



**Presenter: Supriya Desai,  
Acupuncturist and Herbalist**

# **East Meets West:**

The Role of Traditional  
Chinese Medicine in the  
Modern World

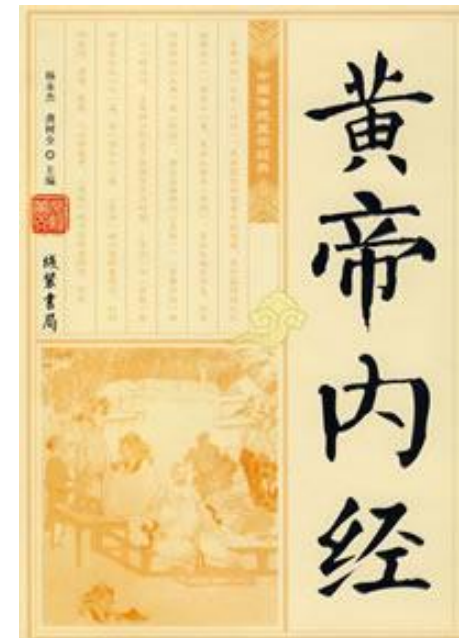
# Presentation Overview

- History of Chinese Medicine
- What Chinese Medicine is and How it Works
- Symptoms Treated by Chinese Medicine
- Benefits of an Integrative Approach to Health
- Audience Takeaways!



# History of Chinese Medicine

- Began over **2,500 years ago**: barefoot doctors and family lineage; Ayurvedic Medicine in India
- Fundamental text: *The Yellow Emperor's Inner Classic (Huang Di Nei Jing)*, 200 B.C.
- Discrepancy – Points or Channels first?
- Mao and Traditional Chinese Medicine



# History, Continued



- Turning Point in 1971: Journalist James Reston's appendectomy in China
- Transport of TCM to the Western World & Increased Presence
- In 1997, more than 1 million patients were treated with acupuncture. In 2007, according to the National Health Interview Survey (NHIS), about 3.1 million U.S. adults had used acupuncture in the previous year. Acupuncture visits tripled in ten years! This trend continues...

# WHAT is Chinese Medicine?



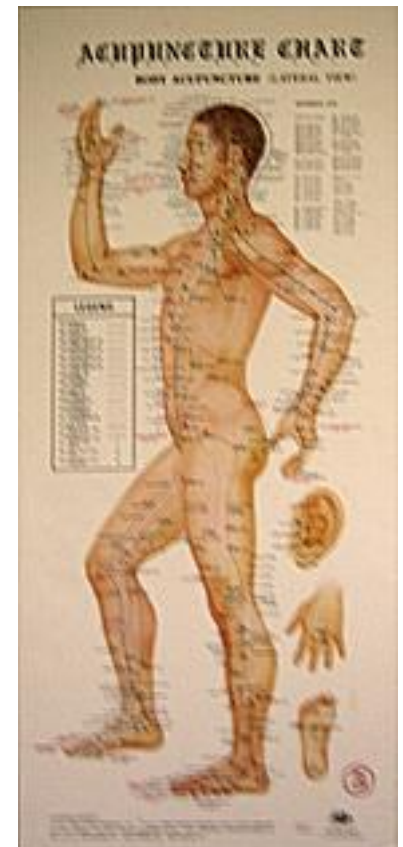
- Everything in the universe can be divided into **YIN** and **YANG**



- Blood is Yin. Qi is Yang.
  - “Qi is energy on the verge of becoming matter, and matter on the verge of becoming energy.” – Harvard Researcher, Ted Kaptchuck
- **Health is defined as a balance of these vital substances**

# HOW Does it Work?

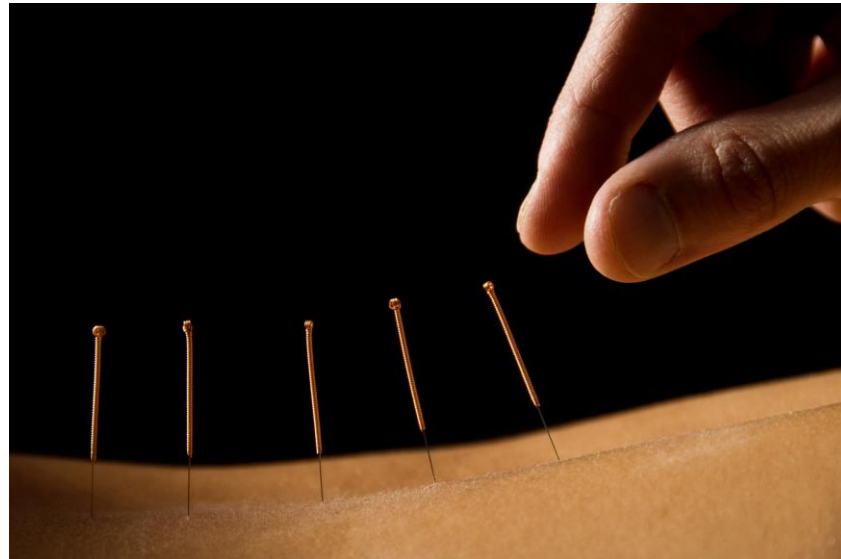
- 12 Acupuncture Channels/Meridians: LU, LI, ST, SP, HT, SI, UB, KD, PC, SJ, GB, LV.
- Acupuncture initiates Movement and Self Healing
- **Treatments allow the body to return to its normal, balanced state**
- Example: Pain Management



# Chinese Medicine Modalities



- Acupuncture
- Herbal Medicine
- Cupping
- Gua Sha
- Moxabustion
- E-Stimulation
- Qigong
- Tai Chi



# Chinese Medicine Education



- Includes a **4 –year Masters of Science Degree Program** from an accredited institution
- Program includes Chinese Medicine Theory as well as complete Western Medicine coursework
- Board Certification exams occur at the completion of 4 years in order to be certified by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM)



# Typical Treatment with Chinese Medicine



- 1:1 Discussion with Patient Before Treatment
- Tongue and Pulse Diagnosis
- Needling and Retention
- Removal and Disposal of Needles
- Utilize Other Modalities As Needed

# Symptoms Treated

According to the WHO and NIH:

## **Muscular Skeletal Disorders**

- Fibromyalgia
- Auto-Immune Disorders
- Arthritis
- Sciatica
- Carpal Tunnel Syndrome
- Knee Pain
- Frozen Shoulder
- TMJ Syndrome

## **Circulatory and Digestive Disorders**

- Hypertension
- Arteriosclerosis
- Angina Pectoris
- Irritable Bowel Syndrome
- Acid Regurgitation / GERD
- Nausea

# Symptoms, Continued

## Emotional and Neurological Disorders

- Stress
- Depression
- Anxiety
- Headaches / Migraines
- Chronic Fatigue Syndrome
- Bells Palsy
- Insomnia
- Smoking Cessation
- Addiction

## Other Conditions

- Infertility
- Menopause Support
- Chemotherapy Support

# Benefits of an Integrative Approach



- **In Chinese Medicine, the best doctor *prevents* disease, not treats it**
- Treating the Root Cause (Chinese Medicine) *and* the Branch (Modern Medicine)
- Escape Fire Documentary
- Approximately 38% of American adults are using some form of Complimentary and Alternative Medicine (CAM), according to the National Center for Health Statistics
- “4 out of 5 of my patients are either already getting acupuncture or inquire about it.” – Dr. Sonali Desai, Rheumatologist at Harvard Brigham Woman’s Hospital
- Occurring Already in Society: Yoga, Meditation, Supplements, and overall Stress-Reducing Lifestyle Changes

# Audience Takeaways!

## ■ **Fall Nutritional Tips for Seasonal Attunement**

- Fall (Yang into Yin): Dryness and the Lungs
- Symptoms: thirst, dry skin, throat, and hair, overall itchiness
- Spinach, Barley, Millet, Pear, Apple, Persimmon, Loquat, Seaweed, Almonds, Pine nuts, Peanuts, Sesame Seeds, Honey, Eggs, Pork, Mussels, Crab, Oysters, Clams, some Milk and Dairy products

- **Acupuncture Demonstration:** sterile, one time use needles @ acupoints LI4 and ST36



# Recommended Exercises



- **Qigong**

- Twisting Tree Qigong
- Reclining Qigong – **SEATED INTRO TODAY!**
- Contact: [akbailey@sunflower.com](mailto:akbailey@sunflower.com) with class information

- **Yoga**

- 5 Tibetans:

[http://www.mkprojects.com/pf\\_TibetanRites.htm](http://www.mkprojects.com/pf_TibetanRites.htm)

# Learn More!



## ■ **Books:**

- Between Heaven and Earth, *Harriet Beinfield and Efrem Korngold*
- The Web Has No Weaver, *Ted Kaptchuck*
- Healing with Whole Foods, *Paul Pitchford*
- Tao of Nutrition, *Maoshing Ni*

## ■ **Documentaries:**

- Escape Fire
- 9,000 Needles
- BBC Documentary:

<https://www.youtube.com/watch?v=41vm87qq1KU#t=332>

# Contact

**Supriya Desai**, Acupuncturist and Herbalist

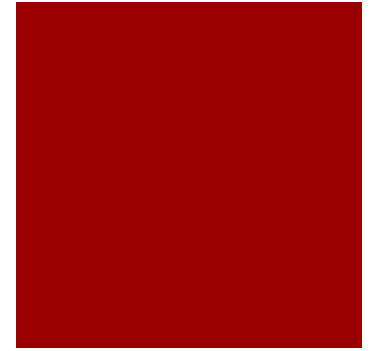
Email: [supi.desai@gmail.com](mailto:supi.desai@gmail.com) / Cell: 215.499.1956

- Locations:

- **Kinetikos Bodyworks Therapy**, 920 Massachusetts Street, St 1
- **Southwind Health Collective**, 1045 Kentucky Street,  
785.843.7500

- Discounts:

- Free 20-minute Phone Consultation
- \$70 Initial Acupuncture Visit (\$20 discount)





Q & A

