Introduction to Master Tung’s Acupuncture
Yin Shui, Si Yuan

When you drink water, remember the source
Master Tung

- Master Tung Ching-Chang 1916 - 1975
- Taiwan revered acupuncturist
- Inheritor and innovator
- Creator of our method
Acknowledgements

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- Miriam Lee, OMD, L.Ac. – Pioneer of Tung’s Acupuncture in the USA, Rest in Peace

- Esther Su, L.Ac. – For her help in starting me along the way

- My student Jack Chang, L.Ac. for his invaluable assistance
About Master Tung

- Treated over 40,000 patients, with one quarter of them treated at no charge
- Was recognized with award “Representative of fine people and fine deeds”
- Treated Cambodian President Long Nuo, who suffered from hemiplegia 5 X, between 1971 and 1974
- Decorated by Chang Kai Shek (Jiang Jie-shi) “Honor Certificate” in the field of Traditional Chinese Medicine

Nan-in poured tea into the cup and even though the cup was full, he kept pouring. Master, the cup is overflowing with tea. Please do not pour any more.

You are just like this cup, full of your own views and with your own way of thinking. If you do not empty your cup first, how am I to show you Zen?

Those who are full of their own opinions will be deaf to words of wisdom from others. In a discussion between two persons, what often happens is that each is intent on asserting his own views. As a result, apart from hearing his own voice or views, he does not learn anything else.
Acupuncture Introduction
What do the Acupuncture Classics say about...

- Kidney Deficiency
- Liver Qi Stagnation
- Spleen Qi Deficiency
- Kidney Excess
Which of these is Acupuncture?

- Stomach Yang Deficiency
- Wood Overacting on Earth
- St Channel Problem
Herbal or Acupuncture?

- 8 Principles
- Zang Fu
- Six Channels Diagnosis
- Wei Qi Ying Xue
- San Jiao
- Five Elements
- Yin/Yang
- Channels and Collaterals
How do you treat?

- Neck and Shoulder Pain, stiffness and spasm
- Occipital Headache
- Diarrhea

Acupuncture Classics

- Jia Yi Jing
- Nan Jing
- Zhen Jiu Da Cheng
- Ling Shu
- Not CAM, Shanghai Text, or other TCM classics!
Acupuncture diagnosis is based on the channel

Lung Channel Symptoms

- Cough, asthma, shortness of breath, hemoptysis, common cold, fullness in the chest, sore throat, and other disorders (e.g. pain) along the course of the channel. Also used for grief, sadness, melancholy. Other signs and symptoms may include fever and aversion to cold (with or without sweating), nasal congestion, headache, pain in the supraclavicular fossa, chest, shoulders, back, cold pain along the channel on the arm, wheezing, and dyspnea, rapid breathing, oppression in the chest, expectoration of phlegm, dry throat, abnormal urine color, restlessness, spitting of blood, heat in the palms, fullness and distention in the abdomen, thin stool diarrhea, frequent urination, yawning, urinary incontinence, cramping and pain along the course of the Lu sinew channel that if severe results in accumulation lumps below the ribs, qi counter flow, tension along the ribs.

- The Lung Channel is most active on the Xin day.
Le Gong said: I want to know all about meridians at once.

Huangdi answered: A doctor should know the theory of meridians in order to know the condition; prognosis of all kind of diseases, and how to regulate excess or deficiency of diseases.
In this chapter we are acquainted with many types of miscellaneous diseases, and their signs and symptoms.

The only way to treat is to determine what channels are involved.
Modernizing TCM

Communist Party Chairman Mao Zedong - "Chinese medicine and pharmacology are a great treasure house and efforts should be made to explore them and raise them to a higher level."

Yang Ji Zhou’s advice:

“Better to forgo the points than the channels”.

- Zhen Jiu Da Cheng
TCM – A Modern Paradigm

- TCM is the system of Acupuncture and Chinese Herbals that stems from the 1950’s
- Widely taught in schools, and practiced in hospitals in China
- Leading form of Acupuncture practiced worldwide
- Uses Herbal diagnosis and memorized acupoint Rx’s
- Acupuncture had to be learned with Acupuncturists
- Herbals had to be learned with Herbalists
- Modern TCM fuses the two
- The mistake is Herbal Diagnosis does not fit hand in hand with Acupuncture diagnosis
Pearls and Strings in Classical Acupuncture, Part 2

An Interview With Dr. Yuan-sheng Tan, Deputy Director of the Office for Acupuncture By Yuntao Ma, PhD, LAc

Here is a comparison of the educational settings between TCM and AM. From the table below, you can see that acupuncture training blindly follows the standard TCM theories.

<table>
<thead>
<tr>
<th>Traditional Chinese Medicine</th>
<th>TCM Theories</th>
<th>TCM Diagnosis</th>
<th>TCM Pharmacology</th>
<th>TCM Pharmacological Prescription</th>
<th>Internal medicine and other subspecialties of TCM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acupuncture Medicine</td>
<td>TCM Theories</td>
<td>TCM Diagnosis</td>
<td>Meridianology and Acupointology</td>
<td>Acupoint Prescription</td>
<td>Application of AM to other subspecialties</td>
</tr>
</tbody>
</table>

The table demonstrates that TCM imposes its own theories on AM and practically absorbs AM. However, AM is not a subspecialty of TCM. Now that the acupuncture mechanism is fairly understood by scientific research and acupuncture practice is widely acceptable, the difference in clinical mechanisms between AM and TCM has become obvious. Thus, the educational settings for AM should be modified, and AM should and will have its own theories and methodology.
Master Tung’s Method

- Family set of 740 points, but most are on the channels – proper name is “Dong Si Zhen Jing Qi Xue” (Tung’s 12 Channel Extra Points)
- Not used as “Qi Xue” (Extra Points), but rather, in conjunction with the 12 channels
- There are unique methods of using the 12 channels based on channel relationships
- Embodies principles of many schools of acupuncture and Chinese medicine
Tung Acupuncture Teachings

- World Association of Tung’s Acupuncture (WATA) formed by Dr. Young Wei Chieh
- ITARA formed by Robert Chu in 2004
Section Fini
Good Vs. Bad Acupuncture
What makes a good acupuncturist?

- ![Identify which channel is involved](image)
- ![Less is more](image)
- ![Optimize multiple functions for one needle](image)
- ![The affected area is not needled, which corresponds to the Nei Jing Su Wen Chapter 63 “Miu Ci Lun” (Incorrect needling)](image)
That’s odd... my neck suddenly feels better...

Early Acupuncture
Good Acupuncturists...

- 💫 There should be almost instantaneous response to the needling
- 🌙 If it doesn’t work in the first try, try something else
- 🎯 Problem Solver
Good Acupuncturists...

☯ Consider use of Time, Day, Month, Season, and Year

☯ It is unnecessary to manipulate the needle

☯ Cupping, Gua Sha, Moxa, Tui Na, and adjunct therapies are performed in conjunction with the main therapy

☯ A good acupuncturist always considers threading more than one point
Bad Acupuncture
Poor Acupuncture

- Good Acupuncturists don’t needle everywhere...
More Bad Acupuncture
Section Fini
Master Tung’s Acupuncture
Why Study Master Tung’s Acupuncture?

- Relearn the uses of Acupoints in a new light
- A legacy of a true master acupuncturist
- Better understand Acupuncture in general
- General everyday fast efficient system that gets results
Master Tung’s Acupuncture --
Introduction

- There are 740 family points in all. All the points are distributed on the 14 channels, or found between the channels.

- Clinically, it is not important to use them all. In my experience, 20 – 30 points are all that are needed in general daily use.
Master Tung 3 Phases

- When Master Tung first came to Taiwan, he used regular acupuncture points, but used them according to channel relationships and circuits.

- When other acupuncturists began to mimic him and get similar results, he used his family set of 740 points.

- Toward the later phase of his life, he freely combined regular acupuncture points and Tung family points.
Master Tung Intro...

- Master Tung’s numbering system is poor – it’s mainly used as a reference system.
- It is easier to memorize the Chinese names, as they relate to the function of that point.
Needling Methods

- *Huang Di Nei Jing Su Wen’s Miu Ci* chapter and the *Ling Shu’s* chapter on the 9 needles, 12 *Yuan Source* suggest that one can needle in the opposite side.

- *This is the primary application for pain*
If the disease is bilateral, we *may* choose to needle bilaterally. For example, for Lung issues, we may choose to needle Shui Jin and Shui Tong points bilaterally.
Needling Methods

- In Classical acupuncture, needling is applied on the left for men, and right for women.
- Remember, women are always right!
Needling Methods

- 🧳 Points on limbs, ears, head, and face treat general disorders and are generally treated with fine needles.

- 🧳 For stubborn diseases, we typically use the method of Fang Xue (pricking)
Fang Xue - Pricking

- We *usually* prick on the ipsolateral (same) side.
- Pricking is generally done in the Western clinic with a lancet and cupping on chosen points. We may also choose the 3 Edged Needle.
Pricking

- Avoid pricking against the bone.
- Points on chest, abdomen, and dorsal areas are usually pricked, but distal bloodletting is also done on limb points and the ear.
- Make sure you know the laws of your area.
Pricking

- Do not sharpen the triangular needle, as this does not follow Clean Needle Technique protocol.
- Develop skill with the triangular needle on an orange first, as few develop the proper skill to adequately use this clinically.
Needling Advice

- ⚫ One should observe proper needle angle and depth with straight or diagonal insertion when needling the torso or over vital areas.

- ⚫ Generally, one does not have to manipulate the needle with Tung’s Acupuncture.
Traction Needle Method

- Young Wei-Chieh introduced and clarified the technique of Qian Yin Zhen (Traction or Pulling Needle) – a method in which to guide needle sensation by using a point distal to the affected area or channel.

- I refer to this simply as “Dai Zhen” – Guiding Needle
Other Methods When Needling...

- **Xi Qi (Breathing Qi)** – the concept of breathing energy into the affected area, akin to the intention used in Qigong practices

- **Huo Qi (Moving Qi)** – when a patient is needled distally, he is asked to move the affected area

- **An Mo (Massage)** – in this method, the practitioner massages the affected area to guide energy to that area.
Dao Ma Zhen or Hui Ma Zhen

- Master Tung makes extensive use of the method of Dao Ma Zhen 到馬針 or Hui Ma Zhen 回馬針

There are several ways to explain the term:

- Lead or Guide Horses 道馬針
- Capturing horses
- I simply refer to it as Lian huan zhen fa (Needling in succession) 连环针法
Section Fini
Each digit of the hand is divided into 8 lines. Dr. Young in his book, *Dong Shi Qi Xue Zhen Jiu Xue*, Zhi Yuan Publishing, Taiwan 1992, named the palmar side lines as named A through E, I named the lines F – H, on the dorsal side, following his example. This helps in locating the points on the fingers:
Finger Lines

- Line A is the radial side of the finger, at the junction of the red and white skin
- Line B is the bisecting line between Line A and Line C
- Line C is the palmar centerline of that particular finger
- Line D is the bisecting line between Line C and Line E
- Line E is the ulnar side of the finger, at the junction of the red and white skin
- Line F is the bisecting line between Line E and Line G
- Line G is the dorsal centerline of the finger
- Line H is the bisecting line between Line G and Line A
Fu Ke

On the F line of the proximal segment of the dorsal thumb, 2 points, the first is 0.66 distal to the base of the thumb, the second is 0.33 distal to the base of the thumb.
Wu Hu/ Five Tigers

Location: On the junction of the red and white skin on the thumb, along the radial aspect of the proximal segment of the palmar thumb, the 5 points are equidistant. The first point is the most distal.
Ling Gu and Da Bai

- Ling Gu; Da Bai/Adroit Bone; Big White

Location: Ling Gu is located at the junction of the first and second metacarpal bones on the LI channel. Da Bai is located at LI 3.
Zhong Bai, Xia Bai

- Zhong Bai is located at SJ 3.
- Xia Bai is located at the junction of the 4th and 5th metacarpal bones, on the dorsum of the hand.
Shui Jin and Shui Tong

- Shui Tong is 0.4 cun below the outer corner of the mouth; Shui Jin is 0.5 cun medial to Shui Tong.
- These are Master Tung’s 2nd favorite Kidney points.
San Shi (Three Scholars)

- **Tian Shi/ Heavenly Scholar** - On the Lung channel, along radius, 10 cun proximal from the wrist crease.

- **Ren Shi/ Man Scholar** on the Lung channel, along the radius, 4 cun proximal to the wrist crease.

- **Di Shi/ Earth Scholar** located on the Lung channel, along the radius, 7 cun proximal to the wrist crease.
Xin Ling/Heart Adroit

- 3 points on the Pc Channel, between tendons of m. palmaris longus and m. flexor radialis, the first point is 1.5 cun above transverse crease of wrist. The other two points are 1.0 cun and 2.0 cun respectively above this point.
Gan Men/ Liver Gate

Location: On SI channel, 6 cun from wrist crease.
Chang Men/ Liver Gate

Location: On SI channel, 3 cun from wrist crease.
Xia San Huang

- **Shen Guan/ Kidney Gate**
  Location: 1.5 cun below Tian Huang (Sp 9).

- **Di Huang/Earth Emperor**
  Location: 4 cun above Sp 6

- **Ren Huang/Man Emperor**
  Location: 3 cun above the tip of the medial malleolus, along the border of the tibia
Shen Guan/ Kidney Gate

Location: 1.5 cun below Tian Huang (Sp 9).

Bloodlet Lu 5
Qi Hu/ Seven Tigers

Location: 3 points, the first is 2 cun above UB 60, the 2\textsuperscript{nd} point is 2 cun above the first, the 3\textsuperscript{rd} point is 2 cun above the 2\textsuperscript{nd}.
San Zhong/Three Layers

San Zhong: Yi Zhong;  
Er Zhong; San Zhong/ Three Weights

Location: Yi Zhong is at GB 39; Er Zhong is 2 cun above Yi Zhong; San Zhong is 2 cun above Er Zhong.
Ce San Li and Ce Xia San Li

- Besides 3 Miles and Below Besides 3 miles
- Location: Ce San Li is level with St 36, 0.5 cun lateral; Ce Xia San Li is 2 cun below Ce San Li.
Wai San Guan

- 3 points by drawing an imaginary line between the head of the fibula and the lateral malleolus, the 2\textsuperscript{nd} point is the midpoint, the upper point is the midpoint between the 2\textsuperscript{nd} point and the head of the fibula; the lower point is the midpoint between the 2\textsuperscript{nd} point and the lateral malleolus.
Huo Ying and Huo Zhu

- Huo Ying; Huo Zhu/
  Fire Hard; Fire Ruler

Location: Huo Ying is found 0.5 cun posterior to Liv 2;
Huo Zhu is located at the junction of the 1\textsuperscript{st} and 2\textsuperscript{nd} metatarsal bones.
Liu Wan and Shui Qu

- Liu Wan/6th End is found at GB 43 or according to some sources, 0.5 cun posterior to GB 43.
- Shui Qu/ Water Score is found 1 cun behind Liu Wan.
Zu Wu Hu/Foot Five Tigers

Location: These points are discovered by Robert Chu. These are 5 points equidistant found at the proximal segment of the big toes distal to Sp 2 on the junction of the red and white skin.

The 1st point is the most distal.
Section Fini
Channel Principles
Channel Relationship to itself  
(Tong Jing)

🌞 Every channel can treat itself; for example, if there is a problem with the Stomach channel, *choose* the Stomach channel.

🌞 In Acupuncture, we diagnose by channel and treat by channel.
Channel relationships
Hand and Foot Relationship (Tong Ming Jing)

In the same channel name relationship, the Lung and Spleen are Tai Yin; therefore use the Lung to treat the Spleen. Since the Yang Ming channel is composed of the Large Intestine and Stomach Channels, use them to treat each other.
Biao Li Relationship (Interior/Exterior Channel relationship)

This is the common Internal external relationship found in TCM. For example, use Lung Channel to treat the Large Intestine Channel. The rest follow accordingly.
There are 3 sets of Branching relationship for the channels: Tai Yang and Tai Yin treat each other, Shao Yang and Shao Yin treat each other, Yang Ming and Jue Yin treat each other.
Section Fini
Dui Ying (Imaging) Methods
In this method, points that correspond on the same plane can be chosen to treat a particular disease.

For example, pain at the elbow at LI11 may be treated with the opposite side Lu 5.

Ren 24 may be used to treat occipital neck pain.
Hand and Foot Imaging

In this method, the foot is treated by the hand and vice versa; the ankle is treated by the wrist; the lower leg corresponds to the forearm; the knee corresponds to the elbow; and the thigh corresponds to the upper arm.
Hand and Torso Imaging

In this method, the neck corresponds to the wrist, chest to the forearm, and umbilicus to the elbow, groin to the shoulder.

An example illustrating this would be for neck pain, use SJ 5, Lu 9, LI 5.
With this method, we would use the Foot to treat facial problems, ankle to treat neck problems, lower leg to treat chest problems. The rest may be inferred.
In this method, we think of a torso overlayed and a flipped image of it on the torso. Examples to illustrate this method would be LI 20 for intestinal worms, or pain in the perineum we needle Du 26.
Classical Imaging
Section Fini
Some Principles of Master Tung’s Acupuncture
Poor Strategy using Tung’s Acupuncture

Many people today have studied Tung’s points, but lack the clinical experience and have not internalized the strategy, and fall back on their TCM acupuncture training, using a poor method of using Tung’s points as “extra points” to their memorized recipes.
Some Principles Continued

- Use the depth of the needle to treat problems. This is called *Ti Ying Quan Xi*.
- Use the elements to treat problems.
- Use levels to treat problems.
Master Tung uses 5 element diagnosis heavily

- Be sure to know your Five Element table of correspondences when you practice Master Tung’s Acupuncture
- We use it to determine and diagnose the affected channels
- Once diagnosed, we treat that channel
Acupuncture/Herbal Diagnosis

- Channel based by symptoms involved
- Points focus on movement and transport and sedation
- Ashi diagnosis through palpation of channels.
- Herbs based on diagnosis of symptoms, tongue, pulse
- You can have a separate TCM diagnosis for herbs, but choose what you want to treat with herbs and what you want to treat with acupuncture.
Acupuncture Treatment Summary

- Identify the channel(s) involved.
- Balance the channel with intelligent choice of points
- Treat with Master Tung, and the antique points
Section Fini
Dr. Chu’s Acupuncture Rx
Dr. Chu’s Acupuncture Rx

- Left side *Xia San Huang, St 36, 37,*
- Right Side *Huo Ying, Huo Zhu, Liv 6, GB 34, 39*

All needles perpendicular insertion, retain for 28.8 minutes
Xia San Huang

- **Shen Guan/ Kidney Gate**
  Location: 1.5 cun below Tian Huang (Sp 9).

- **Di Huang/Earth Emperor**
  Location: 4 cun above Sp 6

- **Ren Huang/Man Emperor**
  Location: 3 cun above the tip of the medial malleolus, along the border of the tibia
Huo Ying and Huo Zhu

- **Huo Ying; Huo Zhu/ Fire Hard; Fire Ruler**

Location: Huo Ying is found 0.5 cun posterior to Liv 2; Huo Zhu is located just distal to the junction of the 1st and 2nd metatarsal bones.
Dr. Chu Protocol Graphically...

| Huo Ying, Huo Zhu, Liv 6, GB 34, 39 | Xia San Huang St 36, 37 |
Disease is like a rabbit running in a field. We use a net wide enough to catch it.

Dou Han-Qing
Section Fini
The L.Ac. – Lifestyle Consultant?
### Chart 1.4: Leading Causes of Death\(^{12}\)

<table>
<thead>
<tr>
<th>Cause of Death</th>
<th>Deaths</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diseases of the Heart</td>
<td>710,760</td>
</tr>
<tr>
<td>Cancer (Malignant Neoplasms)</td>
<td>553,091</td>
</tr>
<tr>
<td>Medical Care(^{11})</td>
<td>225,400</td>
</tr>
<tr>
<td>Stroke (Cerebrovascular Diseases)</td>
<td>167,661</td>
</tr>
<tr>
<td>Chronic Lower Respiratory Diseases</td>
<td>122,009</td>
</tr>
<tr>
<td>Accidents</td>
<td>97,900</td>
</tr>
<tr>
<td>Diabetes Mellitus</td>
<td>69,301</td>
</tr>
<tr>
<td>Influenza and Pneumonia</td>
<td>65,313</td>
</tr>
<tr>
<td>Alzheimer’s Disease</td>
<td>49,558</td>
</tr>
</tbody>
</table>

### Chart 1.5: Death by Health Care\(^{11}\)

<table>
<thead>
<tr>
<th>Number of Americans Per Year Who Die From:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Medication Errors(^{13})</td>
<td>7,400</td>
</tr>
<tr>
<td>Unnecessary Surgery(^{14})</td>
<td>12,000</td>
</tr>
<tr>
<td>Other Preventable Errors in Hospitals(^{11})</td>
<td>20,000</td>
</tr>
<tr>
<td>Hospital Borne Infections(^{11})</td>
<td>80,000</td>
</tr>
<tr>
<td>Adverse Drug Effects(^{15})</td>
<td>106,000</td>
</tr>
</tbody>
</table>
Many of today’s diseases stem from a poor lifestyle. This includes poor eating, lack of exercise, stress, unhealthy emotions, poor fashion choices, genetics, pollution, preservatives in foods, cosmetics and the like.

Acupuncture and herbs are not enough, one needs to give dietary and lifestyle advice.

The Licensed Acupuncturist must change his/her orientation to be a Lifestyle Consultant.
Disease

Emotional

Sleep

Trauma

Stress

Lack of Exercise

Fashion

Poor Diet & Nutrition

Environmental Factors:
- Weather
- Toxins
- Pollutions
- EMF
- Radiation
- Cosmetics

Genetic Factors
WEIL: “OK. First of all, we don't have a health care system in this country, we have a disease management system that's horribly dysfunctional and getting worse by the day. And the vast majority of disease that we're trying to manage is lifestyle related and, therefore, preventable.”
Pillars to good health

• Diet and Nutrition
• Exercise
• Sleep
• Healthy Emotions/Less Stress
• Don’t set off genetic triggers
Diet and Nutrition

• Watch your Diet! - Much of your health is determined by watching your diet!

• As much as 80% of your health can be determined by your diet!
Typical Diet makes you full of toxins!
Dietary Guide: A summary

• Avoid excessive carbs - chips, pizza, bread, breadsticks, pasta, rice, buns, muffins, cakes, cookies, tortillas, burritos, tacos, fruit juices/drinks, soft drinks – these are empty carbs, and have little nutritional value. You need complex carbs (vegetables and fruits) to stay alive, roughly 30-40% per meal - but overdoing with empty carbs is unnecessary.

• Read the labels! Avoid hidden sugars like high fructose corn syrup. Also abusing sweeteners will eventually have a detrimental effect. Sugar is, in general, better than artificial sweeteners!

• Avoid any foods with artificial color, flavor, sweeteners, and preservatives, as well as ingredients you don’t know or can’t pronounce. Avoid enriched white flour, transfatty acids and triglycerides.
• Eat more foods without labels: Try to eat fresh, organic foods like fruits, crudites, almonds (unsalted and unflavored), walnuts, raisins. Dried fruits as snacks...be careful!

• Limit yourself to maybe 1 day a week of eating what you want without worry!

• Eat only about 2/3 full.

• All you can eat buffets are deadly!

• 6-8 small meals a day, organic foods – eat throughout the day to easily digest meals

• Detox with green leafy bitter vegetables: bok choy, broccoli, romaine lettuce, kale, mesclun, mustard greens, spinach, turnip greens, watercress, collard greens – best bet: Gourmet salad greens
**Nutrition: Strengthen Your Digestive System**

- Reduce sugar, white flour
- No chemicals or food additives
- Increase consumption of cooked dark leafy green vegetables, eat more warm foods
- Reduce alcohol
- Reduce dairy
- Avoid beans
- BUY ORGANIC

- Eliminate food allergies. If you think you have food sensitivities, try an elimination diet. Cut out gluten, dairy, yeast, corn, soy, and eggs for a week or two and see how your gut feels and what happens to your other symptoms.

- Treat any infections or overgrowth of bugs. Parasites, small bowel bacteria, and yeasts can all inhibit proper gut function. You must treat these infections if you want to heal. Rebuild your friendly bacteria. Take probiotic supplements.

- Get good fat. Take extra omega-3 supplements, which help cool inflammation in the gut.
**Eat Your GREENS**

- **Arugula** inhibits cancer growth and improves immune defenses. It is an excellent choice for building healthy bones.

- **Collard greens** help lower LDL cholesterol, regulate blood sugar, and combat osteoporosis. It also boosts the immune system against viral and bacterial infection.

- **Iceberg lettuce** is虽然最低的叶绿色营养，但是对健康有益，包括预防心绞痛、糖尿病和老龄化相关疾病。

- **Kale** is the most nutrient-dense green leafed vegetable. It aids in blood clotting, promotes healthy vision and retinal function, and fights cancer.

- **Mustard greens** prevent arthritis and anemia, lower LDL cholesterol, battle the onset of heart disease, and offer protection against cancerous growths.

- **Romaine lettuce** promotes heart health and prevents strokes, as well as cancer. It builds healthy bones, eyes, skin, and mucus membranes.

- **Spinach** improves red blood cell function, strengthens bones, regulates heart rate and blood pressure, and combats free radicals.

- **Swiss chard** helps maintain connective tissue, controls heart rate and blood pressure, as well as sugar levels. It prevents anemia and boosts immunity.

- **Turnip greens** enhance collagen synthesis, build healthy bones, combat anemia, and boost immune defenses against cancer and illness.
Anti-inflammatory Food Pyramid
Dr. Andrew Weil

1. **Healthy Sweets** (such as plain dark chocolate) Sparingly
2. **Red Wine** (optional)
   - No more than 1-2 glasses a day
3. **Supplements**
   - Daily
4. **Tea** (white, green, oolong)
   - 2-4 cups a day
5. **Healthy Herbs & Spices** (such as garlic, ginger, turmeric, cinnamon)
   - Unlimited amounts
6. **Other Sources of Protein** (high quality natural cheeses and yogurt, omega-3 enriched eggs, skinless poultry, lean meats)
   - 1-2 a week
7. **Cooked Asian Mushrooms**
   - Unlimited amounts
8. **Whole Soy Foods** (edamame, soy nuts, soymilk, tofu, tempeh)
   - 1-2 a day
9. **Fish & Seafood** (wild Alaskan salmon, Alaskan black cod, sardines)
   - 2-6 a week
10. **Healthy Fats** (extra virgin olive oil, expeller-pressed canola oil, nuts - especially walnuts, avocados, seeds - including hemp seeds and freshly ground flaxseeds)
    - 5-7 a day
11. **Whole & Cracked Grains**
    - 3-5 a day
12. **Pasta** (al dente)
    - 2-3 a week
13. **Beans & Legumes**
    - 1-2 a day
14. **Vegetables** (both raw and cooked, from all parts of the color spectrum, organic when possible)
    - 4-5 a day minimum
15. **Fruits** (fresh in season or frozen, organic when possible)
    - 3-4 a day
Nature's Color Wheel

Red Phytonutrients
- Healthy Heart & Circulation
- Urinary Tract Health
- Memory Function

Red: Lycopene, Capsanthin

Yellow/Orange Phytonutrients
- Vision Health
- Healthy Immune System

Yellow/Orange: Betacarotene, Beta-cryptoxanthin

White Phytonutrients:
- Heart Health
- Healthy Cholesterol Levels

White: Allicin, Favonol

Green Phytonutrients
- Strong Bones & Teeth
- Vision Health

Green: Chlorophyll, Lutein

Blue/Purple Phytonutrients
- Healthy Aging
- Urinary Tract Health
- Memory Function

Blue/Purple: Anthocyanin, Quercetin
**SUGAR ADDICTION: THE PERPETUAL CYCLE**

1. **YOU EAT SUGAR**
   - You like it, you crave it
   - It has addictive properties

2. **BLOOD SUGAR LEVELS SPIKE**
   - Dopamine is released in the brain = addiction
   - Mass insulin secreted to drop blood sugar levels

3. **BLOOD SUGAR LEVELS FALL RAPIDLY**
   - High insulin levels cause immediate fat storage
   - Body craves the lost sugar ‘high’

4. **HUNGER & CRAVINGS**
   - Low blood sugar levels cause increased appetite and cravings
   - Thus the cycle is repeated
5 Mistakes of reading food labels

1. Ignore the label
2. More than one serving in a single size (beverage bottle, candy bar, snack pack of cookies)
3. Too high in sodium (frozen dinners, boxed dinners, canned goods)
4. Sugar-free or fat-free is NOT calorie free (ice cream or cookies)
5. Package sounds healthier than the facts (organic, made with grains, no cholesterol)
Eat less CRAP:
C - carbonated drinks
R - refined sugar
A - artificial sweeteners & colors
P - processed foods

Eat more FOOD:
F - fruits & veggies
O - organic lean proteins
O - omega 3 fatty acids
D - drink water
Prop 37 didn’t pass in California, but most people don’t know that you can still tell if produce are genetically modified by looking at the sticker that is on every fruit and vegetable.

- **5 Digit Code Starting With 9** means: ORGANIC (Grown Naturally. No chemicals.)
- **4 Digit Code Starting With 4** means: CONVENTIONAL (Grown with chemicals and pesticides.)
- **5 Digit Code Starting With 8** means: GMO (Grown Unnaturally. Genetically modified.)
The Immune system starts in the **gut**

“Most of us (including most doctors) do not recognize or know that digestive problems wreak havoc in the entire body, leading to allergies, arthritis, autoimmune disease, rashes, acne, chronic fatigue, mood disorders, autism, dementia, cancer, and more.”

– Mark Hyman, MD
How To Know If Your Gut Is Out Of Balance:

- To fix your digestion, you first need to understand what is sending your gut out of balance in the first place.

- Our low-fiber, high-sugar, processed, nutrient-poor, high-calorie diet, which causes all the wrong bacteria and yeast to grow in our gut, damages the delicate ecosystem in your intestines.

- Overuse of medications that damage the gut or block normal digestive function – like acid blockers (Prilosec, Nexium, etc.), anti-inflammatory medication (aspirin, Advil, and Aleve), and overuse of antibiotics, steroids, and hormones.

- Undetected gluten intolerance, celiac disease, or low grade food allergies to foods such as dairy, eggs, or corn.

- Chronic low-grade infections or gut imbalances with overgrowth of bacteria in the small intestine, yeast overgrowth, parasites, or even more serious gut infections.

- Toxins like mercury and mold toxins, which damage the gut.

- Lack of adequate digestive enzyme function, which can come from acid-blocking medication use, or zinc deficiency.

- Stress, which can alter the gut nervous system, causes leaky gut, and changes normal bacteria in the gut.
Resources

- *The Blood Sugar Solution 10-Day Detox Diet: Activate Your Body's Natural Ability to Burn Fat and Lose Weight Fast* by Mark Hyman MD
- *The Disease Delusion: Conquering the Causes of Chronic Illness for a Healthier, Longer, and Happier Life* by Dr. Jeffrey Bland and Dr. Mark Hyman
- *The Autoimmune Solution: Prevent and Reverse the Full Spectrum of Inflammatory Symptoms and Diseases* by Dr. Amy Meyers
- *Grain Brain: The Surprising Truth about Wheat, Carbs, and Sugar-Your Brain's Silent Killers* by Dr. David Perlmutter
- *Food Rules* by Michael Pollan
- *The Paleo Solution* by Rob Wolf
- *The Paleo Diet* by Loren Cordain
Exercise is moving your thighs!

- AMA ½ hour every day - is too little
- **Walk at least ½ hour twice a day**, or 10K steps a day - wear a pedometer
- Weight training: Deadlift, Squats, Lunges, Clean and Press – 3 sets of 10 each exercise
- Hourly routine: 10 squats, pushups, twists – takes 2 minutes for every hour you are awake – 3 X Day Week one, 5 X Day Week Two, 8X Day Week 3, 10 X Day Week 4
- Try Yoga, Tai Ji, Qi Gong
- Do Sauna, Massage, Steam room, Epsom salt baths, Jacuzzi, or Thai Yoga Massage 1 x week
THE ACTIVITY PYRAMID

Each week, try to balance your physical activity using this guide.

If you're inactive
(Rarely active)
Increase daily activities at the base of the pyramid.
- Walk whenever you can.
- Make leisure time as active as possible.

If you're sporadic
(Active some of the time, but not regularly)
Become more consistent with activities in the middle of the pyramid.
- Plan activity in your day.
- Set realistic goals.

If you're consistent
(Active most days of the week)
Choose activities from all levels of the pyramid.
- Change your routine if you start to get bored.
- Explore new activities.

Cut down on:
- Sitting
- Watching TV
- Working or playing at the computer

3+ times a week:
- Stretch & strengthen your muscles
- Weight lifting, tension bands, push-ups/curl-ups

3-5 times a week:
- Give your heart & lungs a workout
  - Biking/hiking
  - Running/jogging
  - Swimming/water aerobics
  - Brisk walking, basketball, in-line skating

Everyday:
- Walk often & stay active
  - Walk the dog
  - Do yardwork
  - Play golf
  - Go bowling
  - Park your car farther away
  - Take the stairs instead of the elevator
Sleep and Rest

- 7 – 8 hours a day
- ½ hour naps OK
- Bed time is sleep time!
- Don’t lie in bed thinking
- Keep regular hours
“It’s just stress”...
How does stress affect the body?

- Stress and the flight or fight response: What happens?
- Perceived threat
- Hypothalamus sets off emergency alarm system
- Triggers adrenal glands to secrete adrenaline and cortisol

**Adrenaline** – causes increased heart rate, elevates blood pressure

**Cortisol**

1) Increases blood sugar (glucose) in the blood to enhance energy throughout the body and in the brain

2) Reduces nonessential functions such as digestion, immune function, and reproductive function, growth and repair process

The flight or fight response cause deregulation in mood control, motivation and increased sense of fear.
Chronic Stress

- The long-term activation of the stress-response system — and the subsequent overexposure to cortisol and other stress hormones — can disrupt almost all your body's processes. This puts you at increased risk of numerous health problems, including:
  - Anxiety
  - Depression
  - Digestive problems
  - Heart disease
  - Sleep problems
  - Weight gain
  - Memory and concentration impairment
- That's why it's essential to learn healthy ways to cope with the stressors in your life.
Reduce stress to improve the overall health

• Do Meditation & Yoga, Tai Ji, Qi Gong
• You are responsible for “habits”.
• Excuse-itis is the worst disease of all.
• Brief Therapy/Awareness Therapy/Hypnotherapy/NLP/EFT
• *The Power of Now, A New Earth* by Eckhart Tolle
• Acupuncture
• Creative outlets
• Spend time in Nature
• Avoid stressful or toxic relationships
Don’t set off genetic triggers

• See http://www.cosmeticsdatabase.com for info on the toxicity of your health/beauty products!

• Clean environment, Air, Water, avoid toxins

• Medications, best for short term, Poisoning continues to be the second-leading cause of injury deaths in the USA, outstripping deaths caused by firearms for the second year in a row, a federal report says.

• Go for natural medicine: Acupuncture, herbs, bodywork, naturopathy, homeopathy as your firstline medical treatment, then go to your MD for more invasive treatment.
# List of Ingredients to Avoid

12 toxic & carcinogenic compounds found in beauty & skin care products

## Benzoyl Peroxide:
- Used in acne products, the MSDS states: Possible tumor promoter. May act as mutagen; produces DNA damage in human and other mammalian cells. Also, toxic by inhalation, eye, skin and respiratory irritant.

## DEA (Diethanolamine), MEA (Monoethanolamine), & TEA (Triethanolamine):
- This foam booster is a skin/eye irritant and causes contact dermatitis. Easily absorbed through skin to accumulate in body organs & the brain.

## Dioxin:
- Won’t appear in ingredients. Often in antibacterial ingredients like tricosan, emulsifiers, PEGs and ethoxylated cleansers like Sodium Laureth Sulfate. Dioxin causes cancer, reduced immunity, nervous system disorders, miscarriages and birth deformity.

## DMDM Hydantoin & Urea (Imidazolidinyl): 2 preservatives that release formaldehyde which may cause joint pain, cancer, skin reactions, allergies, depression, headaches, chest pains, ear infections, chronic fatigue, dizziness, & insomnia.

## FD&C Color & Pigments:
- Synthetic colors from coal tar contain heavy metal salts that deposit toxins in skin, causing skin sensitivity/irritation. Absorption can cause depletion of oxygen and death. Animal studies show almost all are carcinogenic.

## Parabens (Methyl, Butyl, Ethyl, Propyl):
- Used as preservatives. Not always labeled. Used in deodorants & other skin care products, have been found in breast cancer tumors. May contribute to sterility in males, hormone imbalance in females & early puberty.

## PEG (Polyethylene glycol):
- Made by ethoxylating Propylene Glycol. Dangerous levels of dioxin have been found as a by-product of the ethoxylation process. PEGs are in everything including personal care, baby care and sunscreens.

## Phthalates:
- Found in many products, usually not listed on labels. Health effects include damage to liver/kidneys, birth defects, decreased sperm counts and early breast development in girls & boys.

## Propylene Glycol (PG) & Butylene Glycol:
- Petroleum plastics. EPA considers PG so toxic it requires gloves, clothing, goggles & disposal by burying. EPA warns against skin contact to prevent brain, liver, and kidney abnormalities.

## Sodium Lauryl Sulfate (SLS) & Sodium Laureth Sulfate (SLES):
- Used in car washes, garage floor cleaners, engine degreasers and 90% of personal-care products that foam. Eye damage, depression, labored breathing, diarrhea, skin irritation, & death.

## Sunscreen chemicals:
- Avobenzone, benzphenone, ethoxycinnamate, PABA are commonly used ingredients that are known free radical generators and are believed to damage DNA or lead to cancers.

## Tricosan:
- Synthetic antibacterial ingredient. EPA registers it as a pesticide, posing risks to human health and environment. Classified as a chlorophenol, chemicals suspected of causing cancer in humans.
The best six doctors anywhere and no one can deny it are:

- Sunshine
- Water
- Rest
- Air
- Exercise
- Diet
How can Acupuncture Help You?

• Improves the functioning of the immune system & digestive system
• Reduces the body’s stress response
• Supports the adrenals
• Balances hormones
• Improves energy
• Helps you detoxify and relieve blockages stuck in the body and mind
For more questions on:

- Acupuncture
- Life Style Counseling
- Diet and Nutrition
- Herbal Therapy
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• Acupuncturist to Olympic Athletes 2004
  • Chinese Medicine Therapy

• Clinic Supervisor Emperor’s College @ Disney Family Cancer Center
Diagnosis

- **History**
  - Acute or chronic?
  - Check blood tests, blood pressure, BMI
  - How much does the patient exercise?
  - What does the patient eat?
  - What is the patient’s profession, lifestyle, family life, hobbies?
  - Family history
Physical Exam:

- General Health
Labs

- Blood Pressure
- BMI
- Lipid Profile
- Thyroid Panel
- Blood Sugar/Glucose Test
Limited copies available by Robert Chu

- Master Tung’s Acupuncture Primer $ 50
- Master Tung’s Acupuncture for Internal Medicine Problems $ 50
- Master Tung’s Acupuncture for Neuromusculoskeletal Disorders $ 50
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