



### Inside this issue:

Traditional Chinese  
Medicine Treatment  
for Candidiasis 1

- Common Symptoms  
of Candidiasis
- 8 Steps You Can  
Take to Help  
Release Candidiasis  
From Your Body

Welcome to the  
World! 2

Featured Books 3

# Got Qi?

Spring 2010

## Traditional Chinese Medicine Treatment for Candidiasis

By Shiaoting Jing, O.M.D., L.Ac., Ph.D.

Candidiasis, also known as Candida Albicans or yeast over-growth, is a commonly seen condition that can cause significant frustration, stress and suffering among men, women and children due to its insidious and proliferative nature. Candidiasis normally manifests through the skin and in the mucous membranes of the mouth, intestinal tract, and/or vagina. An overgrowth of Candida yeast in the body can cause a multitude of health problems, leading to diseases such as thrush, which is most commonly found in children and infants and is characterized by white-colored eruptions in the mouth, throat and tongue areas.

### Common Symptoms of Candidiasis Include:

- **Extreme fatigue-** always feeling tired, weak, and exhausted.
- **Compromised immune system-** easily susceptible to respiratory, skin, and viral infections as well as other types of infections such as colds, allergies, skin rashes, eczema, athlete's foot, oral thrush, sinusitis, hay fever, etc.
- **Diminished mental functioning-** Lack of concentration, mental foginess, memory loss, and spaciness.
- **Physical pain-** headaches, sore throat, body tension and muscle aches, joint pain or swelling of the joints, etc.
- **Poor digestion-** bloating, gas, cramps, abdominal pain, irritable bowel symptoms, constipation, diarrhea, and heartburn.
- **Food intolerance-** intolerance or allergies to certain foods, and cravings for sweets, breads, alcohol, or coffee.
- **Emotional instability-** increased irritability, anxiety, or hyperactivity; susceptible to mood swings, insomnia, or depression.
- **Yeast infections (for women)-** continual battle with vaginal yeast infections.
- **Gynecological conditions (relating to the female reproductive system)-** polycystic ovarian syndrome (PCOS), endometriosis, fibroids, ovarian cysts, infertility etc.
- **Male problems-** rectal or anal itching, recurrent prostatitis, impotence, jock itch, and genital rashes.

Candidiasis can affect many systems of the body and manifest in multiple ways. It is therefore quite difficult to give a clear diagnosis and proper treatment for the disease, not only because there is no standard laboratory test for assessing the presence of a Candida fungal infection, but also because the presenting symptoms of the disease are many and may be confounded with other illnesses. Suggested treatments for this condition typically include a gluten-free diet and/ or a yeast-free diet. These diets alone, however, cannot fully combat Candidiasis in the body. A combined approach of diet change and treatment with Traditional Chinese Medicine (TCM) can bring about excellent results for those who suffer from Candidiasis.

In order to understand Candidiasis from a TCM perspective, it is helpful to become familiar with the terminology used in TCM to describe this disorder. Candidiasis is referred to as a type of Dampness or Damp Toxin in the body. Dampness and or Damp Toxin are the main pathogenic factors caused by Candidiasis that can enter into and impair the proper functioning of various systems in the body. Along with Dampness, TCM also recognizes the pathogenic influences of Wind and Cold in the body. These pathogens arise from two major sources: 1) External, which comes from outside the body such as from the environment and 2) Internal, which refers to an internal imbalance within the physical body. For example, externally contracted Wind Cold can occur when one does not wear enough warm protective clothing when going out on a cold, windy day.

The Wind and Cold from the environment can then enter through the person's pores or



### Congratulations Expecting Mothers!

Lenore T.  
Lilit S.  
Monica P.  
Shiva Y.  
Amy H.  
Jessica V.  
Haruko F.  
Roxanne D.  
Melanie R.  
Erin Y.  
Liraz B.  
Joanna E.  
Anna B.  
Katherine N.  
Dina B.  
Kira S.  
Amanda K.  
Anne C.  
MaiRead M.  
Tammy T.

## Welcome to the World!

Grace



Born to Katherine and  
John on August 21, 2009  
(9 lbs. 2 oz. 21 1/2 inches)

John



Born to Claire and Brian  
on September 13, 2009  
(8 lbs. 7 oz. 21 1/2 inches)

Charles and Joseph



Born to Jennifer and Chad  
on October 26, 2009  
(7 lbs. 2 oz. 20 1/2 inches)

Marston



Born to Lynn and Brax on  
January 8, 2010  
(6 lbs. 7 oz. 19 1/2 inches)

Jack



Born to Kristen and Jeffrey  
on March 21, 2010  
(8 lbs. 10 oz. 21 1/2 inches)



*Happiness held is the seed;  
happiness shared is the  
flower.  
~Author Unknown*

## Traditional Chinese Medicine Treatment for Candidiasis (Continued)

respiratory system and manifest as a stuffy, itchy nose, fear of drafts, chills, or sneezing. Internal Cold, on the other hand, is a condition which already exists inside the body due to the person's individual constitution; it can result in a person feeling cold all the time and craving heat. These pathogenic factors, whether internal or external, can lead to an imbalanced digestive system. As a result, the water and food that enter into the body will not be properly digested and instead will be transformed into toxic by-products rather than nourishment for the body. This makes it easy for Damp Stagnation and Damp Toxin to build up inside.

From a TCM perspective, Dampness is invisible, yet it can affect all the major bodily systems. We can feel Dampness, such as when we feel heavy or bloated, but it is difficult to measure. In order to gain a better understanding of the TCM concept of the physical body, it is helpful to become familiar with something we call the Five Element Theory. The ancient Chinese used this theory to explain the physiology and pathology of the body as well as the relationship between different processes in the body. The Five Elements consist of Wood, Fire, Earth, Metal, and Water. Each element corresponds to the different organs or channels running through our bodies. Wood represents aspects of germination, Spring, and the color green; in terms of the physical body, it corresponds to the Liver and Gallbladder. Fire represents heat and flaring, Summer, and the color red; it corresponds to the Heart and Small Intestine. Earth represents growth and nourishment, Late Summer, and the color yellow; it corresponds to the Spleen and Stomach, which play a major role in the nourishment of the body. Metal represents reaping up one's harvest, strength, the season of Autumn, the color black; it corresponds to the Lungs and Large Intestine. Water represents moisture and flows downwards, Winter, and the color white; it corresponds to the Kidney and Bladder.

In TCM, the body is divided into three parts, also called the Three Burners, or Three Jiao: the Upper Jiao, Middle Jiao, and Lower Jiao. The Upper Jiao corresponds to the upper portion of the body, which includes the Lungs and Heart. The Lungs, in turn, are very closely related to the functioning of the Large Intestine. Thus, the Large Intestine is also considered an Upper Jiao organ. Dampness in the Upper Jiao can lead to frequent colds, sinusitis, allergies, eczema, asthma, and irritable bowel symptoms. The middle portion of the body is called the Middle Jiao and includes the Liver, Gall Bladder, Spleen and Stomach channels. In TCM theory, these organs play an important role in digestion, metabolism, and the smooth functioning of bodily processes. Dampness in the Middle Jiao, therefore, can create havoc on the digestive system and lead to conditions such as gastritis, hypoglycemia, low energy, lowered immunity, poor circulation, and even hormonal imbalance. As a result, our bodies will lack both the ability to properly absorb nutrients and detoxify itself. Lastly, the lower portion of the body is called the Lower Jiao and consists of the Kidney and Bladder channels. It also houses the reproductive organs. Dampness in the Lower Jiao can lead to many genitourinary conditions such as uterine fibroids, ovarian cysts,



polycystic ovarian syndrome (PCOS), endometriosis, vaginitis, and urinary tract infections.

Of the Three Jiao, or Burners, the Middle Jiao (Stomach and Spleen) is the most important for combating Candidiasis. Building a strong Stomach and strengthening Spleen energy can improve digestion, remove Damp Stagnation or Damp Toxins, and thus resolve the body from Candidiasis and yeast overgrowth. In TCM, the Spleen channel is the main channel that controls the entire body's circulation, flow, and cellular activity. The Spleen and Stomach channels work together to control digestion and the efficient absorption of nutrients from food; together, they are responsible for identifying and releasing toxicities from the foods we eat. Therefore, strengthening the functions of the Spleen and Stomach channels is the foundation for optimal health.

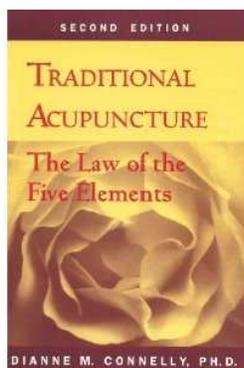
After many failed attempts with your doctor to combat this condition, you are left feeling very frustrated and hopeless. But there is hope! How do we get rid of this condition once and for all?

### Here are eight steps you can take to help you release Candidiasis from your body:

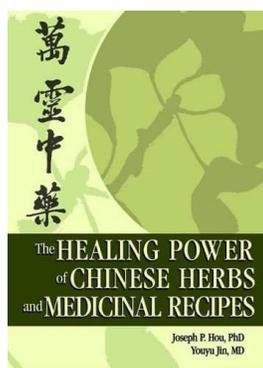
- 1) **Change your diet.** You will be surprised by the increase in your energy level and overall sense of well-being just from eating right! Avoid all foods that create Dampness in the body. Examples of foods that create Dampness are sugar, dairy products, gluten, white/wheat flour, citrus fruit and fruit juices, cold food and ice-cold drinks. For more details, please contact your acupuncturist for a comprehensive list.
- 2) **Eat small-portioned meals.** Space your meals every three to four hours. Be sure to chew your food thoroughly and be mindful of what you are eating. This allows your system to completely digest the food. Your last meal should be eaten before 7:00 p.m. This is to follow the natural cycle and function of the Spleen and Stomach channels. Following the natural cycles of the body is one of the best ways to be healthy.
- 3) **Sleep earlier, preferably before 11 p.m.** The body's transition from Yang to Yin starts from 11:00 p.m. to 1:00 a.m. This is an important time of transition in which the body's Yin energy will start rising, and the cells and organs enter recovery mode. When we put our bodies to bed before 11:00 p.m., we allow our bodies to transition and fall into a deeper state of sleep. This helps our system rejuvenate back to normal in preparation for the next day. It is recommended to avoid trying to fall asleep during this transition time, otherwise the body's Yang energy will have a hard time transitioning, and the physical body will have a difficult time getting back to sleep. The internal energy flow of the body will become imbalanced, and the transition from Yin to Yang energy in the morning will also be disrupted, over time causing an exhaustion of Yang energy as well.
- 4) **Relax your mind.** Constant indecisiveness and over-thinking issues will cause congestion and weakness in the Spleen



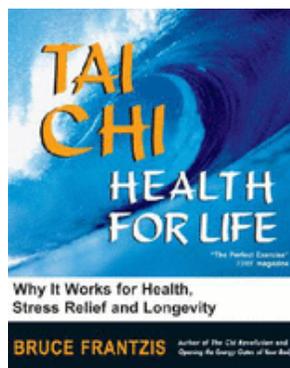
## Featured Books



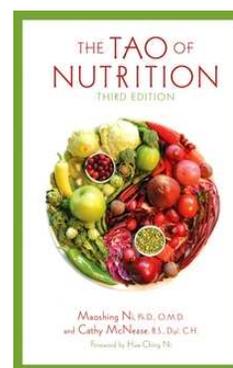
Dianne M. Connelly



Joseph P. Hou &  
YouYu Jin



Bruce Frantzis



Maoshing Ni &  
Cathy McNease



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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.

## Traditional Chinese Medicine Treatment for Candidiasis

channel. Make a To-Do list and check off each task as you complete them during your day. Be sure to ask yourself, "Can I do this today?" If not, save it for the next day. Do not lament over the things that you cannot fix. Learn to let go. Everyday practice emptying your mind and have Emptiness occupy your brain. Meditate for 10 to 20 minutes and enjoy every moment that you are in this state of meditation. This will greatly enhance your



Spleen energy. Remember that strong Spleen energy is the foundation of optimal health.

- 5) **Keep your feet warm at all times.** Avoid being barefoot. Especially in the summer, in an air-conditioned environment, it is important to keep socks on at all times. This is critical for our physical health. Our feet are the roots of many pathways that lead to the many channels in our bodies, such as the Kidney channel, Spleen channel, Liver channel, Stomach channel, and Gall Bladder channel; these channels control our energy and circulation. According to TCM theory, if we constantly expose our feet to a cold, damp environment, the external pathogens of Dampness, Cold, and Wind can seep into and spur the growth of yeast, Dampness, and or Damp Toxin within our bodies. This is one of the major factors that



creates the overgrowth of yeast (Dampness) in the body. The lower body channels invaded by Dampness will lead to yeast in the colon, vagina, uterus, urethra, bladder, and lower limbs, and will also lead to other gynecological conditions. It is very simple to prevent this from happening, by keeping your feet warm. Damp pathogens will have one less route by which to enter the body.

- 6) **Simplify your supplements.** Less is more! When you suffer from yeast (Dampness), one of the main symptoms is a botched-up metabolism. Your body cannot absorb anything, especially most supplements such as vitamins and energy boosters. These are hard on the Stomach and Spleen and make them work overtime. The main key is to optimize the function of the Stomach and Spleen, and to allow them to work normally. This will allow the body to benefit from the nutrients from the healthy foods we eat. We suggest stopping all the unnecessary supplements for 2-3 months. Make it duty-free for the Stomach and Spleen, and give them an opportunity to rest and recuperate. They will be happy to keep you healthy.
- 7) **Take your probiotics.** This is a good way to enhance the actions of naturally occurring digestive enzymes and intestinal as well as vaginal bacteria in our bodies so that foods are digested properly and Dampness can be eliminated more efficiently. Probiotics take advantage of our body's own natural healing power.
- 8) **Cleansing herbal tea to control overgrowth of Dampness and yeast.** TCM diagnosis is based on each individual's symptoms and their relationship to the Five Elements and Yin Yang theory. After thirty years of clinical experience, we now offer four types of unique herbal combination remedies. Each formula targets the root cause of those who suffer from Candida yeast overgrowth. These formulas not only offer symptomatic relief, but they also completely change the energy flow in each channel. After three to six months of treatment, the yeast and Dampness will be at their lowest, bringing you and your body to a state of optimal balance, happiness and excellent health!



Try this program! You won't regret this smart decision. It really will change your life.