregnancy and labor were correlated with postpartum sub-health conditions. The number of pregnancies was negatively correlated with women's postnatal health but was positively correlated with the incidence of postpartum reproductive diseases.

CONCLUSION: The number of pregnancies and labors is probably an important factor leading to sub-health conditions and the occurrence of reproductive diseases in women. Avoiding or reducing unwanted pregnancies and labors, enhancing the awareness of health among childbearing-age women are effective measures for preventing sub-health conditions.

“Traditional Chinese Medicine for the Treatment of Influenza: a Systematic Review and Meta-analysis of Randomized Controlled Trials” CY Wang, et al; *Journal of Traditional Chinese Medicine*, 34(5), 527-531, 2014.

OBJECTIVE: To justify the clinical use of Traditional Chinese Medicine (TCM) in the treatment of influenza.

METHODS: MEDLINE, EMBASE, Chinese Biomedical Literature Database, China National KnowledgeInfrastructure Database, China Science and Technology Journal Database, Wanfang Database and the Cochrane Database of Systematic Reviews were searched from the date of inception until January 1, 2013, for the literature on treatment of influenza with TCM.

RESULTS: A total of 7 randomized controlled trials were identified and reviewed. Of these trials, 2 compared a (modified) prescription of TCM with oseltamivir and 5 compared a patent traditional Chinese drug with oseltamivir. Based on the Meta-analysis, compared to oseltamivir, the (modified) prescription had similar effect in defervescence [WMD=5.66, 95% CI (-32.02, 43.35), P=0.77] and viral shedding [WMD=-6.21, 95% CI (-84.19, 71.76), P=0.88], and the patent traditional Chinese drug also had similar effect in viral shedding [WMD=-0.24, 95% CI (-4.79, 4.31), P=0.92] but more effective in

defervescence [WMD=-4.65, 95% CI (-8.91, -0.38), P=0.03].

CONCLUSION: TCM has potential positive effects in the treatment of influenza.

“Clinical Curative Effect of Fuzi-cake-separated Moxibustion for Preventing Dysuria after Operation for Lower Limb Fracture” Y Yue, et al; *Journal of Traditional Chinese Medicine*, 34(5), 544-549, 2014.

OBJECTIVE: To assess the clinical curative effect of fuzi-cake-separated moxibustion at Zhongji (CV 3) and Guanyuan (CV 4) for preventing dysuria after internal fixation of lower limb fractures.

METHODS: Sixty patients conforming to the inclusion standards were randomly divided into a treatment group (n=30) and a control group (n=30). Fuzi-cake-separated moxibustion was performed at Guanyuan (CV 4) and Zhongji (CV 3), 20 min at a time, twice a day, for 3 days before operation in the treatment group. No fuzi-cake-separated moxibustion was performed in the control group. After treatment, the score for symptoms of first urination, urinary time, urinary volume, 24 h remaining urinary volume, incidence of uroschisis, and rate of controlling dysuria were compared to evaluate the curative effect of preventing post-operative dysuria.

RESULTS: The score for symptoms of first urination, 24 h remaining urinary volume (maximum 120 mL vs 250 mL, and less than 10 mL in 24 cases vs 15 cases), and the rate of controlling dysuria (83.34% vs 30%) were significantly better (P<0.05, P<0.05, and P<0.001, respectively) in the treatment compared with the control group. There was no statistical difference (P>0.05) between the two groups in first post-operative urinary time, urinary volume, or incidence of 24 h uroschisis.

CONCLUSION: Fuzi-cake-separated moxibustion at Zhongji (CV 3) and Guanyuan (CV 4) can better prevent post-operative dysuria, effectively promote the functional restoration of the urinary bladder, and control the incidence of post-operative dysuria.

“Efficacy of Saam Acupuncture Treatment on Improvement of Immune Cell Numbers in Cancer Patients: a Pilot Study” DJ Kim, et al; *Journal of Traditional Chinese Medicine*, 34(5), 550-554, 2014.

OBJECTIVE: To collect preliminary data on the effects of Saam acupuncture with regard to the immunity in cancer patients.

METHODS: Ten cancer patients were analyzed for improvements in immunity. Acupuncture was applied at the 5 acupuncture points, Jingqu (LU 8), Zutonggu (BL 66), Yanggu (SI 5), Yangchi (TE 4), and Zhongwan (CV 12) for 2 weeks with 4 sessions. We assessed the effect of Korean Saam acupuncture on the immune system in cancer patients by measuring particular blood cell subsets, including CD3+, CD4+, CD8+, CD19+, and CD56+ cells, as well as total white blood cell count, absolute neutrophil count, and

fatigue score. The measurement was performed before and after acupuncture and at a 2-week follow-up.

RESULTS: There was a statistically significant increase in the number of CD3+ (P=0.023) and CD8+ cells (P<0.001) and T-cell subsets, as well as a decrease in the fatigue severity scale (FSS) score (P=0.001) after Saam acupuncture using the 5 acupoints.

CONCLUSION: Acupuncture may improve the immune system by increasing the counts of a few immune cells and relieve fatigue in cancer patients by decreasing FSS scores. Although this was a non-controlled study, it constitutes preliminary research investigating the potential effects of Saam acupuncture in increasing the counts of several immune cells in cancer patients.

“Analgesic Effect of Manual Acupuncture and Laser Acupuncture for Lateral Epicondylalgia: A Systematic Review and Meta-Analysis” Wen-Dien Chang, Ping-Tung Lai and Yung-An Tsou; *The American J. of Chinese Medicine*, Vol. 42 (6): 1301 - 1314, 2014.

Lateral epicondylalgia is a common orthopedic disorder. In traditional Chinese medicine, acupuncture is often used for treating lateral epicondylalgia. Laser acupuncture, compared with manual acupuncture, has more advantages because it is painless, aseptic and safe. However, the analgesic effect of manual acupuncture and laser acupuncture on lateral epicondylalgia has rarely been explored. We conducted a systematic review and meta-analysis to compare the analgesic effect of laser acupuncture and manual acupuncture for the treatment of lateral epicondylalgia. We investigated studies published in the Medline, PubMed, and CINAHL databases from January 1980 to December 2013. This review included 9 randomized articles. Six of them examined manual acupuncture and the others focused on laser acupuncture. We analyzed the meta-analysis results regarding the analgesic effect of the treatment, and observed substantial differences in 4 articles related to manual acupuncture. Manual acupuncture is effective in short-term pain relief for the treatment of lateral epicondylalgia; however, its long-term analgesic effect is unremarkable. A suitable acupuncture point and depth can be used to treat lateral epicondylalgia. Manual acupuncture applied on lateral epicondylalgia produced stronger evidence of an analgesic effect than did laser acupuncture, and further study on the analgesic effect of laser acupuncture is required.

“Chinese Herbal Medicine for Obesity: A Randomized, Double-Blinded, Multicenter, Prospective Trial” Wen-Dien Chang, Ping-Tung Lai and Yung-An Tsou; *The American J. of Chinese Medicine*, Vol. 42 (6): 1345 - 1356, 2014.

Obesity is a serious medical problem worldwide. As a holistic therapy, traditional Chinese medicine (TCM) may have a potential in obesity management. In this controlled trial, we evaluated the safety and effectiveness of Xin-Ju-Xiao-Gao-Fang (XJXGF), a

TCM herbal formulation, in 140 obese subjects over a 24-week period. The XJXGF formula mainly consists of rhubarb, coptis, semen cassia, and citrus aurantium. Subjects with body mass index (BMI) 28–40 kg/m² were recruited at 5 centers in China. We assessed the changes in subjects' body weight, its related parameters, and the reduction of insulin resistance (IR) after administration of XJXGF formula or low-dose XJXGF (10% of the XJXGF formula, as control). After 24-week treatment, among participants in the XJXGF formula group and low-dose XJXGF group, the mean ± SE changes in the body weight were -3.58 ± 0.48 and -1.91 ± 0.38 kg, respectively (p < 0.01). The changes in the IR-index of two groups were -2.65 ± 1.04 and -1.58 ± 1.3, respectively (p < 0.05). There were no serious adverse events reported during the 24-week trial. Participants reported 7 minor adverse events, 4 in the XJXGF formula group and 3 in the low-dose XJXGF group (p = 0.578). Future studies are needed to investigate the clinical utility of this TCM formulation in the treatment of obese subjects.

“Potential Herb-drug Interaction in the Prevention of Cardiovascular Diseases during Integrated Traditional and Western Medicine Treatment” Xiao-long Wang; *Chinese J. of Integrative Medicine*, Vol. 21 (1): 3-9, 2015.

The combination of herbs and drugs is one of the most important approaches in the prevention and treatment of diseases in the integrated traditional and Western medicine (ITWM). While most medical practices have proved that the combination of herbs and drugs led to a clinical efficacy that was often superior to merely using only one of them; results from some studies have triggered adverse reactions to such an approach. Since few herb-drug interaction studies were carried out during treatments combining herbs and drugs, it really restricts the development of treatment and treatment theory of the combination of herbs and drugs. Given that herb-drug interactions may occur through the main pathway of cytochrome P450 enzymes and transporters; then to exhaustively study the role and impact of herbs in drug metabolism, as well as to establish a corresponding database, is of great significance for guiding the rational combination of herbs and drugs. When the herb-drug interaction information platform is implemented, we would get at ease a reasonable herb-drug prescription to achieve a better outcome, reduce dosage of some expensive drugs preserving the same efficacy, or even reduce some side effects of particular drugs; which might also promote the dynamic combination of Chinese and Western medicine, and accelerate the theory development of ITWM.

“Analysis of Clinical Evaluation of Response to Treatment of Parkinson’s Disease with Integrated Chinese and Western Medicine Therapy” Min Li, et al; *Chinese J. of Integrative Medicine*, Vol. 21 (1): 17-21, 2015.

Objective: To analyze the clinical evaluation of Parkinson's disease (PD) patients receiving integrated Chinese and Western medicine therapy.

Methods: One hundred and twenty patients were enrolled and randomly allocated to a control group or treatment group. Patients in the two groups received placebo and Bushen Huoxue Granule (补肾活血颗粒, BHG), respectively. Both groups received baseline levodopa and benserazide (Madopar). The effects of treatment were assessed monthly during the 9-month treatment. Means of evaluation included Unified PD Rating Scale (UPDRS) scores (II and III), sleep scale score, 10 m turn back test (getting up time, 10 m×2 times, and turning time), timing motor test (TMT)-left and TMT-right, which were treated as the dependent variables; and age, sex, duration of PD, Hoehn and Yahr (H-Y) stage and Madopar dosage of admitted PD patients were as the independent variables. Multiple linear regression was used to analyze these factors.

Results: H-Y stage significantly affected UPDRS II score, UPDRS III score, and getting up time ($P<0.01$). Madopar dosage and H-Y stage significantly affected the 10 m×2 times ($P<0.05$ or <0.01). Madopar dosage significantly affected the sleep scale score ($P<0.05$). There were also significant correlations between age and TMT-left or TMT-right ($P<0.01$), and duration of PD and TMT-right ($P<0.05$).

Conclusions: The six assessed means of clinical evaluation (including UPDRS II and UPDRS III scores, sleep scale score, getting up time, 10 m×2 times, and turning time) are sensitive indexes in all PD patients. H-Y stage and Madopar dosage are the major factors influencing means of clinical assessment of PD treatment.

“Chinese Medicine Herbal Treatment Based on Syndrome Differentiation Improves the Overall Survival of Patients with Unresectable Hepatocellular Carcinoma” Yanan Man, et al; *Chinese J. of Integrative Medicine*, Vol. 21 (1): 49-57, 2015.

Objective: To investigate the effects of Chinese medicine (CM) herbal treatment based on syndrome differentiation on patients with unresectable hepatocellular carcinoma (HCC).

Methods: A total of 94 patients with unresectable HCC were reviewed between June 2008 and June 2011. Survival analysis was performed between patients who received CM with/without non-curative antitumor treatments of Western medicine (WM) (CM group, 30 cases) and patients who were not treated with CM but with non-curative antitumor treatments of WM or supportive treatment alone (non-CM group, 64 cases). Then, survival analysis was performed between patients treated with CM combined with non-curative antitumor treatments of WM (combination therapy group, 25 cases) and patients with non-curative antitumor treatments of WM alone (non-curative antitumor treatments group of WM, 52 cases). The survival analysis was performed by Kaplan-Meier method and prognostic factors for overall survival (OS) were assessed by the Cox proportional hazards regression model.

Results: The median survival time (MST), 1- and 2-year survival rates of the CM group and the non-CM group were 36 months, 76.7%, 56.1% and 12 months, 48.4%, 26.6%, respectively. The Log-rank test revealed significant difference between the two groups in OS ($P<0.01$). Cox proportional multivariate analysis revealed that CM was an independent favorable prognostic factor for OS. The MST, 1- and 2-year survival rates of combination therapy group and non-curative antitumor treatments group of WM were 36 months, 76.0%, 55.5% and 13 months, 55.8%, 30.8%, respectively. There was significant difference in OS between the two groups ($P=0.004$).

Conclusions: CM herbs based on syndrome differentiation have positive effects on survival of patients with unresectable HCC. Furthermore, combination therapy of CM and WM are recommended in HCC treatment.

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