Acupuncture & Diabetes

by Jean-Michel Walker, A.P., M.S.

In TCM, Diabetes is referred to as XIAO KE (Wasting and Thirsting). The name implies a loss of essential-nutritive substances despite an excessive consumption of food and water.

Etiologically speaking, the causes of Xiao Ke include improper diet, emotional stress, constitutional and/or acquired Yin vacuity, all of which may lead to Heat-Dryness consuming body fluids. This consumption of body fluid will tend to affect the Three Jiao differently according to the organs involved in the production of body fluids. The related organs are the Lung, Stomach, and Kidney. Clinical signs identifying the affected Jiao/organs are as follows:

- Polydipsia – Lung – Upper Jiao
- Polyphagia – Stomach – Middle Jiao
- Polyuria – Kidney – Lower Jiao

Treatment principles vary depending on which Jiao is predominately involved:

- **Upper Jiao**: for Lung Heat injuring Fluids, the treatment principle is to Moisten the Lung and Clear Stomach Heat.
- **Middle Jiao**: for excess Stomach Heat, the treatment principle is to Clear Stomach Fire and Nourish Kidney Yin.
- **Lower Jiao**: for Kidney Yin Vacuity, the treatment principle is to Nourish Kidney Yin and Tonify The Lung.

In addition to the above patterns, chronic Xiao Ke may result in both Yin and Yang Deficiency because long-standing Yin deficiency will fail to support Yang, resulting in a deficiency of both Yin and Yang. Also, Heat-Dryness may tend to lead to Blood Stasis. Therefore, tonifying both Yin and Yang as well as activating Blood circulation to break stasis are additional therapeutic treatment principles that should be considered in the treatment of Xiao Ke, keeping in mind that treatments are ongoing for the management of the disease.
Dr. Yen Celebrates 82nd Birthday

by Sara M. Allen

June 25th, Dr. Yen brought a cake from Maxin Oriental Bakery to celebrate her 82nd birthday with staff, faculty, and students. She shared her wishes with those in attendance as she blew out her candles: for peace, that ATOM would grow, and that this school will help take care of health needs around the world.

Dr. Yen is celebrating the approval of the DAOM program, the only DAOM program on the East Coast, and that ATOM continues to be a “big, happy family” as it turns 21 this year. And she is looking forward to a little more time with her own family this year after a very busy season.

One of her legacies at ATOM is her wisdom to students, to remember that “time goes and never comes back, but knowledge, you keep. Study hard to get as much knowledge as you can. Don’t waste time.” Dr. Yen has certainly lived out her own advice. Here’s to another great year!

ATOM Alum: Jade Fang

As an ATOM 2007 graduate, I wanted to tell you about my Community Acupuncture practice in a tiny Minnesotan town. I have seven chairs and one bed, mostly in one room. I primarily use Dr. Tan, Tung style, auricular, and some cupping. I see anywhere from 100-200 patient visits a week. And I really love Community Acupuncture.

Community Acupuncture is a culture of cooperation with colleagues who believe in getting a lot of people access to acupuncture. It's about sharing your best business practices and helping each other figure out how to build a sustainable practice. It's about growing with an organization that has over 1000 patient members, called POCA, the People’s Organization of Community Acupuncture.

I was in Shanghai finishing up my internship when I decided to move to Winona, Minnesota. I really didn't think a regular acupuncture clinic would survive here because of the economic recession and two nearby clinics which had already failed. I wanted a clinic that was going to survive. I ordered Acupuncture is Like Noodles and visited a community acupuncture clinic two hours away.

Then, I opened in 2009. And I have been so thankful ever since for all the help I've received from POCA. We want each other to succeed. We talk about numbers, open houses, what chairs to get, how to negotiate rent, and so much more.

So check out www.pocacoop.com, buy a copy of Acupuncture Is Like Noodles, get a treatment in a community acupuncture clinic, and decide whether Community Acupuncture is for you.

Photo from POCA member meeting.
Is It Me, or Is It Hot in Here?

*Eating Seasonally Appropriate Foods during Late Summer in South Florida*

by Michelle Snyder

Traditional Chinese Medicine takes a holistic approach to human health and wellness, recognizing the relationship between our own vitality and our direct connection to our immediate environment, the planet, and even the Universe. For example, changes in weather may affect our mood and emotions, and the time of day may signal our bodies to take rest.

Unlike our four seasons in the West, Chinese culture takes note of a fifth season, “Late Summer”. Living in south Florida during late summer can mean more than a little bit of shvitzing!

Like the five Chinese seasons, there are also five natures to food.

<table>
<thead>
<tr>
<th>Hot</th>
<th>Warm</th>
<th>Neutral</th>
<th>Cool</th>
<th>Cold</th>
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There are health benefits to eating food and produce that are seasonally appropriate. During Late Summer, one should eat foods that are cool or cold in nature.

So, let’s get to the meat and potatoes, so to speak, and see some suggestions……

1. Watermelon
2. Chrysanthemum Flower Tea
3. Mung Beans
4. Chinese Lettuce Leaves and Roots
5. Walnuts
6. Wintermelon
7. Flat String Beans
8. Carp
9. Chinese Barley, Yi-ren or Yi Mi

Your local Chinese supermarket is sure to stock these items.

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### Mung Bean & Lotus Seed Soup

**Ingredients:**
- 1 1/4 Cup Mung Beans
- 3 oz Chinese Sugar (should not be substituted)
- 6 1/2 Cups Water
- ½ Cup dried Lotus Seeds, with the skins

Wash the mung beans in cold water

**Servings:** 4, yields 6 cups

**Preparation:**
Wash the mung beans in cold water, discarding any debris. Place in med. Saucepan and bring to boil.

Reduce heat to low and simmer covered for one hour, stirring occasionally to keep beans from sticking.

Let the beans slightly cool and then puree until smooth.

Return the puree to the saucepan with the lotus seeds and return to a boil. Reduce heat and simmer uncovered for 1 hour. Add more water to bring to consistency of lentil or split pea soup.

Chop the Chinese sugar and stir into the soup and continue to simmer until sugar has dissolved.
That’s So Radical!

No, not the “radical” from the 1980’s, but the Chinese “radical.” Chinese language classes offered at ATOM are designed to better prepare students for a complete understanding of acupuncture point names and functions, Herbolgy, and the ability to perform simple translations.

A Chinese Radical is the graphic component of a Chinese character under which the character is listed in a Chinese dictionary, and their meanings.

Okay, here we go:

月 pronounced in pinyin as yuè, referred to as the “moon” or the “flesh” radical. Let’s look at its use as the “flesh” radical in terms of the body:

Face: liǎn 脸
Rib: lèi gǔ 肋骨
Liver: gān 肝
Lung: fèi 肺
Kidney: shèn 肾

Therefore, in Traditional Chinese Medicine, the organs and meridians have a direct connection to 月, yuè, the “flesh” radical.

TCM Puzzler

Test your TCM Knowledge.....

Who taught the Chinese how to raise livestock and recognized that natural herbs have healing properties?

HINT: He is nicknamed “the father of Chinese agriculture and animal husbandry.”

Answer: Shen Nong

Upcoming Seminars:

Contact Millie at 954.763.9840 or email atom@ATOM.edu for more information.

Interested in joining The Point Team?

Have an article to submit for publication? Email us at ThePoint@ATOM.edu. We would love to hear from you!

Co-Editors, Michelle Snyder and Sara Allen

Executive Director, Jean-Michel Walker, A.P., M.S.

ATOM Students Head to China

Eight students from ATOM’s Fall 2016 class are traveling to Shanghai University of Traditional Chinese Medicine from August 17th - 29 in an externship with our sister school. Pictured below are Ashley Garcia, Jessica Casas, Marcela Lucena, Louise Hudek, Ricardo Kmentt, Andrea Velasquez, Christy Bongiovanni, and Christopher Burnett.