

FOR YOUR HEALTH

Information, News and Events

Issue 1 – April 2004

Upcoming events in April

How to take care of Your Child who has a Developmental Disorder

Dr. Ming Qing Zhu, L.Ac. will talk to parents and answer their questions. This event, sponsored by the non-profit organization "**Friends of Children with Special Needs**", is free to the public.

Date/Time: **April 17, 2004 (Saturday) 4:00 – 6:00 pm**

Location: Union Church of Cupertino
20900 Stevens Creek Blvd
Cupertino, CA 95014

For more information, please contact Friends of Children with Special Needs
Mr. Jason Hwan (408) 833-4318
<http://www.fscn1996.org>

Ram Dass talked about his stroke treatments by Dr. Zhu in the documentary movie "Fierce Grace"

"Ram Dass, who in the 1960s left his teaching position at Harvard to blaze a new spiritual trail, shaped the awakening consciousness of a generation with his landmark two-million-copy bestseller, *Be Here Now*. A cofounder of the Hanuman and Seva foundations, he works with environmental organizations, the socially conscious business community, and the dying. He lectures around the country and lives in northern California."

In 1998 Ram Dass had a stroke that made him unable to walk or talk. Dr. Zhu was among one of the doctors who had treated him. In his book *Still Here* he had a vivid description of Dr. Zhu's approach and how it affected him. "It's a heart-to-heart resuscitation." (pp.193-194)

These treatments were taped in Ram Dass new inspiring documentary movie "Fierce Grace".

It will be broadcast nationwide on PBS April 20 (Tuesday) 10:00pm.

Please check your TV guide or visit

<http://www.pbs.org/independentlens/ramdass> for your local show time.

Are you taking Ephedra safely?

In traditional Chinese medicine, ephedra – also known as “ma huang” – has been used for thousands of years, primarily to relieve colds and treat conditions such as asthma and edema. When taken in the proper dosage, combined with other herbs, and used under the care of a licensed acupuncturist or Chinese herbalist, ephedra is considered safe.

In the United States, the herb has been marketed as a major component of weight-loss pills and supplements, and in the past decade, it became a favorite among people trying to shed extra weight or enhance athletic performance. By the year 2000, ephedra became one of the most popular herbs in the country, generating approximately \$1 billion in annual sales. Unfortunately, these supplements have caused a number of deaths. This is an example of improper use of Chinese herbs by westerners.

In 1997 FDA issued a proposal requiring that dietary supplements containing ephedrine alkaloids include a warning that they are hazardous and should not be used for more than seven days.

In February 2004 FDA finally issued a ruling to ban the sale of all dietary supplements containing ephedra. It will take effect on April 12. This rule, however, does not affect the use of ephedra preparations in traditional Asian medicine.

Ephedra should only be prescribed by an experienced Chinese herbalist. Dr. Zhang Zhong Jing of the Han dynasty, who was regarded as the “Saint of Chinese Herbs”, wrote in his book “Shan Han Lun”, a list of do's and don'ts for the use of ephedra. It is only indicated for certain conditions, used for short periods of time and its dosage is restricted.

Facts about Ephedra:

- The major ingredient is ephedrine, the rest is pseudo-ephedrine and essential oils.
- Ephedrine can raise blood pressure.
- It can also cause vasodilation in the coronary arteries and increase coronary blood flow.
- Ephedrine can cause bronchodilation and stop bronchospasm, hence can treat asthma.
- Pseudoephedrine has a marked diuretic effect.
- Ephedrine is diaphoretic (promotes sweating). The essential oils of ephedra have been shown to reduce body temperature and also have an inhibitory effect on influenza viruses.
- Over dosage, prolonged use or improper combination with other drugs can cause adverse side effects such as excessive sweating, agitation, insomnia, tremor, palpitations and dysrhythmia.

If you have any concerns about ephedra, go to your herbalist or call us.

Do you know that Acupuncture is better than Morphine in relieving pain?

In 1996 the World Health Organization (WHO) published a report "Acupuncture: review and analysis of controlled clinical trials". It said, "The proportion of chronic pain relieved by acupuncture is generally in the range 55-85%, which compares favorably with that of potent drugs (morphine helps in 70% of cases) and far outweighs the placebo effect (30-35%)...Because of the side-effects of long-term drug therapy for pain and the risks of dependence, acupuncture analgesia can be regarded as the method of choice for treating many chronically painful conditions."

Many patients with intractable pain came to our clinic after everything else had failed, and they got relief from our acupuncture treatments. From our clinical experience, acupuncture is good not only for chronic pain control. It is even better for acute pain. Fix it before it becomes a chronic problem.

HRT Hormone Replacement Therapy

Do not temper with the law of nature

Chinese medicine offers more natural ways to deal with menopausal symptoms

HRT was once believed to be an elixir for postmenopausal women, extending their youth and sex drive.

160,000 women were enrolled in the trials on HRT. These trials were aborted in March 2004.

The first report July 2002 showed that 5 years' use of estrogen combined with progestin would bring on more harm than good, including increased heart attacks, strokes, breast cancer, and in women over 65, dementia. Estrogen + progestin treatment is mostly used by menopausal women who have not had a hysterectomy.

Second report in March 2004 showed that women who use estrogen alone—typically, after a hysterectomy- had no net benefit but also no net harm. Stroke risk increased in the older women, but no increase in heart attack or breast cancer and strong protection against broken hips.

Women taking estrogen had four or more times the risk of developing endometrial cancer compared with those who did not use the drug.