

TRADITIONAL
CHINESE
MEDICINE
HEALING CENTER

Bill Biao Lu, O.M.D., L.Ac.
Shiao Ting Jing, O.M.D., L.Ac.

12304 Santa Monica Blvd.
Suite 120
Los Angeles, CA 90025

Phone: (310) 826-5288
Fax: (310) 826-7178
Email:
contact@tcmhealingcenter.com

www.tcmhealingcenter.com



Inside this issue:

Take Charge of Prenatal Care with Chinese Medicine	1
Welcome to the World!	2
Success Story: Chinese Medicine Helps Asthma	3
Acupuncture News	3
Featured Books, DVDs, and CDs	3

Got Qi?

Volume I, Issue V

Summer 2009

Take Charge of Prenatal Care with Chinese Medicine

By Shiao Ting Jing, L.Ac., Ph.D.

After many times of failure and struggle, it has finally happened—you are successfully pregnant! Most couples who become pregnant experience an overwhelming sensation of happiness and excitement mixed with fear and anxiety. Questions race through your mind like, “What should we do from here? What should we do next?”

Once a woman becomes pregnant, she will go through many dramatic changes, both physically and emotionally. These changes will have a direct impact on the mother and her unborn baby. A joyful pregnancy and a healthy baby rely on how well the pregnant woman can adapt to these changes. This article will provide insight from a Traditional Chinese Medicine (TCM) perspective that will benefit all pregnant women.

In TCM, the concept of a healthy pregnancy dates back to the publication of *Nan Jing*, 3rd century BC. Over the centuries, Chinese masters have acquired profound knowledge and medical expertise to guide women through a healthy pregnancy by lessening physical and emotional disorders with the use of meditation, acupuncture and Chinese herbal medicine.

The duration of a pregnancy lasts for 280 days, and is divided into ten lunar months, equaling 40 weeks. This may seem quite long, but time will move harmoniously for a well-balanced mother-to-be.

Physical and emotional challenges appear in the first three months of pregnancy due to the drastic increase of hormones. As early as implantation, some women might experience vaginal spotting associated with abdominal cramps. As the body continues

to change, it gradually creates an environment for the baby. She will experience extreme fatigue, the chills and sleepiness. At least 50% of pregnant women will experience morning sickness or afternoon sickness and a low sex drive.

The breasts will swell and become tender, and have the appearance of spider veins. The areola will enlarge and become darker due to the increase of blood flow and circulation. The best recommendation to alleviate discomforts during the first 12-14 weeks of pregnancy is adequate sleep.

These physical changes may cause fear for an expecting couple because this is the most delicate stage in the development of the embryo. Miscarriages are most likely to occur during this period due to physical and emotional imbalances. A pregnant woman may experience extreme emotions such as happiness, fear, worry, and irritability.

Fetal movement usually occurs in the second trimester, which is 16-20 weeks of pregnancy. Baby movements relax the minds of expecting parents, melting away their anxieties. During this time, a woman's body will continue to undergo physical changes. Hormones will constantly change and the increase of blood circulation becomes more evident.

A pregnant woman's uterus will enlarge, putting pressure on the bladder. This may cause urinary tract infections and vaginal yeast infections to occur twice as much as the occurrence in non-pregnant women. Constipation, sinus congestion, back pain and sciatic pain are more pronounced.



During the third trimester, as the fetus grows, the mother-to-be will experience extreme fatigue once again. Water retention will lead to swollen feet, legs and hands. Carpal tunnel syndrome (wrist pain) is also common in pregnancy. She will appear to have poor sleep, and experience the inability to exercise.

Towards the end of the third trimester, at least 50% of pregnant women are anxious to give birth, while others take delight in being pregnant, viewing this as an especially precious time.

The physical and emotional changes that occur during pregnancy may sound terrible, and may not sound like any fun at all, but the good news is, traditional Chinese medicine can help alleviate these symptoms making pregnancy easier and more enjoyable!

TCM practitioners have safe and effective, natural treatment protocols to help pregnant women overcome pregnancy symptoms, while promoting the mother's health and fetal nourishment.

Prenatal care begins with the care of the pregnant mother. The general aspects of prenatal care include a daily routine, balanced emotional state, proper diet, exercise, regulation of sexual desire,
(continue on page 2)

Congratulations Expecting Mothers!

Claire H.
Louise B.
Sharona N.
Kim L.
Christina S.
Jenny M.
Debbie J.
Jennifer F.
Alexander B.
Carolyn N.
Melanie R.



Welcome to the World!



Olivia and Charlotte



Born to Jamie and Mike
On April 8, 2009
(4lbs. 13 oz., 18 inches
5lbs. 4 oz, 19 inches)

Beck Zachary



Born to Denise and Craig
On March 10, 2009
(8 lbs. 6 oz, 20 1/2 inches)

Mikayla & Lauren



Born to Connie and Andy
On January 2, 2009

Jane



Born to Martha and Jacob
On August 29, 2008

Take Charge of Prenatal Care with Chinese Medicine (continued)

and TCM treatment.

1. Daily Routine—A pregnant woman should follow a daily routine that supports a healthy pregnancy. Taking naps during the day is highly recommended in order to save energy and nourish the fetus. She should get plenty of sleep, but should also avoid oversleeping. Avoid strenuous activities such as high-impact exercises and carrying heavy things. Avoid sexual activity, especially during the first semester to enhance the abundance of Kidney essence and store the Liver Blood to cultivate the pure spirit of the body.

As the Chinese Classic on Sexuality says “a pregnant woman should not be in a shock of fatigue or worry, nor should she eat raw food, cold food, sour food, oily food, or spicy food in large quantities. Her mind should remain relaxed, listening to music and reading good books.”

2. Balanced Emotional State—Emotions have a big impact on prenatal care. Emotions sculpt the internal environment for the fetus, providing the first stimulus to the fetus whether the pregnant mother feels highly emotional: extreme joy or anger. These emotions may cause her internal energy to become congested. The fetus will be sensitive to this congestion and memorize these feelings. Therefore, a balanced emotional state is essential in creating a calm internal environment for the fetus.

Acupuncture treatment on a weekly basis



with specific herbal medicine under the supervision of a well-trained acupuncturist will definitely help a pregnant woman find her inner channel energy to balance and maintain a peaceful “shen” emotional state.

3. Proper Diet—A pregnant woman should eat a variety of foods, creating a balanced diet. Mothers should not only meet her needs, but the needs of her baby. Foods that are highly beneficial during pregnancy are lean protein such as salmon, sea bass, white fish, eggs, beans, and tofu.

Vegetables that are highly beneficial during pregnancy are spinach, celery, broccoli and green beans. Seasonal fruits are highly recommended as well such as apples, peaches, bananas, watermelon, and oranges. It is best to maintain a gluten-free diet with healthy carbohydrates such as white/brown rice and whole grains.

A pregnant woman should not consume too much food with cold energy such as salads, bamboo shoots, crab, grapefruit, and pineapple. Cold foods are harmful to the spleen and stomach. The spleen and stomach are the main sources of the body's energy and blood production. The growth and development of the fetus depends on the mother's energy and blood. A healthy balance of the spleen and stomach channels will ensure a well-nourished fetus.

Greasy and fatty foods are difficult to digest and are also harmful to the spleen and may produce phlegm. Pungent and hot foods such as spices, onion, and chives may cause internal fire. This may disturb the fetus, creating disease for the unborn baby in the future.

It is very crucial to avoid smoking and consuming alcohol through the entire preg-

nancy term. Smoking and alcohol consumption are extremely harmful during pregnancy.

Studies show that a mother who smokes is more likely to give birth to a premature baby, than a mother who does not smoke. Tobacco is pungent and hot, which may transform into heat-toxin. When a pregnant mother smokes, the heat-toxin will transmit to the womb, often causing skin eruption in her newborn baby.

Alcohol tends to create damp-heat in the body (acidic-yeast type body), which will pass to the fetus and cause fetal toxemia or fetal alcohol syndrome and muscular hypertrophy. It can also cause fetal jaundice.

4. Appropriate Exercise During Pregnancy—A pregnant woman should maintain a balance between work and leisure, particularly during the first and last trimester. Moderate exercise promotes energy and blood for the mother and the fetus. Physical activities such as walking, swimming, and prenatal yoga are best for pregnancy.

5. Regulation of Sexual Desire

A pregnant woman should avoid sexual intercourse during the first three months and last two months of pregnancy. It is very important to stabilize the embryo in order to prevent miscarriage. The main nourishment to the fetus is Kidney Yin Jing, which connects to the mother's womb. Sexual intercourse during the pregnancy will cause an excretion of Yin energy in pregnant women, causing



Chinese Herbs Help Asthma

I was diagnosed with asthma when I was two years old. As a child, I was often hospitalized because of severe asthma attacks and I was constantly on many prescription drugs such as inhalers, pills, discs, a nebulizer, and sometimes even steroids. I couldn't partake in fun activities such as play sports or have pets. Exercise and anything I was allergic to (most animals with fur) triggered my asthma. As a result, my asthma doctor would prescribe the next big name in asthma treatment, to help my asthma condition but it never worked.

Finally last year, after having been hospitalized for the sixth time in my adult life, due to a severe asthma attack, I decided that western medi-

cine had failed me throughout all these years. It only made me worse, and I would depend on the medicine even more. I figured I'd end up dying of asthma before I'd see any kind of true relief.

At someone's recommendation, I went and saw a Chinese medicine doctor. The doctor asked me a few questions, checked my pulse and tongue, and wrote me an herbal prescription. After the thousands of dollars spent on western medication and hospital visits, it just didn't seem plausible that a tea would help my asthma. I drank the tea for about two weeks, until I realized I hadn't had an asthma attack in a while. In fact, I hadn't woken up with an

asthma attack in days. After I stopped taking the tea, I continued to have no attacks. But, when I felt a small attack about to happen, I'd drink a cup of tea and the attack would subside and I would have no problems for another few weeks.

It has been a year since I discovered the healing qualities in Chinese medicine. I still hardly ever get asthma attacks. I just wish I had access to Chinese medicine as a child and that the rest of the public was more aware of how amazing this medicine truly is.



Acupuncture News: Seasonal Allergies Relieved with Chinese Herbs and Acupuncture

By: Editorial Staff (full story at acupuncturetoday.com)

Often referred to as "hay fever," allergic rhinitis can be caused by a variety of relatively harmless substances, ranging from pollen and dust to animal dander. The most common form of allergic rhinitis is seasonal allergic rhinitis, which typically occurs at the same time each year when certain plants are in bloom.

Other people can be afflicted with perennial allergic rhinitis (which may occur at any given time of the year) or occupational allergic rhinitis (which is caused by an allergic reaction to substances in the workplace, such as chemicals or grains). All told,

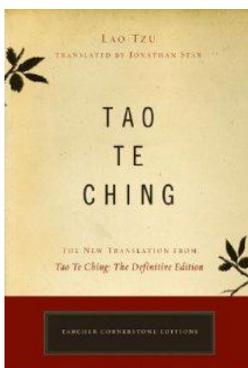
between 10 percent and 20 percent of the general population is believed to have some form of allergic rhinitis, with direct and indirect health care costs totaling between \$4.5 and \$7.7 billion per year in the U.S. alone.

In China, acupuncture and herbal remedies have been used to combat symptoms similar to allergic rhinitis successfully for centuries. Previous research has shown, for instance, that Chinese herbal medicine can treat atopic dermatitis, while acupuncture has been proven effective in relieving the symptoms a number of allergic conditions. However, few studies

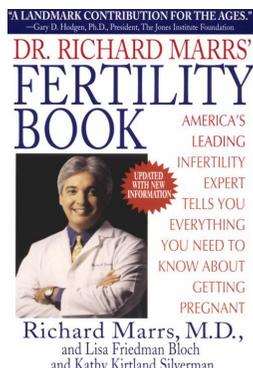
have examined the combined use of acupuncture and Chinese herbal remedies in the treatment of allergic rhinitis.

A study in the September 2004 issue of *Allergy* has concluded that a combination of Chinese herbs and weekly acupuncture sessions may be more effective than a placebo at relieving the symptoms of seasonal allergic rhinitis. The authors of the study also suggest that future research be conducted to investigate the effectiveness of an acupuncture-herb combination in the treatment of other conditions.²

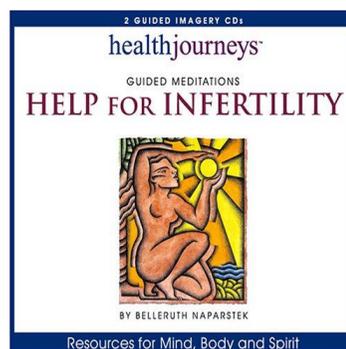
Featured Books, DVDs, and CDs



Lao Tzu Translated by Jonathan Star



Dr. Richard Marrs



CD by Belleruth Naparstek



CD by Wang Xu-dong



TRADITIONAL CHINESE
MEDICINE HEALING
CENTER

Dr. Bill Biao Lu, O.M.D., L.Ac.
Dr. Shiao Ting Jing, O.M.D. L.Ac.

12304 Santa Monica Blvd.
Suite 120
Los Angeles, CA 90025

Phone: (310) 826-5288
Fax: (310) 826-7178

Email: contact@tcmhealingcenter.com

www.tcmhealingcenter.com



Our Profoundly knowledgeable practitioners integrate the wisdom of thousands of years of medicine into our daily practice and always strive to provide the highest quality of treatment to our patients. At TCM Healing Center Clinic, we offer comprehensive Traditional Chinese Medicine healing techniques that include: acupuncture, herbal medicine, electric acupuncture, moxibustion, ear coning, nutritional counseling (which uniquely addresses the energetic properties of foods and their contribution to your health and state of imbalance), meditation, seasonal cleanses, and Qi Gong exercises.

We find that the best results are based on mutual respect and trust between our patients and practitioners.

Take Charge of Prenatal Care with Chinese Medicine (continued)

depletion in the nourishment for the fetus.

When the Kidney Yin Jing is exhausted from sexual intercourse, the mother's womb will lack the strength to hold a stable and rich environment for the fetus, and miscarriage will often occur. The primary care during pregnancy is acupuncture treatment and herbal medicine to focus on strengthening the Kidney Yin Jing and Spleen Qi energy and blood to strengthen the mother as well as providing nourishment for the developing fetus.

6. Acupuncture and Herbal Treatment— Acupuncture alone or in combination with Chinese herbal medicine in first three months and the last two months will fully benefit the health of a pregnant woman, and help her have an easy delivery of a healthy newborn. TCM provides great results in relieving symptoms such as morning or afternoon sickness, sinusitis, headaches, migraines, urinary tract infections, yeast infections, constipation, diarrhea, and body aches.

Historically, TCM has provided great healing results in balancing a pregnant woman's body. TCM has the ability to enhance the circulation flow to the uterus and nourish and support the health of the fetus, while alleviating all pregnancy symptoms. Simple remedies such as the smell fresh ginger slices every two to three hours, eating crackers, or acupressure ear seeds help reduce nausea and morning sickness.

Acupuncture and herbal medicine definitely help in protecting the condition of the fetus and preventing miscarriages. A miscarriage can be quite heartbreaking, and may occur most likely during the first three months. Several conditions may cause a woman to miscarry such as a deficiency in hormones, poor circulation of uterus, an immunological disorder, or chromosome abnormality. However, Chinese medicine believes that a healthy gamete is based on the abundance of Kidney Yin Jing (essence), Heart and Liver Blood (shen), and Spleen Qi.

Kidney Yin Jing is inherited from our parents and is nourished by Spleen Stomach Qi and Heart Liver Blood. Acupuncture and herbal medicine can especially help regulate the Kidney Yin Jing by balancing the body's Spleen Qi and Liver Blood, in order to supplement the Kidney Yin Jing and ultimately ensuring a healthy pregnancy. As a preventative measure, acupuncture and herbal medicine work at a molecular level, helping gametes from developing abnormalities. Although we cannot change the body's DNA in the chromosome of an egg cell, acupuncture and herbal medicine can influence exertion of nourishment and development of the follicles, which enhances a health pregnancy.

Kidney Yin Jing is the foundation in producing healthy effective gametes. Kidney Yin Jing deficiency is more noticeable as a woman ages (over the age of 35), and is a primary factor that affects the viability of gametes. A mother's Kidney Yin Jing deficiency or decline will easily lead to a miscarriage. Kidney Yin Jing is also affected by environment and lifestyle. Emotional stress, physical drain, constant strenuous work or exercise, long periods of sleep deprivation, and inappropriate sex life will lead to the exhaustion of Kidney Yin Jing.

In the last trimester, if a baby is breech, the best time to turn the baby is usually 28 to 35 weeks. Special acupuncture points and moxibustion have provided great results in the delivery of a breech baby. In the last 8 weeks, try using acupuncture to open the pregnancy pelvic channels, which prepares the mother for an easier delivery, and helps her avoid any complications.

Whether you are trying to get pregnant or if you are an expecting mother, consult your acupuncturist for useful information to promote your health and your unborn baby's health during pregnancy. We wish everyone to have a joyful, healthy pregnancy experience! Our ultimate goal is to have a healthy mother and healthy baby!

