

NATURE'S RHYTHM

TRADITIONAL ACUPUNCTURE
ANNE SMUCKER, LICENSED ACUPUNCTURIST

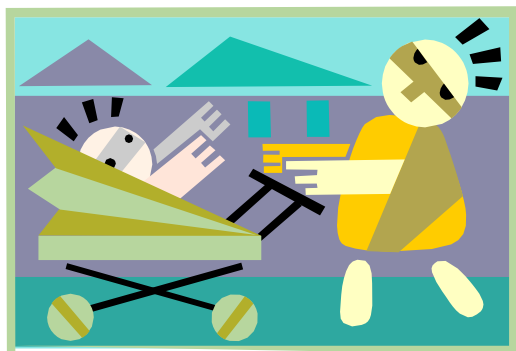
Fall Edition

Dear Friends

My most exciting experience of the summer was using acupuncture during the delivery of a baby. One of my patient's gave me the honor of asking me to assist during her labor and delivery. I was happy to discover that the University of Virginia welcomed my presence and that the doctors and residents attending the birth were intrigued by the use of the acupuncture needles.

I hope that the use of acupuncture during pregnancy will become a more widely publicized option for women. As Zita West writes in her book *Acupuncture in Pregnancy and Childbirth*, "Years of working as a midwife and acupuncturist have proved to me that the majority of pregnancy ailments can be treated successfully with acupuncture....Pregnant women are understandably reluctant to take drugs....Many would be happy to seek safe alternatives."

I'm preparing to teach a class at the Virginia School of Massage in Eastern Theory. The students will learn by using the methods of an acupuncturist: pulse diagnosis, tongue observation, palpation of the meridians, deep listening.... Then the more theoretical underpinnings of Eastern theory: yin-yang, acupuncture points and meridians, five elements, and synchronicity can fall into place.



Playing with the Five Elements

As Dr. Seuss says: "Some days are yellow. Some are blue. On different days I'm different too. You'd be surprised how many ways I change on Different Colored Days." (From *My Many Colored Days*, by Dr. Seuss.)



Dr. Seuss is referring to the ways in which different colors evoke or "match" different emotions. There is a way in which the color yellow matches a more uplifted mood and a way in which the color blue might match a more depressed mood. We even say "blue mood" to describe that quality of emotion.

Five Element theory is a way of arranging things into corresponding patterns. Things which have similar qualities are matched. For example, the color white goes with the element of metal goes with the season of autumn goes with the sound of weep goes with the odor of rotten goes with the emotion of grief goes with the Lung and the Large Intestine meridians...and on and on. There are an endless number of things which correspond to this category, many of which are not easily understood to match by our modern perceptions. It is

Continued inside

Talking Funny

Did you know that intentional yawning and talking funny are good for you? I was delighted to find the benefits of these and other simple exercises from a manual by Julie Henderson called: *Embodying Well-Being: or, How to Feel as Good as You Can In Spite of Everything*, (Available at my office or over the internet under “zapchen somatics”)

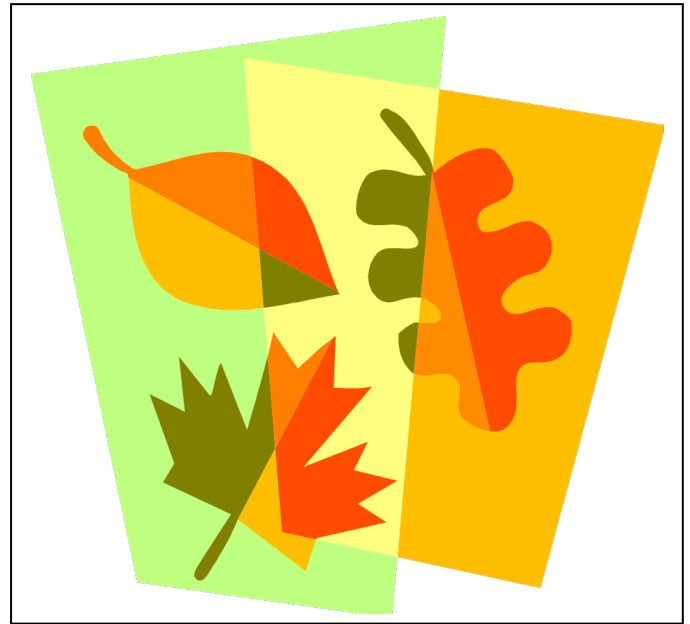
Yawning relaxes the throat, neck and base of the brain and increases serotonin which is calming and promotes deeper sleep. One of my patients reports that intentional yawning has helped keep her temporomandibular joint pain (TMJ) at bay.

Talking funny involves placing your tongue against your lower teeth and then continuing any arguments or other very important conversations you are having with your loved one or with yourself. Doing this usually creates laughter and changes the dynamics of an argument or of a habitual story or pattern of doom. I know from personal experience!

Clinical Trials

The World Health Organization recognizes acupuncture's effectiveness in treating many symptoms and diseases. In a publication entitled *Acupuncture: Review and Analysis of Reports on Controlled Clinical Trials (2002)*, these include:

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| * low back pain | * neck pain |
| * sciatica | * tennis elbow |
| * knee pain | * peri arthritis of the shoulder |
| * sprains | * facial pain |
| * headache | * dental pain |
| * TMJ | * rheumatoid arthritis |
| * induction of labor | * breech presentation |
| * morning sickness | * nausea and vomiting |
| * postoperative pain | * stroke |
| * hypertension | * allergic rhinitis |
| * depression | * dysmenorrhea |
| * gastritis | * ulcer |
| * adverse reactions to radiation or chemotherapy | |



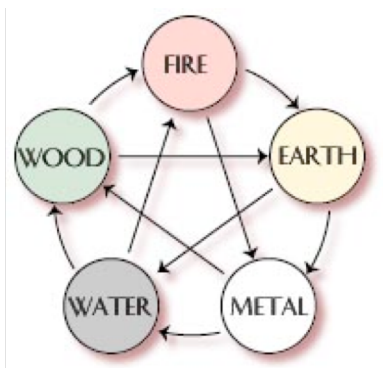
Patients Ask: Do you Practice American or Chinese style acupuncture?

Acupuncture implies the use of very thin solid needles inserted into the skin at specific points on the body. But the choices an acupuncturist makes about how many points to stimulate, which points to stimulate and what adjunct therapies to use vary tremendously.

Acupuncture has a history of thousands of years with a great deal of mystery surrounding its origins. Through the centuries of recorded Chinese history, hundreds of theories about point selection moved in and out of favor. Acupuncture was exported to other Asian countries as well as to Europe and eventually to the United States

So, my answer? Well, yes I do American acupuncture. I studied in Maryland with mostly American teachers. But the styles of acupuncture I work with have their origins in China and in Japan and even in England. Acupuncture is truly a multicultural phenomenon. For more insight I highly recommend *Understanding Acupuncture* by Stephen Birch and Robert Felt.

the vibrational or energetic quality of a thing which matches it to a certain category.



The theory of the Five Elements was used in Chinese history in arenas as far flung as poetry, military planning, feng shui, and of course in Chinese medicine and acupuncture. In acupuncture, Five Element theory is a way of arranging all of the acupuncture points into a systematic pattern. Once correspondences are established among the meridians with the Five Elements, patterns which govern the interplay of the elements also govern the interplay of the acupuncture points. In this manner, Five Element theory provides one of the (many) ways in which acupuncture points are chosen and utilized.

FIVE ELEMENT CORRESPONDENCES

ELEMENT	FIRE	EARTH	METAL	WATER	WOOD
Season	Summer	Late Summer	Autumn	Winter	Spring
Color	Red	Yellow	White	Blue/Black	Green
Climate	Heat	Humidity	Dryness	Cold	Wind
Tissue	Arteries	Muscles	Skin	Bones	Ligaments
Taste	Bitter	Sweet	Pungent	Salty	Sour
Emotion	Joy	Worry	Grief	Fear	Anger
Sound	Laugh	Sing	Weep	Groan	Shout
Odor	Scorched	Fragrant	Rotten	Putrid	Rancid
Yin Organ	Heart	Spleen	Lung	Kidney	Liver
Yang Organ	Sm. Intestine	Stomach	Lg. Intestine	Bladder	Gallbladder



The Three Months of Autumn

The 3 months of autumn
Are called plentiful and balancing.
The qi of Heaven becomes pressing,
The qi of Earth is resplendent.

From
The Yellow Emperor's Classic of Internal Medicine

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