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Chapter 4. Well Being and Wellness Goals

In This Chapter

- The Importance of Wellness
- Life Changing Priorities
- Strong and Weak Constitutions
- Disease Treatment vs. Wellness and Prevention
- Examples of Wellness Goals
- Examples of Wellness Experiences

How much is your health worth? More than your money? Is anything more important than well being?

Most people live however they want until their health interferes. Then they want to feel better so they can hurry up and get back to the same way of life that made them ill. There's more to life than ignoring health and running from disease.

Wellness is a higher standard of comfort, peace, and physical and mental capacity. Maybe you can admit wellness is important, but do you have realistic well being goals? And how high is it on your daily priority list?

I suggest you:

1. Find out what wellness is
2. Understand your state of health
3. Create wellness goals
4. Achieve those goals

I hope life has already taught you that self-improvement is essential to a satisfying life. History

shows that persistence and discipline are the keys to success. So, apply your interest in self-improvement to your health, and do so with discipline and persistence. *Persistent wellness improvement takes your life to the next level.*

In this chapter, I'll explain the difference between avoiding disease and striving for well being. I'll clarify what well being is, and show its benefits. I'll make it crystal clear why it's common sense to prevent disease. I'll give you examples of wellness goals, and tell you how to achieve them.

A Famous Writer's Life Changing Experience

Norman Cousins was an editor and writer who, in the 1960s, was stricken with a crippling, life-threatening disease. His doctors had no answers. He cured himself with laughter by watching Laurel & Hardy, and Abbot & Costello. Cousins wrote about this in his book, *Anatomy of an Illness*.

He later helped a UCLA task force examine the impact of positive emotions and attitudes on illness. From that came the Cousins Center for Psychoneuroimmunology.²³

It took a life-threatening disease to shift his attention to wellness and prevention. But one of the hallmarks of wisdom is learning from the mistakes of others. *You* can put well being first now. You needn't wait for a life-threatening, or life-changing disease. And, there's no guarantee if you do wait, that you'll recover as Cousins did. Your life may depend on getting it right the first time.

The Yellow Emperor's Classic of Medicine from 250 B.C. said, "The sages of old didn't treat the sick. They treated the healthy. If a disease breaks out and is only treated then, isn't that like waiting for thirst before

digging a well, or waiting until a battle begins to make your weapons?”

Strong Constitutions

In response to prevention, some ask about the proverbial old farmer who ate 10 pounds of sausage and eggs and smoked four packs a day, did 10 hours of hard labor in the fields, and lived to age 99, dying peacefully in his sleep.

Strong people who do whatever they want and live long healthy lives are rare, and usually they exercise frequently. Exercise and a strong constitution may make up for some dietary indiscretions.

The rest of us, if we exercise little and sit most of the day, are more sensitive to stress and diet. They have a bigger effect on our well being.

We have made of ourselves living cesspools and driven doctors to invent names for our diseases.

- Plato (427-347 B.C.)

Weak Constitutions

What about people weak from birth? Is there any hope for them? One of my favorite quotes is from the film *The 13th Warrior*. Antonio Banderas is an Arab swordsman who befriends a group of Vikings. They give him a huge sword. He says, “I can’t use this. It’s too heavy!” The Viking chief bellows, “Grow stronger!”

That’s what young Teddy Roosevelt did. He was a frail, nearsighted, asthmatic bookworm. His father challenged him to develop his physique, and he responded, spending hours in the gym.

- In college, he rowed, boxed, rode horseback, and camped
- He became a cowboy, then a sheriff
- At 40, he led the Rough Riders, a volunteer cavalry unit, into the war against Spain and became a hero
- He was shot while campaigning at age 54. The bullet punctured his right lung, but he still gave his speech before going to the hospital

President Roosevelt died at age 61, but lived more vitally than most because of his devotion to exertion.

What is Wellness?

Most patients come to me for relief from those great motivators: pain and discomfort. Others take my health quizzes and find they have more problems than they realized. They weren't paying attention to their health. Or they unconsciously lowered their standards as their quality of life slowly eroded.

Even people who aren't sick may not have optimal wellness.

What's the Difference Between Disease Treatment and Wellness?

One is running from negatives, and the other is moving toward positives. You can stick your head in the sand until emergencies force you to come out. But that's a miserable, stressful life. If you don't commit to wellness, create health goals, and strive to achieve them, you're just waiting for your health to disappear.

Visualizing your dreams, creating manageable goals, and achieving them is a more satisfying and peaceful way of life.

Is Your Focus on Disease, or Wellness?

Both Western and Chinese medicine often focus more on disease treatment than wellness. We're taught to be problem-solvers and disease-curiers, not wellness-promoters.

You can't blame MDs; they don't have a powerful system of prevention.

We can't blame patients. Most of us do our daily thing until something keeps us from working or enjoying life. We only think of medicine when we need a cure. We don't live preventively, and no one ever taught us how!

Chinese medicine possesses a wealth of preventive wisdom. But the Chinese medicine profession in America is new. We have only about 15,000 acupuncturists compared to 800,000 MDs. It's our job to educate you about our preventive system, and this book is a contribution to that effort.

The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition.²⁴

- Thomas Edison (1847-1931)

Medical Intervention or Prevention?

Dr. William Osler said, "One of the first duties of the physician is to educate the masses not to take medicine."²⁵

I was taught that drugs (prescription and over the counter), surgery, acupuncture, and herbs are medical interventions – used for disease, and disease should not be the norm. But these days almost everyone is so unbalanced that they do need medical interventions.

Once diseases appear, it often means you've failed to live well.²⁶ But no one taught you how to live well,

safeguard your energy, balance yourself with the seasons, and eat the foods that balance your unique constitution.

Your Well Being Is Up to You

Dr. Albert Schweitzer said, “It's supposed to be a secret, but I'll tell you anyway. We doctors do nothing. We only help and encourage the doctor within...Man must cease attributing his problems to his environment, and learn again to exercise his will – his personal responsibility.”²⁷

You have given up some power over your well being.

We expect doctors and scientists to solve health problems for us. Instead of exercising and eating better, we wait for the next miracle pill. The pharmaceutical industry is happy to oblige and make trillions off your laziness. But these drugs have side effects – they fail to ‘first, do no harm’.²⁸ Sometimes we need them for our disease, but often our lifestyle habits were the cause. As Schweitzer says, the answer is to take responsibility for your health.

You have more power than you think. Take control of your well being!

The Common Sense Wisdom of Prevention

What if you never changed your oil? Your engine would seize up beyond repair. The common sense of prevention is why we have scheduled tune-ups, biannual dental cleanings, and yearly physicals.

But, medical checkups are short and disease-focused. They don't guide us to optimal health. You need to learn how to live well and prevent disease.

What are Examples of Wellness Goals You Can Set?

The most important things you can change are your eating habits, exercise, rest, and emotions. Remember, work on one at a time so you don't get overwhelmed.

1. "I'm going to exercise three times a week." Or, if you hate exercise, try this: "I'll try every exercise I can until I find the ones I love. I'll do two new exercises a week until I find three I love."
2. "I'll learn what foods Chinese medicine says will balance my patterns of imbalance, and then I'll eat them daily."
3. "I'll do a relaxing or spiritual activity for half an hour, four times a week."
4. "I'll have a peaceful dinner with friends or family at least three times a week."

All these will help you prevent disease and increase your well being. These are just a few examples. You'll get plenty of ideas later from the tips, quizzes, and reflection questions.

How Can You Achieve Your Wellness Goals?

Read about Motivation, Discipline, and Persistence later in this book!

What is Wellness, Really?

Is it more than a positive word? Yes. If you had optimal wellness, you would:

- Be pain-free
- Leave PMS behind
- Breathe comfortably
- See and hear acutely

- Stay alert and energetic throughout the day
- Experience balance, serenity, peace, patience, and an open heart and mind
- Go into any reasonable environment without getting a cold or flu
- Have a reasonable appetite, perfect digestion, and the perfect bowel movement – comes out easy, doesn't smell, requires little or no wiping
- Get easy, restful, restorative sleep, stay asleep all night, and wake up refreshed and invigorated

Chapter 14. Personality Types and Constitutions

In This Chapter

- Personality Types: East and West
- Five Body-Mind Constitutions
- What to Do With Them

Everyone is unique

Your uniqueness is fundamental to Chinese medicine. But China isn't the only culture to produce a system of insights on that topic. Other cultures have produced typologies, or personality types. We'll look at just two of them here:

1. **Western Civilization's Four Personality Types:** Hippocrates called them Sanguine, Choleric, Phlegmatic and Melancholic. Jung wrote about the Feeler, Thinker, Sensor and Intuitor. David Keirsey, author of *Please Understand Me* uses Plato's original names for his types: Idealists, Rationals, Guardians and Artisans.
2. **Chinese Medicine (CM)'s Five Body-Mind Constitutions:** Each constitution has a different approach to life. In CM, body, mind, and emotion are integrated. So we have a mind-body-emotion typology. The five constitutions are Wood, Fire, Earth, Metal, and Water.

I'll give you just a brief introduction to each of these systems. It'll help you in your daily life to categorize the people you meet. Then you'll be able to understand them and have better relationships.

You may be thinking, "This is too reductionistic! Real people are too complex to categorize." It's true that none of these systems can explain all your complexities, but it's a start.

Keirsey & Brigg's 4 Major Types (16 subtypes)

Plato, 340 BC	Artisan (SP)	Guardian (SJ)	Idealist (NF)	Rational (NT)
Galen, 190 AD	Sanguine	Melancholic	Choleric	Phlegmatic
Paracelsus, 1550	Changeable	Industrious	Inspired	Curious
Fromm, 1947	Exploitative	Hoarding	Receptive	Marketing
Myers, 1958	Probing	Scheduling	Friendly	Tough-minded
Self Image (Keirsey, 1998)	Artistic Audacious Adaptable	Dependable Beneficent Respectable	Empathic Benevolent Authentic	Ingenious Autonomous Resolute
Orientation (Keirsey, 1998)	Hedonistic Optimistic Cynical Here Now	Stoical Pessimistic Fatalistic Gateways Yesterday	Altruistic Credulous Mystical Pathways Tomorrow	Pragmatic Skeptical Relativistic Intersections Intervals

This is a system of four either/or characteristics:

- Extrovert/Introvert
- Sensory/iNtuitive
- Thinking/Feeling
- Judging/Perceiving

There are 16 possible combinations of these characteristics. Each type is represented by four letters like this: ENFJ, ISTP, etc. (N means intuitive)

There is so much to say about each type. Keirsey's book has more than 300 pages on this topic.⁵⁴ He examines all 16 subtypes. For each, he discusses sex, leadership, and parenting. Plus, he gives insights on improving relationships between those types: patients and doctors, spouses, friends, bosses and employees, etc.

The Five Phase Constitutional Body-Mind Types of Chinese Medicine

The five phases are another categorization system. Each phase has a particular season, taste, color, sound, etc. These five phases are also used as body-mind-emotion types:

Wood

- *Physical Symptoms*: Rib pain, tendon, eye, and nail problems, Headaches in vertex and temples, fatigued in morning, difficulty rising, go to bed late
- *Emotions out of Balance*: Irritability, frustration, anger, depression, intellectually unstable, wavering concentration, weak memory
- *Strengths*: Planning, leading, waxing, increasing

Fire

- *Physical Symptoms:* Heart palpitations, urinary tract infections, feelings of heat, consuming fatigue can occur suddenly and can lapse into depression, sleeps for short periods only (4-6 hours per night)
- *Emotions out of Balance:* Over-excitement, excessive joy, anxiety, mania, hypersensitive, hides emotion, rebellious, withdrawn
- *Strengths:* Inspiration, hype, fullness, memory can be amazingly good or bad, may have sharp intelligence and focus, authoritative

Earth

- *Physical Symptoms:* Intense brief fatigue, loose stool, excess weight, low or high appetite, acid reflux, burping, vomiting, strong stamina, slow to act
- *Emotions out of Balance:* Worry, obsession, lazy, indolent, neglectful, manipulative, distracted, forgetful, melancholy
- *Strengths:* Processing, thinking, balance, optimism, philosophy

Metal

- *Physical Symptoms:* Cough, shortness of breath, throat problems, skin problems, easily tired, lacks energy, exhausted in evening, economizes, slow, needs lots of sleep, goes to bed early
- *Emotions out of Balance:* Grief, sadness, melancholy, lack of attention, easily discouraged
- *Strengths:* Organizing, discernment, endings, waning

Water

- *Physical Symptoms:* Low back pain, urinary problems, Knee and ankle weakness, joint problems, fatigue, sensitivity to cold, frail, often ill
- *Emotions out of Balance:* Fear, dread, fright, discouragement, disgust, disinterest, sadness, desire to be alone
- *Strengths:* Groundedness, inherited potentials, IQ, amazingly good or bad memory

You Can Exhibit More than One Phase

Sometimes people identify with several phases and are confused. Don't be disturbed. This is a new way of looking at people and things so you may not be totally sure what's what, and it just takes time to understand it better. Also, remember that most of the natural therapies you'll use are based on patterns, not on Five Phase personality types – of course, every pattern can be related to a Phase, but if, for example, you're an Earth type, you can still have Liver qi stagnation, even though it's a Wood pattern. Just think of them as separate, but related systems.

I exhibit multiple Phases myself. I have different roles, moods, and configurations depending on the circumstances, the people around me, and my energy level. For example, I'm the president of my public speaking group right now, and I'm the first main speaker to go up, so I have to set the tone for the meeting, and I've found it helps the leader of each week's meeting if I can enthuse the crowd before I introduce them, so I tell jokes and speak energetically, aiming for a Fire Phase quality. But when I write, like right now, I'm involved in an Earth activity: thinking and bringing forth ideas. I try to inject some Fire

so it's entertaining. And one of my goals for this book is very Metal in that I want to change people's lives with it.

It may be more helpful for you to ask yourself questions like these:

- Which phase do you exhibit at work?
- How about with your loved ones?
- In your hobbies or other activities?

The Five Phases Throughout Life

You can look at your entire life timeline in terms of the phases. Since Wood is birth, Fire is growth, and Earth is maturity, we can say that physically, we reach Earth phase around age 16-18. Of course, the Yellow Emperor's Classic talks about another Earth phase that happens when our digestion declines in our 30's. A lot of physical growth (Fire) happens at puberty. Yet the Fire phase of your career, these days, may extend into your 40's or later, and the maturity (Earth) of your career depends on what it is. As we age, many of us withdraw (Metal) from society to some degree. And near the end of life, when we have bone problems and feel cold, that is Water.

Organizations and the Five Phases

Even more interesting, you might ask yourself what phase your company, organization, or Church is in. And don't assume that it always needs to be growth (Fire). As Ecclesiastes says, to everything there is a season. If you only expand but never organize, it'll be chaos! Or if you are always birthing new ideas (a Wood kind of Earth activity), but never growing them or bringing them to fruition, you'll never realize their potential. Maybe you're an idea person (Wood/Earth), and you need a dynamic worker (Fire) and a detail person (Earth) to develop and

implement them. By thinking about the Five Phases in this way, you can round out your organization.

What about Metal and Water? Metal might be the advice of your accountant or lawyer, or it might be downsizing or reorganization. Water is dormancy and rest. Sometimes you or the group needs a retreat, and not just to brainstorm (Wood and Earth), but to really rest!

Mind-Body-Emotion Integrative Medicine

Once we know your personality, we can guess your physical problems, and vice versa. A Chinese medicine physician can treat your body, mind, and emotions; she can heal your aches and pains, counsel you on emotional problems, and help you understand relationship problems. You can also learn some of these insights yourself from helpful books like this one.

What Can You Do with this Information?

Even when you are healthy, you still need to live, eat, exercise, and take supplements that balance your constitution. Check out the Chinese Medicine Map of Wellness in chapter 13. Constitutional types can lead to patterns of imbalance.

Even with a perfect lifestyle, even in the absence of viruses and bacteria, your genetics (constitution) determine your excesses and deficiencies. The excesses are your strengths – if you overdo them, you'll aggravate your deficiencies. Deficiencies are your weaknesses – use balancing foods, herbs, and acupuncture to boost them.

If you know you are, for example, an Earth type constitution, you can expect that your digestion will always be vulnerable. The Earth type tends to pull in too much information and food, and suffers from mental overwhelm and physical indigestion. It's better for an Earth type to

stay organized, practice saying no, walk rather than run, and eat natural sweets, not candies, ice cream, and cookies.

Earth types are good thinkers. Overdoing that aggravates digestive weaknesses and sweet cravings, throws you off balance, and may even lead to mental obsessions and worry.

You'll be at your best if you use your strengths in moderation and keep your weaknesses in check with natural balancing therapies.

**Action Steps: Find Your Type,
Balance Your Type, and Moderate**

- Figure out which type(s) you are by circling your problems and abilities in the chart above. Count how much you have in each type. If it's not clear which type you are, you can correlate your patterns of imbalance (coming up in the next section) with the types, or see a CM practitioner for treatment, and ask them what they think. Also, check <http://www.PulseMed.org/book.htm> for an online tool (currently in development) to help you find your types.
- Improve your weaknesses with the natural therapies in this book
- Use your strengths in moderation so you don't create imbalances

The Goal: Personal Balance

Chinese Medicine doesn't try to fit everyone into one mold, or balance you into some abstract ideal. It makes you a more balanced, optimized version of you – the best *you* that you can be.

Chapter 26. Acupuncture: What's it Like, and How Does it Work?

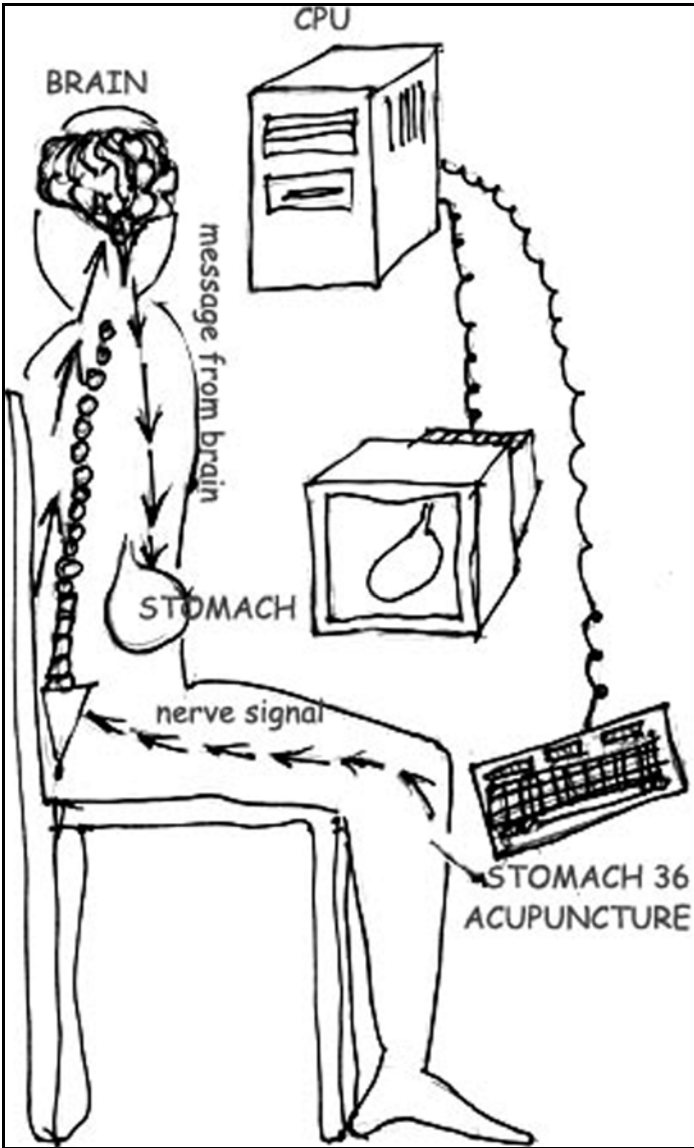
In This Chapter

- What is Acupuncture?
- Isn't Acupuncture All About Qi and Energy?
- What's Acupuncture Like?
- Real Life Acupuncture Experiences

To understand acupuncture, we first need to look at acupuncture. What is Acupuncture? The inserting very fine needles into specific body points. People usually explain acupuncture in terms of qi (often based on poor translations of Chinese).

Here's my explanation: your brain is a computer, and acupoints are like keys on a keyboard. We choose specific keys by needling acupoints to spell out a message to your brain about how to return you to balance. Your brain responds by changing how your body functions. My patients prefer this explanation to theories of energy circulation. They usually say something like, "that makes more sense than the energy explanation."

This analogy is based on the work of UC Irvine physicist Zang-Hee Cho.⁸⁷ Cho invented Positron Emission Tomography (PET), and pioneered mathematical algorithms for CT scanners in the 1970's, and he's used them to investigate how acupuncture affects the brain. In the mid-1990's, he found that foot acupuncture points traditionally indicated for vision problems stimulate the visual cortex in the brain.⁸⁸ The remarkable thing about



Effect of ST36 Acupoint on the Stomach Through Brain⁸⁹

this is that no nerve runs directly from the foot points to the visual cortex. The brain must first interpret the input, and then stimulate the visual cortex. Point functions appear to be hardwired into our brains.

Isn't Acupuncture All About Qi and Energy?

What is qi?⁹⁰ That's not easy to answer. The following table shows the variety of definitions given by Chinese medicine authors in English.

Definitions of Qi by Chinese Medicine Authors⁹¹

1. Energy
2. An energetic configuration, a configuration of energy
3. A tendency, a movement, something on the order of energy. Either matter without form, or the functional, active aspect of the body.
4. Finest matter influences, emanations, vapors.
5. Makes things happen in stuff, and stuff in which things happen
6. The very basis of the universe's life. In medicine, qi is energy and is in flux. A refined essence produced by internal organs that nourishes the body and mind. The functional activity of the internal organs.
7. A fundamental constituent of the body. Its movements and mutations explain all physiologic activity.
8. Air, gas, vapor, flatus, smell, aura, environmental forces, nature, breath, dynamic physical phenomena, strength, anger, disease; responsible for activity, warming, defense, transformation, containment
9. The essential substances of the human body that maintain its vital activities. The functional activities of the organs and tissues. Too rarified to be seen.
10. Vital air, oxygen.
11. Dynamic vitality. Has many manifestations. Sets life in motion.

Most acupuncturists say qi is energy. But there's a big difference between talking about:

- A. Having the energy (ability) to do something, and
- B. Thinking there's energy (electricity, electrons, etc.) flowing through your body in meridian/channel pathways

When we say you're 'qi deficient', we mean you have a lack of power in an organ, or in general. That corresponds to definition A above. But it's tempting to use definition B when we talk about acupuncture 'moving your qi', or the 'qi in the acupuncture channels'.

Many acupuncturists in America, as in France, are enamored with the idea of energy circulating in invisible meridians, and some have integrated it into their spirituality. Anthropologist and translator Paul Unschuld states that the view of qi as energy is wishful thinking and Western cultural bias, not truth.⁹²

Because many acupuncturists have conveyed definition B, some people think Chinese medicine unscientific. Scientists don't believe there's electricity running through your body where the acupuncture channels are. Donald Kendall, an acupuncturist with a Ph.D. in Engineering and Physics, has written a book that answers these problems in scientific terms based on our most fundamental and ancient Chinese medical text.⁹³

Kendall put most of the information about the neurological and immunologic mechanisms of acupuncture all in one place.⁹⁴ It doesn't make it easier to explain acupuncture to the layperson (because the mechanisms are so complicated), but it does make it more credible.

Qi literally means 'air'. Kendall recounts how, while in China, he was confused to see the symbol for qi displayed on a bicycle shop. He asked the shop owner what it was there for, and the annoyed man responded, "It's air for the tires." Qi in Chinese medicine sometimes is the oxygen that circulates with the blood. But it's more than that, because Spleen qi is not oxygen. As you can see in the table above, *the meaning of qi depends on its context*.

Though there is a relationship between acupoints on a channel, these channels also relate to the nerves that web through our muscles and organs, up and down the body. When you cut the nerves connecting an acupoint to the brain, the acupoints don't work anymore.

Mai has been mistranslated as meridians or channels, but Kendall believes they are blood vessels. Dutch physician Willem ten Rhijne wrote about acupuncture while living in Japan in 1683, reporting that the Chinese had mapped the blood vessels, and constructed hydraulic machines to demonstrate its flow.⁹⁵ Ideas of vessel flow go back to the Yellow Emperor's Classic, written no later than 250 B.C. William Harvey, a 17th century British physician, is usually credited with the discovery of blood circulation because this history of ideas was unknown in the West.

Kendall explains how our misconceptions about CM have slowed the Western medical community's ability to take it seriously, to examine its insights, and to pass its full benefits on to patients. MDs are more likely to refer to acupuncturists than to chiropractors, but only because they respect the scientific evidence for acupuncture more.⁹⁶ 'Medical acupuncture' combines traditional Chinese medicine with Western medicine and subjects it to scientific validation. If we can confirm and reproduce medicine, we can help more people more often.

I'm certain that some of my peers will think me biased for my above perspective on qi and acupuncture. If I thought it were possible to present a simple view of these issues that all acupuncturists would agree on, I would! As I've stated earlier, Chinese medicine is quite diverse. Everyone has a different opinion, and this is why I gravitate toward science and classic medical texts for answers.

What's Acupuncture Like?

It's wonderful beyond words!

If you've never had acupuncture, you may be expecting the discomfort you've experienced from your doctor's hypodermic needle. Acupuncture filaments, however, are only twice the thickness of hair. A number of sensations can happen with needle insertion, most commonly nothing at all or a dull ache. This dull ache can be strong, but is not nearly as objectionable as the pain most people think of.

On the contrary, acupuncture overwhelms patients with a body-mind relaxation that's difficult to describe.

Indescribable Experiences

When I was a teenager, my mom told me that she never swam before junior high school. I was introduced to swimming pools as a toddler, so I can't imagine what it was like for her to be a kid without it. She couldn't have understood what she was missing. How would you explain swimming to someone who'd never done it?

When I met my wife, I had eaten some good filet mignon and seafood, but there were still some significant gourmet dining experiences yet to be had. In particular, I'm thinking of those really fancy salads and appetizers. These were unexpected sensory excursions for me, as

surprising as the serenity of acupuncture. Last night, at King's seafood house, I sampled two kinds of oysters. One kind, the Hama Hama oyster, starts off very salty, then becomes fruity, and finally twists into this lingering sweetness.

The other, Fanny Bay oysters, are much more briny, but still manage to transform into a cucumber aftertaste. My wife and I agreed that Hama Hama reminded us of a green lawn in the sunlight, while Fanny Bay evoked a cold ocean pier. I have no idea how our taste buds, nerves, and neurotransmitters came together to evoke those tastes and images, but I'm sure that, until you've eaten them too, you'll have no idea.

Some experiences can be put into words, but the words don't explode on your tongue. The words don't wrap around you like warm water. Sunlight doesn't glint off sentences. Even when we writers come close, it's nothing like really going swimming, or savoring an oyster yourself.

Acupuncture is also hard to describe...

Acupuncture is wonderful beyond words. The practitioners are sensitive and compassionate, and the ambience is warm and relaxing.

Before you know it, you've got the runner's high without the running, a hot tub without the chlorine, and serenity without the lotus position. It's as restorative as a deep sleep in much less time... like two glasses of wine, but you're alert and centered. Most people have no frame of reference for this combination of wakeful, contented relaxation.

My wife remembers her first treatment. She was living in Los Angeles, and her schedule required her to be stuck in turtle crawl traffic before and after the treatment. But it was on the return trip she realized that despite the

fact she would be late to her next appointment, despite the hour it took to travel three miles, and despite the white-knuckled drivers around her, she was relaxed, satisfied, aware of everything around her, and having the time of her life.

After my first acupuncture session (lying face-down while herbs burnt on needles stuck into my back), I walked outside – no, I walked *into the outdoors* and smelled soil, grass, air, feeling like I was 18 years old, or was it four years old...feeling young, alive, aware, I thought to myself, “This is how I’ve always wanted to feel!”

More Acupuncture Experiences From My Patients

“A good acupuncture session is like a deep meditation without even trying. Everything feels lighter.”

- Rene Owens, Wildlife Biologist

“During acupuncture, I sleep deeper than I do at night. I woke myself up snoring!”

- Barbara Cox, Retired

“I felt really grounded. I got acupuncture on a normally exhausting day, but that evening I felt really good!”

- Jennifer Jones, Massage Practitioner

“I was euphoric – it was great, I was buzzed all day, high as a kite, but it’s all natural. I was singing that song, ‘I feel good!’”

- Terese Charlson, Sales

“Acupuncture relaxes me like a good massage. There’s a completeness, too. It’s not like going to sleep because you have energy, but it’s kind of like dreaming. During the session, I figured out some problems mentally that I couldn’t solve earlier in the day.”

- Doug Lucas, Engineer

“I’m not good at getting my blood drawn so I thought I’d be a bad acupuncture patient, but it’s nothing like that at all. It’s hard to put into words. I’ve never been able to meditate, but it’s easier to relax during acupuncture, it gives you a peaceful feeling, but it’s stimulating too.”

- Stacy Martinez, Receptionist

“After a long day working on my business, and after the acupuncture appointment, I played a perfect gig. I was totally on, remembered every part of each song, and didn’t make a single mistake.”

- Lee Sammartino, Entrepreneur, Professional Drummer

Chapter 38. The Origins of Vitality and The Energy Quiz

In This Chapter

- What Happens Without Qi?
- Energy and The Five Phase Mind-Body Types
- The Energy Quiz

There are three major energy sources in your body. In your chest, your lungs bring in oxygen. In the middle, your Spleen and Stomach digest food to produce the qi and nutrients the body needs. Below, the Kidneys and adrenals support the yin and yang of the entire body.

What Happens Without Qi?

Pattern	A Deficiency of qi or yang means
Lung qi deficiency	<ul style="list-style-type: none">• Getting sick easier• Coughing and wheezing• Shortness of breath• Inappropriate grief or melancholy
Spleen qi deficiency	<ul style="list-style-type: none">• Digestive system can't break down food or transport nutrients around the body• Easily fatigued and always tired• Loss of appetite• Limbs heavy• Intellectual thought difficult or impossible• Overwhelm (inability to digest experiences)• Worry

Kidney qi or yang deficiency	<ul style="list-style-type: none"> • Waking up at night because you need to urinate • Cold, achy, weak low back, knees, and ankles • Sex drive decreased or absent • Tired in the morning or all the time • Fear, dread (waiting for the other shoe drop) or easily startled
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Energy and The Five Mind-Body Types

Each type has its own strengths and weaknesses regarding energy:

Action Step: Types

If you haven't already discovered your Five Phase Constitutional Type(s), go to Chapter 14 and find out!

Wood types stagnate. You think you don't have enough energy, but you do...it's just stuck! Use qi stagnation remedies. When your qi flows freely, you're dynamic and powerful.

Fire types burn out too easily. You feel you have enough or too much energy, but you use it up needlessly, flitting here and there, being overly dramatic. Contain some of that energy. Save it! Consider the yin deficiency and Heart pattern, and advice. If you don't overdo it, you're inspired and creative.

Earth types overburden their digestion and can't produce enough energy. You may end up in unhealthy relationships (without good boundaries) that drain your qi. Look at the Spleen and Stomach patterns. If you stay balanced, you can analyze and learn exceptionally.

Metal types may have Lung imbalances that lower their energy level. Read about Lung patterns and read the Immunity section. If you stay well, you can organize and discern good from bad better than most.

Water types may have Kidney or Bladder patterns. Keep your digestion in good shape so you don't have to draw on the Kidney's limited energy resources. Don't overdo sex or work. If you guard your resources, you can be amazingly grounded, smart, and have near-perfect memory.

The Energy Quiz

This quiz doesn't measure your energy level. It measures the attitudes and lifestyle habits that create and maintain a good energy level. Supporting your energy pays off now and prevents you exhausting your limited root resources (Kidney system). If you preserve your reserve, you'll live longer, age well, and have a better sex life as you age.

Instructions: Circle the one that's truer about your life. Don't worry about being perfect. Be honest, and then we'll be able to work on what's really there.

There may be multiple ideas in this column. Only circle the box if ALL of them are true.	There may be multiple options in this column. If ANY of them are true, circle the whole box.
1. I maintain relaxed alertness – not tense, not dull.	If I'm awake, I'm tense or speeding. When I relax, I get sleepy.
2. I confront my limitations, acknowledge my emotions, and make a point of growing in character.	I do as much as I can all the time. I don't worry about those internal things.
3. I spend time with friends I've chosen for their maturity, responsibility, and virtue.	Hey, my friends are great. No one's perfect. My friends are messed up – so what?
4. I don't have sex every time I want it. I don't have sex when I'm mentally, physically, or emotionally drained.	When I can get some, I have sex, regardless of how I feel! Often it's when I'm exhausted.
5. If I drink alcohol, I do so moderately, and I completely avoid recreational drugs.	Some might say I drink a lot, but I'm ok with it. Drugs are ok, in fact, what's the harm of legalizing them?
6. I don't take prescription or over the counter (OTC) medications.	There are some drugs or OTC remedies I rely upon.
7. I go to bed before midnight and sleep eight restful, continuous hours each night.	I'm up late. I don't sleep well. I wake up several times during the night. No way I get eight hours.

8. I exercise vigorously several times per week. I don't overdo it or exceed my level of fitness.	I don't exercise much, or I exercise hard almost every day. Sometimes I get injured or tired from overdoing it.
9. I stay in harmony with others and avoid unnecessary conflict.	A lot of people rub me the wrong way. Conflict is a way of life.
10. I respectfully assert myself and confront inappropriate behavior when necessary.	I hate conflict, so I am agreeable in order to avoid it.
11. I don't hold grudges or resentments. If I get angry, it's temporary, not always about the same thing, and I work it out constructively.	Some things are just wrong, and I'm in a long-term battle against them. I stay angry for a long time. The same things that irritate me keep coming up.
12. I don't talk excessively, especially when tired.	I'm a talker. Even when I'm tired or losing my voice, nothing stops me!
13. I am frequently concerned with others' welfare and finding win-win solutions.	I focus on me and my needs and goals. I try to get the best end of the deal.
14. I get hungry for a full meal two or three times per day.	I'm not often hungry, or I'm always hungry.
15. After eating, I feel comfortable and energetic.	I have a slump or have to take a nap or I get irritable after eating.

16. My digestion is good.	I have indigestion, belching, burping, acid reflux, constipation, diarrhea, gas, etc.
17. I eat a variety of foods (carbohydrates, proteins, vegetables, fruits, etc.) and flavors (spicy, sweet, bland, bitter, and sour).	I eat the same foods all the time. They aren't diverse in flavor, style, or type.
18. I know how to breathe deeply, calmly, and slowly. I make sure that even when stressed, I keep breathing that way.	I've never thought about my breathing. I just let my body take care of it.
19. I don't use caffeine or sugar to wake up or keep going.	I need caffeine and sugar to make it through the day!
20. I know which energy herbs are safe and appropriate for my constitution.	I thought all herbs were safe. I don't know what my constitution is.

Scoring: Add up the number of questions you circled in the left hand column. Multiply that number by 5. This is your Energy score. For example, if you circled 18 questions, 18 times 5 equals 90, so your Energy score would be 90%.

I got a 70% on this quiz. Much better than my Eating Habits quiz! But it shows me where I can improve: sleep and improving my digestion. I take herbs when needed for digestion and energy, but if I followed the Eating section's suggestions more thoroughly, that would be even better.

Chapter 61. The Author's Experience

In This Chapter

- Caught Without Herbs
- One Patient's Experience

I've taken Chinese herbs for years, so I haven't needed anything more than cough drops from the drugstore. I forgot how miserable colds could be without herbs. Then at Christmas in 2002, my wife and I visited my parents in Hilton Head, South Carolina, and I caught a cold.

I didn't bring any Chinese herbs, and had no way to get any. I did my best with what I could find at the grocery and drugstore. To the amusement of my parents, I boiled a pot of garlic tea and ate several cloves of garlic a day, which helped some, but wasn't enough.

The flu knocked me down. I had to buy \$25 worth of OTC remedies to clear the mucus, lower the fever, etc. I went to simple foods (chicken soup), and slept most of three days before I started to get better. I was sick for five days. The whole time I thought what a wasted vacation it was, and how I wished I could spend the time with my parents, how stupid I'd been not to bring herbs.

Conversely, in late 2003, San Diego had an early and dangerous flu. Several times it seemed like I might come down with something, but I recognized the symptoms right away and took a bunch of the antiviral antibacterial flu formula (*Honeysuckle and Bupleurum*, pronounced Booplur-um) that has worked for all my patients, and I was well in less than 24 hours. This was nothing new. I'd

taken a similar formula (*yin qiao san*, yin chow sawn) two or three times a year for the last five years of colds and flu's, and they never lasted more than two or three days. This is a common experience for acupuncturists.

Still, *Honeysuckle and Bupleurum* seemed more powerful than *yin qiao san*, and I was very excited about it. I sent out press releases to hundreds of magazine writers and editors and TV stations, but no one responded. I wanted people to know about it because children and elderly people were dying of this flu! It seemed senseless that so many people had to suffer and some had to die. We probably need a clinical, placebo-controlled study before it'll make news. Regardless, I'll keep telling people, using it, and prescribing it to patients.

The experience one of my patients:

When Chase-Manhattan lender David Givens began to feel some of the early symptoms of the flu (fatigue, muscle aches and pains, and a slight fever), he had no reason to expect he'd be, as he put it, "amazingly better within 2 days" because of an herbal flu remedy.

Fortunately for him, one of his basketball-playing friends, the author of this article, is a Chinese medicine acupuncturist and herbalist. When he called me about his symptoms, I recommended he take *Honeysuckle & Bupleurum*.

It was also fortunate for David that I edit the work of a well-known Chinese Medicine translator, Philippe Sionneau. Sionneau's book (published in France, but not yet in English), *Modern Chinese Herbal Formulas*, contains a bevy of home remedy solutions that marry ancient wisdom with modern-day pharmacology (drug actions). According to the research, all 12 of the traditional

Chinese herbs in the Honeysuckle & Bupleurum flu home remedy have either antiviral or antibacterial actions.

For most people, the flu is a miserable two-week inconvenience. When you get sick, you miss work, you're less able to fulfill your responsibilities, you feel horrible – fun is out of the question. When you do begin to feel better, there's a backlog of things to catch up on. You may start the catch-up process before you have your energy back, thus ensuring more fatigue, and prolonging your recovery time.

Givens summarizes his experience: “I was leaving for my brother's wedding back East. Within 2 days of starting the flu home remedy, I felt amazingly better. I didn't feel it right away but by the end of the 2nd day, my symptoms were gone. It was a total turnaround. I started taking the herbs on Wednesday, and left Friday. I didn't feel any symptoms at all during the weekend.”

The influenza virus can be life threatening. It kills about 36,000 people (mostly over age 65) each year. For employers, it's a major loss of revenue and productivity. The New England Journal of Medicine reported in 1995 that it costs employers \$3 to \$5 million annually. My and other herbalists' observation is that a remedies like *Honeysuckle & Bupleurum* and *yin qiao san* cuts cold and flu time down to 2 or 3 days. If every American employee used them, we'd save millions!

How do you personally stand to gain from this flu home remedy? David Givens felt better in 2 days, despite having to pack, fly across the country, and socialize away from home. Travel and overdoing it can stress the immune system, plane travel can irritate the sinuses, and David's immune system had already been compromised by the flu. So, the herbs not only turned the tide, but also kept him healthy despite greater than normal stressors.

Givens adds, “There are so many side effects with over the counter remedies – your nose gets dried out and you get sleepy. There's always a drawback you feel right away, whereas, with this flu home remedy, there wasn't one. It's a much cleaner change within the body.”

It's also important, when considering various treatments, to differentiate between colds, flu's, and sinus infections. You can find the specific symptoms of each on the National Institute of Health's MEDLINEplus internet health information website.¹⁹⁴

Chapter 67. Motivation, Discipline, and Persistence Summary

Questions for Reflection

1. Have you let your diet, emotions, and lifestyle push you out of balance?
2. Are you optimizing your life, health, and potential?
3. What are your good habits? What are your bad habits?
4. Do you have the clarity to know what you need to change?
5. Do you have the willingness to create better habits?
6. Do you have the discipline to keep new good habits?
7. Are you good at seeing problems clearly?
8. Can you analyze a problem well?
9. Can you discern good from bad options?
10. Do you make decisions easily?
11. Are you enslaved to your whims? Do you play now and pay later?
12. Where in your life have you persisted? Where do you need to persist more?
13. When did you give up too easily?
14. Who do you know who's a good role model of persisting despite failure?
15. Did you have any of the excuses in this chapter? Are you willing to let go of them?
16. Did you have others that weren't mentioned?
17. Where can you learn more about getting past your excuses?
18. Are you a perfectionist? If so, can you learn to make mistakes since they are required to grow closer to perfection?

Motivation, Discipline, & Persistence
Action Step Summary

1. *Decisions*: Go back to the chart of the decision making process, and ask yourself how good you are at each of these. Then read more in this book about the organs involved in the parts you have trouble with.
2. *Greatness*: Find a biography on Lincoln, Wilma Rudolph, Mandela, or someone else who has overcome big odds. Read it, and get inspired!
3. *Usefulness*: Say please, thank you, and have a great day! Ask people how they're doing, and take time to listen to their answer. Offer people water to drink, carry extra pens in case somebody needs one.

Emotional Motivations:

4. Get to know what well being is, and learn to love it.
5. Identify your unhealthy habits, and get disgusted with them.
6. Healthy people like healthy people, so you're more likely to find love and romance when you nourish your own well being – unless you're looking for a sick partner, or a partner who likes sick people.
7. Think about what a pity it is that people are killing themselves day after day, whether intentionally or out of ignorance, with their poor lifestyles.

8. Develop a hopeful picture of your future and realize how essential well being is to it.
9. *Progress Not Perfection*: You'll never be perfect, so just make progress. Don't get overwhelmed. If you don't start, you fail. Pick one thing to work on, and get started. Just do it!

MORE Powerful, Peaceful RESOURCES

This book is just the first of a series of resources we'll be making available to you. Before I move on to writing books on other topics like fertility, diabetes, pain, and the emotions, I'll be creating more resources and products to help you use and integrate the foundational ideas and habits in *Powerful Body, Peaceful Mind*.

These are some of the items on my list:

- Companion workbook
- Personal coaching
- Teleseminars
- Audiobooks
- Desk calendar
- Pocket-sized daily inspirations
- Online versions of the quizzes in the book
- A web-based tool to help you improve your health and monitor your progress
- Online discussions

If any of these tickle your fancy, send me an email through PulseMed.org expressing your interest or ideas. The best thing to do is sign up for the free PulseMed.org email newsletter, which will keep you up to date along with free new articles every two weeks.

Let me know what you think and what you need by contacting me through PulseMed.org!

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