

**For those who cannot make the talk here are some basic explanations of terms, and questions answered.**

**Acupuncture and Moxibustion:** the unique system of treatment developed by the Chinese over 2,000+ years ago using 針灸 zhēn-jiǔ - ‘needles and fire’.

**Acupuncture:** insertion of very fine needle into particular points on the body. The techniques employed by acupuncturists vary. There are more forceful techniques that aim to confront or attack the disease, and minimalist approaches that aim to support the body’s self healing.

**Moxibustion:** the burning of a small cone of dried herb on an acupoint – usually prior to needling.

**Classical Five Element Acupuncture:** is mainly from Japanese tradition. Acupuncture and Moxibustion are the primary treatments. This approach is followed by a minority of practitioners in the US.

**Classics:** Acupuncture was first described in texts written some 2,000 years ago. The two main approaches to acupuncture in modern times seem to roughly equate with how these teachings have come down to us with different aspects from Japanese and Chinese tradition.

**Traditional Chinese Medicine** is the most common practice in modern China and the US, often with a predominant emphasis on

Chinese herbal medicine. There are many concepts in this theory that all acupuncturists need to know. The primary theory in Traditional Chinese Medicine is understanding the disease.

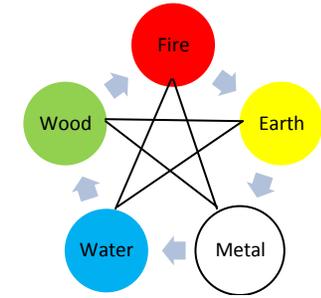
**Integrated Chinese Medicine:** this is the idea of integrating the above main approaches to acupuncture into one.

**Qi:** a Chinese word that literally means breath or vapour, but is now commonly translated as ‘energy’. Traditionally was considered to circulate around the body in channels. The traditional acupoints are located on these channels.

**Yin and Yang:** The ancient Chinese theory that the whole universe is a product of two complementary and opposite forces. But they are part of one whole. Symbolized by the now well known Tai Ji diagram.



**Five Elements:** is an ancient theory that was of central importance in the practice of acupuncture but less so in modern TCM. This is also very different to the western tradition of four elements. The Chinese Elements are not substances but describe processes and stages. This seems to preempt very modern ideas such as systems theory, and cybernetics.



**Bodymind:** this expression denotes the idea that body and mind are inseparable parts of a whole. In contrast to modern medicine that only as an afterthought at best recognizes a connection. Classical Chinese medicine emphasizes this. (I was particularly drawn to this because of my experience as a psychiatric nurse.)

**Root and Branch:** a traditional Chinese concept of the difference between the causes and the manifestation of disease. It is important to understand both, but in Classical Chinese Medicine it is of primary importance to treat the root. In Classical Five Element Acupuncture the ‘root’ cause is understood in relation to the Five Elements.

### **What can acupuncture treat?**

Sometimes practitioners will include a list of conditions. Often they use a list that is from the World Health Organization. In Classical Five Element Acupuncture we emphasize that the theories of Chinese medicine explain all disease, and so in theory there is nothing that cannot potentially benefit from acupuncture. That does not mean that there

is a guarantee of a cure in any particular case.

### **Cure is a process not an event?**

People are often impressed by acupuncture treatments that provide immediate relief. But sometimes immediate relief is just palliation of symptoms and does not last. Classical acupuncture seeks for more than this – a long term resolution of the problem. (And sometimes immediate effects happen anyway). Chinese medicine talks of the progression of disease. Many illnesses are seen as different stages of one illness. Only Five Element acupuncture recognizes that as a person heals this also follows a progression. This was described by a physician called Herring and is known as Herring's Law of Cure.

### **Side Benefits?!**

Often when people have acupuncture they notice improvements in other areas than the primary symptoms that they sought treatment for. Although this is not exactly a 'side' benefit because it is central to the wholistic way that acupuncture works.

### **Can Acupuncture prevent illness?**

It is particularly emphasized in Classical Five Element acupuncture that acupuncture can be used to balance the body and mind even if there are no symptoms of conditions present. Treatment when a person is in optimum health can be done on a seasonal maintenance basis. However, it cannot negate every effect of stress, poor lifestyle and diet, accidents or injuries.



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Day: Sunday

Time: 2:00 pm

Dates: September 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>

Venue: Harmony Gate, 1410, Broad Street, Durham, NC 27705

Please RSVP as space is limited.

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# FREE PUBLIC TALKS

2:00 pm, Sunday, September: 7<sup>th</sup>,  
14<sup>th</sup>, 21<sup>st</sup>

## Classical Five Element Acupuncture & Traditional Chinese Medicine

