

Simple CHINESE MEDICINE

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



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

– MARY ELLEN W.



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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.

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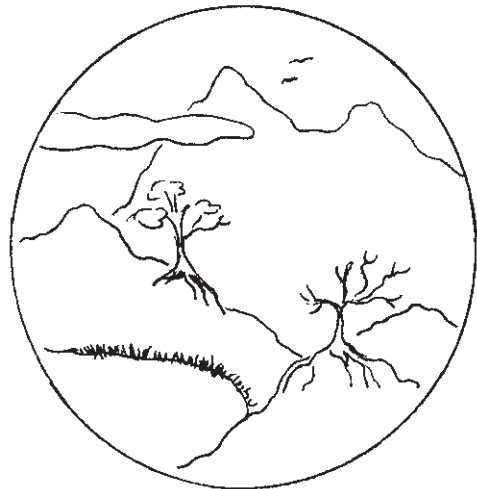
Healing in Traditional Chinese Medicine

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,



Chinese Medicine is from Nature

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.

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



Western Medicines

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.



Medicine and Herb

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.

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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 heal-



ing, 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.

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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.



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