Simple CHINESE MEDICINE

A BEGINNER’S GUIDE TO NATURAL HEALING & WELL-BEING

Dr. Aihan Kuhn
C.M.D. DIPL. OBT

“Dr. Aihan Kuhn has created a brilliant coverage of Traditional Chinese Medicine’s role in modern society. Dr. Kuhn’s book is an important part of improving the quality of life for people.”
– Bill Douglas, Founder of World Tai Chi Day, dba

“An excellent resource for natural healing and alternative treatments. You can find many ways in this book to keep your health and to treat some types of disease.”
– Dr. Jingxing Jiang, M.D., Attending Physician, John Stroger Hospital, Chicago, Illinois

“As we acknowledge our unhealthy diet, Americans look for better food and better practices to help us control our appetites and improve our health. We seek to undo the damage we’ve done and help our children avoid our mistakes. This book offers a comprehensive, manageable set of lifestyle options.”
– Victoria Medaglia, patient

“Dr. Kuhn’s ability to explain how environmental conditions like diet, exercise, and stress affect the body’s biology is easy to understand and enjoyable to read.”
– Jim Agnetta, patient

Written for those new to natural healing

Simple Chinese Medicine: A Beginner’s Guide to Natural Healing & Well-Being is your guide in making informed decisions using Traditional Chinese Medicine (TCM) for your health and well-being.

Learn why TCM is frequently used to help people reduce their dependency on prescription drugs, fad diet programs, sleeping aids, pain medications, and other Western medical treatments that are designed for temporary relief of underlying health or lifestyle deficiencies.

Discover how a simple and easy-to-do balance of food and exercise can prevent many of the common ailments modern society faces, such as obesity, high blood pressure, high cholesterol, arthritis, headaches, digestion problems, and other disorders.

Careful attention is given to explaining the differences between Eastern healing methods and Western treatment methods, as well as insightful discussion of TCM’s concept of “prevention” for health maintenance. A final section shares the personal experiences of some of Dr. Kuhn’s patients.

Other alternative subjects included:

• What is TCM?
• TCM Diagnostic Method
• Food Healing
• Simple Chinese Healing Recipes
• Weight Reduction and Control
• Food and Exercise Log
• Exercises for Healing and Disease Prevention
• Exercises for Preventing and Healing Cancer
• TCM Secrets to Good Health and Longevity

Dr. Aihan Kuhn, C.M.D. DIPL. OBT, is a graduate of Hunan Medical University, Chang Sha, China. Trained in both Western and Eastern healing methods, Dr. Kuhn treats patients at her Holliston, Massachusetts clinic. She offers group classes and seminars, and frequently lectures to the nursing community. She is the author of books and videos on Chinese health exercises. Dr. Aihan Kuhn resides near Boston, Massachusetts.

“Dr. Kuhn answers all my health questions in a way I can understand. It’s like having a living medical encyclopedia!”
– Mary Ellen W.
# Table of Contents

Preface ix
Acknowledgements xi

## PART I: NATURAL HEALING IN CHINESE MEDICINE

### Chapter 1: Healing in Traditional Chinese Medicine 3
- What is Traditional Chinese Medicine (TCM)? 3
- Differences in Chinese Medicine and Western Medicine 8
- History of Traditional Chinese Medicine 16
- TCM Theory and Sources 21
- TCM Diagnostic Methods 48
- TCM Treatments 51
- Seeking the Right Medical Care 71

## PART II: HEALING AND PREVENTION

### Chapter 2: Food Healing in Chinese Medicine 77
- The Importance of Food Healing 77
- Guidelines to Chinese Food Healing 79
- Food Balance 82
- Eating the Right Foods 88

### Chapter 3: Healthy Balanced Diet and Weight Reduction, the Chinese Way 93
- Chinese Healthy and Balanced Diet 93
- Recommended Healthy Chinese Diet 97
- Nutritional Value of the Healthy Chinese Diet 97
- Food Allergies 105
- Maintaining Optimum Weight Naturally 106
- Golden Tips for Weight Reduction 108
- Weight Control Program—Food and Exercise Log 113

### Chapter 4: Chinese Exercises for Healing, Disease Prevention, and Good Health 117
- Chinese Exercises for Healing and Disease Prevention 118
- Chinese Exercises for Good Health 120
- Qigong and Taiji Practice 123

### Chapter 5: Daoist Healing 133

### Chapter 6: Cancer Prevention and Healing 137
- What Causes Cancer? 138
- Early Prevention 138
PART III: GOOD HEALTH AND LONGEVITY

Chapter 7: Chinese Medicine’s Secrets of Good Health and Longevity 183
  Trends in Longevity 183
  What is Good Health? 184
  Healthy Personality 185
  Tips for Longevity and Balanced Health 186

Final Words—Building a Bridge to a Wonderful Life 197

Appendix 1: Commonly Used Patent Herbs and Herbal Tonics 201
Appendix 2: Recipes for Healthy Eating, Asian Style 203
Appendix 3: Students and Patients Speak 227
Further Readings 235
Index 237
About the Author 247
Preface

Living in the U.S. for almost 20 years has made me realize that I had to take control of my own health and return to my roots in Traditional Chinese Medicine (TCM). Although I was trained in Western medicine in China, I grew to appreciate how Chinese medicine can complement other healing modalities.

Once I was in the U.S., I began to prepare my body and my mind, and travel the road to a healthy lifestyle, based mostly on the wisdom of Chinese medicine. Eating right, not only for weight control, but also for healthy living as well; using natural medicine for regular body tune-ups, and doing regular and appropriate exercises to keep mind and body in the best shape possible has helped me immensely. By taking responsibility for my own health, my new road to healthy living, I now see Western doctors for minor ailments or annual checkups far less often.

Ever since starting a clinic based on Chinese medicine, I began to see changes in my patients’ lives such as better emotional stability, improved physical strength, fewer medical complaints, increased self-confidence, enhanced daily energy levels, better focus with less brain fog, as well as fewer aches and pains. TCM can alleviate many ailments and is just as valuable as Western medicine in many cases. The healing effects depend on the severity and the duration of the illness, the patient’s cooperation, lifestyle, diet, exercise and mindset, as well as many other factors. It is very holistic. Generally speaking, the closer you are to natural healing and the more open and disciplined you are, the better the results you may expect. You have to trust your own healing ability; it will happen. I invite you to open your mind to TCM. It has been used for healing for over 4,000 years in the Orient. When your mind is open and you open the door to nature and TCM, you let the natural energy come in; this is the beginning of healing process. I hope this book will give you enough information to open the door to this wonderful ancient Chinese healing art and human energy science.

Dr. Aihan Kuhn,
C.M.D., DIPL., ABT.
Master, Tai Chi and Qi Gong
Director and Owner of Chinese Medicine for Health
President, Tai Chi and Qi Gong Healing Institute
Chapter 1

Healing in Traditional Chinese Medicine

What is Traditional Chinese Medicine (TCM)?

What is Chinese medicine? Many people have asked me this question over the past 16 years while I have been describing and teaching this subject. Still, people do not know what Chinese medicine is and how it can help people with disease prevention, healing illnesses, improving immune functions, as well as improving the daily energy level in the body.

Traditional Chinese Medicine (TCM) is the oldest and most complete natural healing methodology that brings the body to optimum health, or balanced health. It derives from the Daoist practice based on the Yin-Yang theory and philosophy, and the Five Elements that were devised by the ancient Chinese people as a method of defining and explaining the nature of all phenomena. These theories and philosophies, which play a major role in the development of medical theory, represent the mainstay of physiology, pathology, diagnosis, and treatment.

Chinese medicine has been used for healing and disease prevention in China for many centuries and is still very popular due to its effectiveness. Chinese medicine works in the human energy channels we call meridians, to unblock the energy channel that goes through the whole body. Therefore, it treats the whole body rather than local symptoms. The methods that Chinese medicine uses (e.g., acupuncture, Chinese herbs, Chinese massage, a healthy diet and food healing, Chinese exercise,
and a Daoist lifestyle) are completely natural without side effects. Chinese medicine uses multiple approaches involving mind and body healing and learning the natural way. This means that it will not work if you eat poorly and get no regular exercise.

When a person has optimum health, his internal ability remains strong and the adaptability of the body is superior. This is the key to health and longevity. When outside pathogens cause others to become ill, the person who has optimum health will not become ill. That is why in the flu season, some people get sick while others do not. In Chinese medicine, any excess or deficiency can cause body imbalance; the imbalance can cause the body to lose its ability to adapt to any kind of change, such as in the weather, food, drink, emotion, stress, and so on. Imbalance causes disharmony of organ energy that can vary in symptoms, which we call disease or illnesses. In Chinese medicine, it is called an energy blockage, poor blood circulation, or organ disharmony. The blockages in energy circulation consequently cause blockages of blood circulation; the blockages in the blood circulation can cause organ disharmony and, therefore many other ailments. In Western medicine, diseases are often attributed to a dysfunction of the immune system, abnormal levels of hormones and chemicals, and anatomical changes in the body that can be identified by scientific tests. Chinese medicine, on the other hand, sees the body from a different angle; it works in the human energy system rather than the structure of the body. We sometimes call Chinese medicine an energy medicine. Just like electricity, we can see the wire but not the flow of the electricity except when a spark comes from a short circuit. The goal of TCM is to create wholeness and harmony, restore the balance within a person, break any blockage in the body’s energy channels, and promote energy and blood circulation. This not only initiates the natural healing process, but also speeds up the natural healing process. The results are similar to results of the Western approach—improved immune function, balanced body chemicals and hormones, and so on. Chinese medicine is a science, a very sophisticated science that requires a lifetime to explore. Having studied both Western and Eastern medicine, I believe that Chinese medicine is much more difficult to learn, more complex, and has more potential in human healing. TCM provides us with so much to explore.

Chinese medicine is a vast treasury of knowledge. It is the product of several millennia of practical experience in dealing with sickness. Chinese medicine can help relieve or heal all kinds of ailments with over 90 percent effectiveness treating non-traumatic ailments. It is a well-respected ancient healing art, a time-honored medicine that is now just beginning to be understood and recognized throughout the world for the tremendous benefits it can bring. Chinese medicine is practiced side by side and has equal value with Western medicine in China’s hospitals, medical centers, and clinics. In China, people have the choice of both Western and Chinese medicine.
Chapter 1: Healing in Traditional Chinese Medicine

Not only does Chinese medicine have over 4,000 years of history, but Traditional Chinese Medicine also has its basis in well-defined theories and philosophy. Many areas in the world have their own medical traditions (e.g., Indian medicine, Native American medicine), but none is as grounded in theory and clinical practice. People from all over the world study Chinese medicine for healing and disease prevention. There are many TCM schools in China, and throughout the world, including the United States. More and more people have experienced Chinese medicine worldwide. There are more and more TCM practitioners each year. An increasing number of patients have improved health from this ancient healing art. The Western medical community has started to recognize this ancient healing method, and has begun to use acupuncture to treat patients in a number of medical facilities.

Natural Health—Creating a Healthy Garden

Health and gardening have very similar aspects. The human body is like a garden landscape. Appropriate sunlight, water, air, fertilizer, weeding, and monitoring of pests are important for plants to grow well and flourish. As they treat disease, Chinese doctors are like good gardeners. As in the garden, they enrich the soil by fertilizing the garden, balance the pH in the soil, eliminate bad insects, get rid of weeds, strengthen the roots of the plants, and improve the general condition of the garden. The garden will thrive through this maintenance program. Without this kind of attention, the garden will not be healthy. Think about an unhealthy tree: If you only spray chemicals on the leaves (thinking it will help), the tree might temporarily improve, but if its source is in the roots, the same problem will soon recur. If you improve and strengthen the condition of the roots, the tree will be stronger and grow healthier over a long time.

Human Self-Healing Ability

Every one of us is born with self-healing ability. When a person is injured with an open wound or you catch a cold, it is healed in several days or weeks, even without any intervention. Nevertheless, some people heal a lot quicker than others do, and others even get worse instead of better—the wound becomes infected or the cold turns into bronchitis or pneumonia. Even for cancer patients, some become healed, others remain in remission, and still others die. This has much to do with your healing ability, your interior landscape, your fundamental energy (Qi), and your organ system’s “teamwork.” Your healing ability is weak when your body’s optimum health is lost; your organ energy is imbalanced; your fundamental substance of Jing (essence), Qi (energy), and Shen (spirit) is weakened; and your meridian system is blocked. Chinese medicine can strengthen your self-healing ability by improving your Qi and blood circulation in your body; strengthen the Jing; Qi, and Shen; balance organ energy; and unblock the meridian passages. All of this promotes your ability to heal quickly and fully.
Therapeutic Methods in TCM

As noted earlier, TCM is a methodology that involves many therapeutic methods. TCM modality includes acupuncture, Chinese herbal medicine, Chinese massage, and other related therapies (e.g., auricular acupressure, foot reflexology, magnetic therapy, and meridian therapy), Chinese exercise (e.g., Qigong, Taiji (Tai Chi) and other martial arts exercises), healthy diet, and using the Daoist philosophy to help deal with stresses of life. Daoist philosophy involves natural and harmonious ways of thinking, living, and dealing with life. Chinese medicine mostly works in combinations of multiple approaches. For instance, when you experience an acupuncture treatment, you also need to eat well and exercise appropriately. If you eat poorly, the therapy will not be as effective. These therapies or self-healing methods are used with the natural energies found within all living things that help the body heal itself.

Chinese medicine is used regularly by one-quarter of the world’s population. In Asian countries, most of the population uses TCM. Its popularity has also been steadily increasing in the West as well as in the rest of the world.

What Chinese Medicine Offers

**Health maintenance and disease prevention:** Health maintenance is like a car or a house that requires periodic maintenance, but it is far important. Many people do not realize this. Therefore, when they have a health crisis, they are puzzled by it, they wonder why, and they are desperately looking for an answer. If they do periodic maintenance work, the crisis might be avoided. If we do appropriate maintenance work on our car, such as oil changes and tune-ups, it will last longer and be more reliable. If we take care of our house well, the house will remain in good condition for a long time. With good and regular health maintenance, you will not only have much less illness, but also have a good quality of life. What I call the “quality of life” is that you enjoy good health, good spirit, good mental attitude toward daily work and life. People think they do not need to exercise when they are healthy. Some children who eat poorly do not realize that it can affect their health when they become adults. People taking too much medication at a young age do not know the consequences of the long-term use of medication in later life. Young people who drink alcohol do not realize that it can affect their memory in later life. Overall, many things can be prevented if we do the appropriate maintenance and preventive work. People who suffer from heart disease, diabetes, cancer, lung disease, and other illnesses did not anticipate these problems earlier in their lives. They were healthy and they did not think that bad things could happen to them. The problem with some illnesses is that they are not reversible, so medicine can only relieve the symptoms. Chinese medicine is effective at preventing disease and Western medicine is effective in dealing with medical crises.
Healing illness: The effectiveness of healing in Chinese medicine has a long history. Chinese medicine has brought much happiness to peoples’ lives by treating and preventing diseases ranging from injuries to tumors, from emotional disturbances to skin problems, from heart to kidney problems, from head to toe. Many therapeutic methods exist that help balance the body’s energy and promote healing. Millions of people benefit from Chinese medicine. More and more people go to TCM practitioners because of the high efficiency of TCM care. People who experience TCM health care feel well. They obtain relief from their ailments, have more energy, and are more balanced. Some people obtain other benefits from treatments even though their original ailment may not improve due to prolonged illness, which has caused permanent damage. TCM practice has been shown to work very well in the human healing process.

Happiness and harmony in our lives: TCM can balance body energy, body chemicals, and hormones. If your body energy is balanced, your organ systems are maintained in harmony. You are unlikely to have physical problems; even if you were to have some physical ailments, they would be manageable. The balanced person is able to deal with stress and has a positive attitude and outlook. He would be less likely to overeat or overindulge himself, and less likely to have constant cravings for food and drink. He tends to stay calm and even-tempered. Even the upsetting feelings from a stressful event would be short and not interfere with daily life. TCM can relieve stress in a person by relaxing the tension in the body’s energy paths. What I call quality life can help establish and maintain a happy and harmonious family and environment.

Some people think that money can bring happiness. If money could bring happiness, then rich people would not have any problems, and they would have a perfect life. Unfortunately, this is not true. Money can only bring short-term happiness or temporary joy. Only living the balanced life can bring long-term happiness. In my practice, people who respect TCM and follow its philosophy recover more quickly than people who are inflexible, unable to change, and unwilling to do preventive work.

In 2002, I sponsored Duan Zhi Liang, a 97-year-old Qigong master, to give a Qigong workshop at my clinic. This old master was always joking, laughing, and singing. He was very mentally sharp and alert. He had such a good sense of humor that everyone who attended the workshop enjoyed him. He stayed in my house for several nights, but he slept very little despite having a full schedule of traveling and workshops. Obviously, he was in better shape than I was, because I was tired just from helping him in the workshop for several days. His Qi was so strong and powerful! I did not hear any complaints from him after a full day’s work of seeing patients or giving workshops. Just imagine any 97-year-old seniors you have met—how many were like him? He is a perfect example for us all, because he has practiced TCM all his life.
Longevity: Many studies in China have shown that people who practice Chinese natural healing in their lifetime not only were healthier but also lived longer. These studies focus especially on Chinese exercise called longevity exercise.

Differences in Chinese Medicine and Western Medicine

The Western medical approach is to treat the disease; the Chinese medical approach is to restore the body’s energy balance and treat the whole person. Whereas Western medicine looks for abnormal test results, Chinese medicine looks for signs of disharmony and imbalance in the person. Western medicine will treat the symptoms by using medication, or remove the broken parts or extra growth with surgery. Chinese medicine harmonizes the person, strengthens the weak, gets rid of the excess, tonifies the depletion, dries the dampness, and promotes circulation of both energy and blood.

Western medicine relies on medical testing from technical support to evaluate test results; Chinese medicine evaluates the outcome and relies on the patient’s overall feeling, the practitioner’s skill in checking the tongue, pulse, and looking at the patient’s spirit, and so on.

TCM practitioners pay close attention to the patient’s lifestyle rather than concentrating only on the illness. They believe certain illnesses are caused from poor lifestyles and can be helped by correcting those lifestyles.

Because Chinese medicine focuses on health rather than disease, the best doctors in China are said to be those whose patients remain healthy. This is accomplished through supporting the body’s natural balance, thereby enhancing the body’s ability to defend itself against disease and maintain good health. We often make an appointment with a doctor when we are sick. We need them to tell us what is going on with our body, give us a diagnosis, and help us get rid of the pain and discomfort. Doctors are very happy if they can find a name for the problem, or can make a diagnosis. However, in Chinese medicine, the diagnosis is very different; it is not just the name of the illness. TCM refers to such illnesses as blockages, excesses or depletions, imbalances, Yin-Yang disharmony, etc. In addition, it advocates that we do not have to be sick before calling the doctor for an appointment. It is common to visit the
TCM doctor for a tune-up treatment for minor ailments to prevent larger distress.

Take menopause, for example. Menopause is a group of symptoms caused by hormone imbalance. The body starts to lose estrogen; therefore, the amount of FSH (follicle-stimulating hormone) released into the bloodstream by the pituitary gland is elevated. Elevated FSH is the main cause of the symptoms. The Chinese medical explanation is that as we become older, our kidney energy starts to decline, causing other organ energy (e.g., liver, heart, spleen) to decline as well. These organs lose their coordinated functioning, or their teamwork, thus causing the various symptoms. The symptoms vary according to which organ energy is decreased or blocked. If a particular organ is weak, the patient will exhibit symptoms related to that organ. That is why one woman who experiences menopause could have different symptoms than others. In contrast, Western medicine treatment for menopause tends to supply estrogen to the body. This intervention permanently shuts down or dries up the ovaries. It is non-reversible. TCM treatment for menopause strengthens the organ energy and revitalizes the ovaries to enable them to continue releasing appropriate hormones until real aging starts. TCM treatments can restore the ovary function and delay aging.

As can be seen, the two medicines provide different approaches. The disadvantage of taking estrogen is the potential for cancer in the future as well as speeding ovarian aging, whereas the TCM therapy offers no adverse effects.

Both medicines are important in our health care. Western and Eastern medicines are of equal quality and should be offered equally in our health care system to improve humanity’s health and vitality. Both medicines are equally important and provide good results in treating various illnesses, so we should not say that one is better than the other is.

A Preventive Approach

There is an old Chinese saying: “You pay the doctor when you are healthy, you do not pay the doctor when you are ill” (but this certainly will not work in modern society). In the early years of China, when medicine was unavailable in most places, people’s health was completely reliant on the “village doctor.” The doctor’s job was to keep people healthy. Patients paid the doctor to keep them healthy, not when they were sick. Our ancestors wisely stated:
Relief of neck problems, stress, headache:
Put one hand across behind the neck, using fingers to massage the opposite side next to the muscle that is next to the cervical vertebrae. Use kneading, pressing methods. Start at bottom of scalp, gradually moving down to shoulder along the neck. Massage for two or three minutes, and then do opposite side.

Using forefinger and middle finger under scalp, 1.5 inches from middle line, using rotational pressure, massage this area for three minutes.

Circle both shoulders backwards 8 times, then circle both shoulders forward 8 times. Then hold both shoulders up for one deep inhale and make the shoulders tight, then drop the shoulders and relax the whole body while exhaling.
Neck exercise: slowly move the head in four directions, to the left, to the right, upward, and then downward.

Hold head down with hand at 45-degree angle; press down with moderate pressure, and after one minute, switch to the other side. Now, with the head centered, hold head down with both hands and apply moderate pressure.
Index

aconite (Fu Zi) 85
acupressure 53
auricular 51, 68
acupuncture 54
auricular therapy and 68
cancer healing 179
depression 11
history 16
injuries 72
moxibustion 56
neurological and muscular issues 11
origins 17
pain relief 74
stress 112
in the United States 55
acupuncture doctors 48
acute illness 71, 195
addiction 73
adzuki beans 87
ailments
Chinese massage 59
food healing 88
herbal tonics 201
mental 73
TCM treatments 53
Ai Yie (Artemisia argyi) 56
alcohol 86
allergies
Chinese and Western medicine 11
food 105
food healing 80
amino acids 99, 105
soy protein 188
amoeba 71
anemia 48, 49
food healing 90
An Mo 57
appetite 201
arm meridians 31
Artemisia argyi 56
arthritis 82
ascorbic acid 102
asthma 130
food healing 90
Astragalus (Huang Qi) 85, 87, 178, 190
Atkins diet 105
Atractyloides (Bai Zu) 87, 190
auricular acupressure 51, 68
back pain 51, 52, 57
Ba Duan Jing 140, 159
balance
Taiji and 127
balanced diet 80, 81, 85
Chinese 93
organ’s 88
proteins 99
balanced person 7
Ban Lan Gen 201
Bao He Wan 201
bean curd 188
Ben Cao Gang Mu 18
Bi Ming Gan Wan 201
bioenergy 42
biotin 101
Bi Yan Pian 201
black pepper 85
Bladder Meridian 31
blockage 30
dispersing 56
from food and diet 78
illness as 8
mental attitude and 47
meridian 31, 39
organ system 112
Qi 41
structural 12
Taiji and Qi 128
blood
in Chinese medicine 43
blood circulation 4, 5, 188
cancer healing 140
Chinese exercise 72, 87
Chinese massage 59
Qi and 119
blood stagnation 187
cancer 138
blood sugar 111
blood tonics 190
body constitution 84
food balance 96
herbs for balancing 190
body movements 117
body types 80
brain
aging 191
endorphins 54
overeating and 111
Taiji and Qigong 192
breakfast 111
breast cancer 74, 79
breath
metal energy 26
Qigong 124
breathing 42, 193
in Chinese exercise 119
Qigong 130
bronchitis
food healing 90
B vitamins 101
calories 112
breast cancer 79
carbohydrates 98
cardiovascular benefits 119
carotene 102
carpal tunnel syndrome 11
causes
illnesses 44
cellular immunity 190
centenarians 186, 191, 193
central meridians 31
central nervous system 119
acupuncture 55
channels. See meridians
Chao Chao 19
cheese 49
children 53
cancer prevention 138
Chinese massage 59
foods 109
TCM treatments 73
weight problems 77
Chinese exercise 86. See
Also Taiji; See Also Qigong
brain aging 192
cancer prevention and healing 137
China 117
Daoist practice 136
deficient body types and 87
difference from Western exercise 120, 121
forms 120
good health 120
healing and disease prevention 118
health benefits 119
immune system 120
longevity 8
minor complaints and 72
origins 118
reducing stress 131
warm-up 142
water metabolism 87
Chinese healing balanced body 47
Chinese massage 57, 59
categories 58
muscle problems 73
other massage styles and 58
Chinese medicine 6
as preventive medicine 10
cancer prevention and healing 137
causes of cancer 138
chronic illness 11, 72
compared with Western medicine 8
difference from Western medicine 8
downside 13
early doctors 19
Five Elements theory 25, 27
food energy 109
functional problems 12
healing illness 7
health maintenance 6
herbal medicine 69
history 16
imbalance 4
internal organ system 40
liver and kidneys 54
multiple approaches 6
neurological disorders 11
origins 4
role of nature 16
seeking treatment 71
self-healing 5
Seven Emotions 46
stress 112
treating diseases 10
when to use 14
chiropractor manipulations 59
cholesterol 77, 104, 110, 120, 188
chronic illness 11, 14, 72, 195
Qigong 125
Chuan Xin Lian 201
cinnamon bark (Rou Gui) 85
Classic on the Virtue of the Dao 134
climatic conditions 47
clothes 186
cobalamin 102
Codonopsis pilosulae (pilose asiabell root) 178, 190
coffee 85
Coix seeds (Yi Yi Ren) 87
cold energy 82, 83, 85
foods 85
coldness 187
cold physical constitution 84
colds 47, 119, 201
collaterals 30
colon 100
colorectal cancer 100
common colds
food healing 89
Conception Meridian 31, 38
constipation 86
cooking foods 17, 83
cooling energy 83
cupping 57
dairy 86, 105
damp physical constitution 84, 86
Dao De Jing 134
Daoism (Taoism) 133, 134
Daoist philosophy 6, 45, 69, 112
Daoist practice 3, 133, 135
Dao (Tao) 133
study of 134, 139
decisions 136
defensive energy 119
deficient body constitution 87
deficient body types 84
depression 11
herbal tonics 201
preventing 139
Spring 187
Taiji 127
DHEA (dehydroepiandrosterone) 189
diabetes
food healing 89
diagnoses 49
Chinese medicine 48
Four Examinations 49
diet 77, 106
balance and variety 88
balanced 85
blockages 78
children 109
Chinese healthy 93, 97
healthy recipes 203
longevity and health 188
low-calorie 94, 97
moderate portions 94
weight control 113
weight problems 106
dietary fat 104
digestive function 79
digestive system 100
dinner 111
Dioscorea (Shan Yao) 85
discipline
weight control 113
diseases
Chinese and Western medicine 10, 52
disharmony 4, 8, 139
causes 44
Five Elements 28
imbalance 24
Zhang Fu organs 41
doctors
historical 19
TCM diagnoses 48
training 20
dry physical constitution 84, 86
Duan Zhi Liang 7
ear 68
ear diagnosis 50
Earth 26
ear therapy. See auricular acupressure
Eastern medicine. See Chinese medicine
eating 109, 111
eating habits 108
illnesses 77
Eight Brocade Qigong 140
emotions 44
effect on organs 45
endocrine system benefits 120
energy
Chinese medicine treatments 72
energy blockage 4
energy channels 28
energy circulation 188
Chinese exercise 87
energy flow 191, 192
energy imbalance 191
energy medicine 4
energy points
acupuncture 54
energy source
food as 81
energy system
Qigong 125
engendering cycle 28
Epimedium (Yin Yang Huo) 85
essence 5, 43
excesses
blockages and 78
excessive physical condition 84, 87
exercise
body building 188
body water 86
cancer-healing 140
healing and disease prevention 118
outdoor 117
regime 188
routine for cancer healing 140
schedule 191
Taiji 127
exercise plan 72
exercises
self-massage 60
external causes 47
fall season 187
family harmony 194
fats
in foods 104
Feng Zhi Qiang 128
fermented foods 101
fiber 100
content in foods 100
Fire 26
Five Burden Seven Disturbance Leave Behind 166
Five Elements theory 24
relationships between humans and nature 27
flowers 193
flu 4, 201
Chinese and Western medicine 10
types 11
folic acid 102
food allergies 105
food balance 82
body constitution 96
food energy 109
food types and 83
food healing 77, 79, 82, 88
anemia 90
asthma 90
bronchitis 90
common colds 89
correction strategies 85
diabetes 89
gastritis 91
goiter 91
hypertension 89
iron deficiencies 90
skin problems 91
ulcer 91
foods 16
balanced diet 93
eating late 110
fats 104
fiber content 100
healthy diet 188
mineral content 102
minerals 102, 103
quantities 109
shopping 108
thinking about 107
variety 108
vitamin content 101
vitamins 103
Four Examinations 49
fresh air 139, 193
functional problems 14, 68, 73
Chinese medicine 12
healing 125
Fu organs 41
Gallbladder Meridian 31, 37
Gan Mao Ching 201
Gan Mao Ling 201
gardening 5
gastritis
food healing 91
gastrointestinal problems 17, 119
genetics
organ energy 186
genetics, longevity 183
ginger soup 81, 85, 88
ginseng (Ren Shen) 85, 87, 178, 190
goiter
food healing 91
Golden Principle—A Guide for Medical Workers 20
Gong
defined 124
good health 184
Chinese exercise 117
Chinese medicine 8, 10
Daoist practice 134
food 107
good health 183
maintenance 53
Qi gong 124
self-massage 60, 193
sufficient oxygen 193
Taiji 127
TCM standards 185
Governing Meridian 31, 38
green tea 189
cold energy 82, 85
health benefits 189
making 190
gynecological issues 12
habits
healthy 139
self-healing and 117
Hands Reach Feet Strengthen Kidney and Back 171
happiness 7
harmony 4, 7, 15
auricular acupressure 68
Chinese exercise 141
family 194
foods 93, 96
organ 140
Qi gong 191
TCM treatments 52
headaches
meridian blockage 39
healing. See Also food healing
50/50 theory 14
acupuncture 55
auricular acupressure 68
breast cancer 141
cancer 137
Chinese 47
Chinese exercise 117, 118
Chinese food 80
Chinese herbs for cancer 178
Chinese medicine 4, 7
Daoist 133
digestive function 79
exercise routines 140
food and 77
herbal medicines 69
meridian system 28
mind’s role 15
right medical care 71
self-healing 5, 60
self-massage 60
stress management 112
Taiji 127
TCM 3, 16
TCM doctors 21
TCM massage 59
TCM therapy 52
tips 139
touching 51
Tui Na 57
using food 82
Yin-Yang theory 24
healing ability 5, 51
health
good 184
longevity and 183
health maintenance 6, 15
Taiji 127
healthy diet
longevity 188
healthy patients 8
healthy personality 185
heart disease
Taiji 127
Heart Meridian 31, 33
heat therapy 17
herbal medicine 55, 69
cancer healing 178
China 55
injuries 72
Materia Medica (Ben Cao Gang Mu) 18
moxibustion 56
origins 18
Shen Nong Ben Chao Jing 18
herbal tonics 74, 190, 201
cancer 190
deficient body type 87
herbs
auricular acupressure 68
cancer healing 178
categories 70
correcting imbalance 85
discovery 69
health benefits 190
patent 201
preparation 70
Holding Sky Soothing Triple Burner 159
hollow organs 41
meridians 39
hot energy 82, 83
foods 85
hot flashes 201
hot pepper juice 82
hot physical constitution 84, 85
Huang Di Nei Jing 10, 18, 45, 124
Hua Tuo 19
human energy 42
imbalance 46
human energy system 4
hunger 111
hypertension
food healing 89
hypoglycemia 98
illnesses
causes 44
Chinese and Western medicine 10
food healing 88
Traditional Chinese Medicine 8
Illustrated Supplement to the Categorized Canon (Lei Jing Tu Yi) 28
imbalance 8, 139
as cause of illness 4
body constitution 84
causal factors 51
correction strategies 85
damp body 86
disharmony 24, 44
emotional 44
energy 47
Five Elements 28
foods 78, 80, 94, 96, 108
human energy 46
minerals 102
poor personality 186
seasonal changes 186
immune function 47, 55
herbal medicine 70
immune system 72, 140
acupuncture 179
cancer 138
Chinese exercise 120
herbal treatment 178
Qigong and healing 141
respiratory 119
immunoglobulin A (IgA) 119
indigestion 201
infections 72, 73, 119
infertility 12
injuries 72
insulin 98
internal causes 44
internal exercises 120
internal organs 40
auricular acupressure 68
iron deficiencies
food healing 90
Jian Pi Wan 87, 201
Ji Ju Di Huang Wan 201
Jing 5, 43
Kidney Meridian 31, 36
Large Intestine Meridian 31, 33
laughing 139
learning (continuous) 192
Left and Right Shooting the Birds 161
leg meridians 31
letting go 135
licorice (Gan Cao) 85, 87, 178
life force. See Qi
Li Fei Pian 201
lifestyle 8, 106, 117
longevity 183, 194
Lifting Qi 150
Ligustici (Chuan Xiong) 190
Li Shi Zhen 18
listening 49, 50
Liu Wei Di Huang Wan 201
liver energy 27, 41, 54, 187
Liver Meridian 31, 35
locally grown foods 94
longevity 183
diet 188
exercise 8
factors 184
Qigong 125
tips for 186
trends 183
looking 49
low-calorie diet 94, 97
low energy 72, 87
lunch 111
Lung Meridian 31, 32
lung problems 201
lungs 41, 130
metal energy 26
Qi 42
Lu Tíung 189
macrobiotic diet 93
Ma Feng 19
Ma Huang 18
massage 57. See Also Chinese massage; See Also self-massage
massage doctor 59
massage therapists 59
massage therapy. See Chinese massage
Materia Medica (Ben Cao Gang Mu) 18
Ma Xin Zi Ke Pian 201
meals 111
late 110
meal size 109
mealtimes 191
meat 93, 99, 105
meat protein 99
medical schools
China 20
medications 53, 54
side effects 73
medicinal herbs 69
medicines
nature as source 16
meditation 112
menopause 9, 201
mental ailments 73
mental illness
herbal medicine 70
picky eaters 94
meridians 30
acupuncture 55
blockage 31, 39
characteristics 40
Chinese massage 59
locations 31
moxibustion 56
organs and 39
pathways 39
meridian system 17, 28
Qigong and healing 141
metabolism 109, 110
Chinese exercise 120
Metal 26
microorganisms 47
mind
building healthy 139
cancer healing 137
food healing and 80, 81
peaceful 192
Qigong 124
role in healing 15
weight loss 106
minerals 102, 103
money 7
moxibustion 56
origins 17
Moxi-roll 56
multivitamins 104
muscle problems 73
muscular issues 11
musculoskeletal benefits 119
natural healing 3, 4, 47
Qigong and 125
tips for 139
Tui Na 57
nature
as source of healing 16
Daoist practice and 136
Yin-Yang theory and 22
needles 17, 53
acupuncture 17
needle therapy. See acupuncture
Nei Jing 10, 18, 45, 124
neurological disorders 11
neurological issues 11
neuromuscular problems 74
niacin 101
Nourish Heart and Kidney 151
nutrition 80. See Also diet
nutritional value
Chinese healthy diet 97
rice 98
Open Channel Qigong 140, 150
Open Kidney and Stomach Channel 153
Open Liver Channel 152
Open Lung Channel 154
Open Spleen Channel 155
Open Upper Dan Tian 156
optimum health 3, 4
optimum weight 97, 106
organ disharmony 4
organ energy 4, 73, 87, 103
balancing 179
blockage and supplements 104
Chinese exercise 72
Chinese medicine 9
genes 186
Qi practice 120
organs 25
16-Step Taiji 141
balance 52
balanced diet 88
blockage 112
Chinese medicine 46
effect of emotions 45
Five Elements 28
food healing 80
harmony 68, 140
herbal medicine 69
imbalance from diet 108
meridian pathway 30
meridians 39
Qigong 159
sensory 41
Yin-Yang 23, 24
Zhang Fu (internal) 40
organ systems
blockage 49
harmony 7
Qigong 124
TCM 17
ovarian cysts 11
overeating 111
overexertion 194
overwork 194
oxygen 193
Chinese exercise 119
Qigong 125
yawning 30
pain
cupping treatment 57
Tui Na 58
pathogenic factors 47
pathogens 4, 51, 138, 186
patients
cancer 79, 125, 137, 139, 178, 190
food healing 80
healing ability 5
healthy 8, 10
infertile 12
TCM care 48
TCM doctors 20
TCM treatments 52
peaceful mind 133, 137, 192
Pericardium Meridian 31, 32
physical constitutions 80, 84
correction strategies 85
physical movement
Qigong 124
physical therapy 52
picky eaters 88, 94, 104
points
Chinese massage 58
ear 50, 68
meridian pathway 39
meridian pathways 55
moxibustion 56
self-massage 64
Polygonatum (Huang Jing) 85
Poria (Fu Ling) 87
portion control 94, 109, 111
positive outlook 139
premenstrual syndrome (PMS) 73
prescriptions 72
herbal medicines 69
prevention 74
ancient medicine 9
cancer 137, 138, 139
Chinese exercise 117, 118
Chinese massage 58
Chinese medicine 3, 6
Five Elements 27
food healing 79
imbalance 44
Qigong 124

protein requirements 99
proteins 99, 105
Atkins diet 105
Prozac 11
Psoralea (Bu Gu Zi) 85
psychotherapy 135
pulse diagnosis 50
pyridoxine 101
Qi 42
blockage 41, 128, 130
breathing 42
cardiovascular effects 119
Chinese characters 42
Chinese massage 59
Daoist principles 133
defined 124
feeling the 126
health 42
maintaining good 117
metabolism and 120
moxibustion 56
stagnation and cancer 138, 139
Tui Na 58
Qi circulation 5
Chinese exercise 72
Qi (energy) 5
Qi flow cancer healing 137
Taiji and Qigong 129, 131
Qigong 118. See Also Chinese exercise
Ba Duan Jing 159
breathing 130
Chinese characters 124
compared with Taiji 123
Eight Brocade 140, 159
good health 117
healing breast cancer 141
health benefits 125
history 124
Open Channel 140, 150
practice requirements 126
practice tips 129

traditions 124
warm-up exercises 142
quality of life 6, 16
questioning 50
recipes for healthy eating 203
Regulate Spleen and Stomach
Meridian 163
relaxation Daoist practice 112, 133
Taiji 128
respiratory benefits 119
restraining cycle 28
retirement 192
riboflavin 101
rice 98
nutritional value 98
porridge 88
salt 86
Salvia (red sage root) 190
seasonal changes 187
seasons climatic effects 47
clothing 186
Five Elements 25
self-care 14, 193
meridian system 30
self-healing 5
50/50 theory 14
Chinese lifestyle 117
exercise 125
habits 117
massage 60
moxibustion 56
prescriptions 118
Qigong 125
Taiji and Qigong 123
technique 60
self-massage 60, 193
techniques 60
sensory organs 41
Seven Emotions 45
Shake Body Eliminate Illness 176
Shen Ling Bai Shu Shan 87
Shen Nong 18
Shen Nong Ben Cao Jing 189
Shen Nong Ben Chao Jing 18
Shen (spirit) 5
shingles 11, 74, 127
Shu Gan Wan 201
sinus problems 201
skin problems 82
food healing 91
Small Intestine Meridian 31, 34
small red beans (adzuki) 87
smelling 49
soft drinks 112
solid organs 40
meridians 39
soybean products 188
spleen 26
spleen energy 105, 119
Spleen Meridian 31, 35
spring season 187
stagnation cupping treatment 57
dispersing 56
Qi 41
stomach energy 79, 105, 119, 129
Chinese exercise 130
mealtimes 191
stomach function 139
Stomach Meridian 31, 36, 37
stomach problems 74
stomach Qi 109
Strengthen/Open All Channels 157
stress balanced person 7
cancer and 139
Daoist philosophy 6
eating problems 106
internal causes 44
management 45, 112, 192
reducing 131
stress eating 95
structural problems 14, 72, 73
sugar 49, 98, 105
soft drinks 112
summer season 187
Sun Si-Miao 20, 78
supplements 103
sweating 86, 112, 187
sweet potatoes 188
Tai Chi Chuan. See Taiji
Taiji 126. See Also Chinese exercise
16-Step for healing 141
compared with Qigong 123
depression 127
good health 117
health benefits 127
immunity 127
internal strength 129
practice requirements 128
practice tips 129
Taijiquan 126
Tao Te Ching 134
tea. See green tea
therapeutic methods 7, 52
in TCM 6
origins of 17
therapy
acupressure
auricular 68
heat 17
Qigong 125
Traditional Chinese Medicine 52
thiamine 101
tofu 80, 188
tonics. See herbs
touching 50, 51
Traditional Chinese Medicine (TCM). See Also Chinese medicine
benefits 7
defined 3
goals 4
history 16
theories 21
treatment modalities 6
treatments 52
Tui Na 57
Yin-Yang theory 24
Treatise on Diseases Caused by Cold Factors (Shang Han Lun) 19
treatments
changes in lifestyle and diet 78
seeking medical attention 71
Traditional Chinese Medicine 52
Triple Burner Meridian 31, 34
Tui Na 57. See Also Chinese massage
Turn Head and Tail Relieve Heart Fire 169 ulcer
food healing 91
unhealthy foods 108
vegetable protein 99
vegetarian diet 139
village doctor 9
vital energy. See Qi vital substances 42
Vitamin A 102
Vitamin B_1 94, 101
Vitamin B_2 101
Vitamin B_6 101
Vitamin B_12 102
Vitamin C 102
Vitamin D 102
Vitamin E 102
Vitamin K 102
vitamins 101, 103
Chinese healthy diet 101
cold 101
walking 72, 140, 187
Wang Zong Xuan 19
warm energy
foods 83
warm-up exercises 142
water 86
drinking 129
drinking after exercise 141
Water 26
water metabolism
herbal tonics 87
water retention 43, 86, 105
weak energy 54
weather 47
weight optimum 97, 106
weight control 113
weight issues 14
weight problems 106
China 77
U.S. 106
weight reduction 17, 105
Atkins diet 105
discipline 107
mind’s role 106
tips for 108
Western exercise
difference from Chinese exercise 120, 121
Western medicine 6, 10, 13
compared with Chinese medicine 8
difference from Chinese medicine
focus on health 8
disease attribution 4
downside 14
seeking treatment 71
treating diseases 10
Western nutrition 80
whole foods 93
winter season 187
Wood 25
Xiao Yao Wan Bai Zi Yang Xin Wan 201
Yang-body types 85, 86, 87, 105
Yang energy 23
Yang meridians 39
Yang organs 40
Yang tonics 85
Yang-type body constitution 80
yawning 30
Yellow Emperor’s Classic of Internal Medicine 10, 18, 45, 124
Yin-body types 85, 86, 87, 105
Yin energy 23
Yin meridians 39
Yin organs 40
Yin Qiao Jie Du Pian  201
Yin-type body constitution  80
Yin-Yang  21, 112
    symbol  24
Yin-Yang philosophy  87
    foods  106, 108
Yin-Yang principles  186
Yin-Yang theory
    Traditional Chinese Medicine  24
yogurt  101
Zhang Fu  40
Zhang organs  40, 41
Zhang Zhong Jin  19, 70
Zi Bai Di Huang Wan  201
About the Author

Dr. Aihan Kuhn is a 1982 graduate of Hunan Medical University in China. She has had training in both conventional Western and Traditional Chinese Medicine. For six years, prior to coming to United States in 1989, she practiced in a hospital in China as an OB-GYN doctor. In her practice she was able to use both Western and Chinese medicine. Since she was 10 years old she has been interested in Chinese Martial Arts, and has studied sword exercise. She has always been interested in nature, and natural cures for sickness. In 1978, she started to study Qigong, Taiji, and other oriental exercises. She started to teach in China in 1984 and has been teaching in the United States since 1992.

Dr. Kuhn believes that maintaining good health and preventing illness is more important than treating disease. To achieve a healthy lifestyle, Dr. Kuhn has found that one should work hard on improving Qi (the life force that is within us.) She focuses on healthy ways of thinking and eating, routine Chinese exercise to enhance energy flow, and the practice of Traditional Chinese Medicine to help others to get well. To share her knowledge and experience in ancient Chinese healing, Dr. Kuhn has provided many on-site workshops and seminars to hospital professionals, wellness centers, senior centers, schools and colleges, nursing homes, and companies. Periodic lectures, as well as Continuing Education Unit (CEU) programs for Nurses and Physical Therapists, are held in her clinic. Dr. Kuhn has been teaching Taiji, Qigong and other healing exercises in the United States since 1992. She is a unique “Natural Psychologist” who searches for wisdom from nature. She has a reputation as being “the best teacher and instructor,” “an excellent speaker and lecturer,” “a wonderful healer,” and “an amazing doctor, [which is very] hard to find.”

Dr. Kuhn is a Massachusetts State sponsor for World Taiji and Qigong Day, an international event created to promote and foster awareness of the health benefits of practicing Taiji and Qigong. Taiji and Qigong groups all over the world go out and practice in public parks on this same day and hour to spread the healing spirit.

Dr. Kuhn is the director and owner of Chinese Medicine for Health, New England School of Taiji. She is President and founder of the Taiji and Qigong Healing
Institute (TQHI.) This is a non-profit organization focused on education and the study of human natural energy science and its healing effects in order to provide access to an improved quality of life. TQHI is committed to improving health care using traditional Chinese healing arts such as Qigong and Taiji, to improve body energy circulation in order to maintain optimum health and heal ailments, including some for which Western medicine has no cure.

Dr. Aihan Kuhn, C.M.D., DIPL. ABT.
Master, Tai Chi and Qi Gong
Chinese Medicine for Health, Inc.
New England School of Tai Chi
1564A Washington Street
Holliston, MA 01746
(508) 429-3895
35 Kingston Street
Boston, MA
(617 981-2039)

www.chinesemedicineforhealth.com
drkuhn@chinesemedicineforhealth.com
Written for those new to natural healing

Simple Chinese Medicine: A Beginner’s Guide to Natural Healing & Well-Being is your guide in making informed decisions using Traditional Chinese Medicine (TCM) for your health and well-being.

Learn why TCM is frequently used to help people reduce their dependency on prescription drugs, fad diet programs, sleeping aids, pain medications, and other Western medical treatments that are designed for temporary relief of underlying health or lifestyle deficiencies.

Discover how a simple and easy-to-do balance of food and exercise can prevent many of the common ailments modern society faces, such as obesity, high blood pressure, high cholesterol, arthritis, headaches, digestion problems, and other disorders.

Careful attention is given to explaining the differences between Eastern healing methods and Western treatment methods, as well as insightful discussion of TCM’s concept of “prevention” for health maintenance. A final section shares the personal experiences of some of Dr. Kuhn's patients.

Other alternative subjects included:
- What is TCM?
- TCM Diagnostic Method
- Food Healing
- Simple Chinese Healing Recipes
- Weight Reduction and Control
- Food and Exercise Log
- Exercises for Healing and Disease Prevention
- Exercises for Preventing and Healing Cancer
- TCM Secrets to Good Health and Longevity

Dr. Aihan Kuhn, C.M.D. DIPL. OBT, is a graduate of Hunan Medical University, Chang Sha, China. Trained in both Western and Eastern healing methods, Dr. Kuhn treats patients at her Holliston, Massachusetts clinic. She offers group classes and seminars, and frequently lectures to the nursing community. She is the author of books and videos on Chinese health exercises. Dr. Aihan Kuhn resides near Boston, Massachusetts.

“Dr. Kuhn answers all my health questions in a way I can understand. It’s like having a living medical encyclopedia!”

– MARY ELLEN W.