

ACKNOWLEDGMENTS

I extend my thanks and appreciation to the many dedicated and generous professionals who taught me various aspects of the healing arts that I share with you. May they live long and continue to share their wisdom with others for the benefit of all.

Michael W. Loes, MD

Kenn Lamm, PT

Barbara Schreiber-Earl, PA-C

Regina Brown, LAc

David Jaffrey, LAc

CK Lo, MD

SK Tsui, MD

Kiiko Matsumoto, LAc

(And her lineage of master teachers)

All the writers of all the textbooks that brought TCM to the West

David Stumpf, PhD experimental subject extra ordinaire!

And all my patients over the years who benefited me by putting their health care in my hands.

Susan P. Stumpf, PA-C

BIBLIOGRAPHY

Self-Healing Course 1 Diamond Mountain University
September-October 2004

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TEXTBOOK

- Beinfeld and Korngold. *Between Heaven and Earth*. Ballantine Books, NY. 1991

SYLLABUS

Self-healing Course 1 Diamond Mountain University
September-October 2004

- Class 1 part 1: History of Traditional Chinese Medicine; Philosophical Differences between East and West
part 2: Anatomy Review; TCM Body Measurements
- Class 2 part 1: Introduction to Yin, Yang and Chi (Qi, I), Theories of Disease
part 2: Introduction to Meridians, Acupuncture Points and Flow Patterns
- Class 3 part 1: Yin/Yang Theory, Chi, Moisture, Blood, Essence
part 2: Flow and Pathology of 12 Regular and 8 Extraordinary Meridians
- Class 4 part 1: 5 Phases, 5 Emotions, 5 Climatic Factors
part 2: General Meridian and Point Function
- Class 5 part 1: 8 Guiding Principles, 5 Organ Networks
part 2: Major Point Locations and Function
- Class 6 part 1: Organ Networks
part 2: Major Point Locations and Function
- Class 7 part 1: Organ Networks
part 2: Major Point Locations and Function
- Class 8 part 1: Archetypes and Patterns of Disharmony
part 2: Major Point Locations and Function
- Class 9 part 1: Archetypes and General Symptom Qualities
part 2: Assessment: Intro to Tongue, Pulse and Reflexes
- Class 10 part 1: Principles of Treatment; Self-care Applications
part 2: Point Location Practical Examination

FINAL EXAMINATION, Take Home
To be returned no later than November 10, 2004

Each class requires completed homeworks, quizzes and date and time of assignments.

READINGS

Between Heaven and Earth, Beinfield and Korngold

Class 1: Chapter 1 and 2

Class 2: Chapter 3

Class 3: Chapter 4

Class 4: Chapter 5

Class 5: Chapter 6

Class 6: Chapter 6

Class 7: Chapter 7

Class 8: Chapter 8-12

Class 9: Chapter 8-12

Class 10: Chapter 13, Afterword and Glossary of Terms

Homework Class 1

1. The philosophical basis of Traditional Chinese Medicine comes from which writing, by whom and when?

2. The earliest, still existing Chinese Medicine text is?

3. Describe the difference between cure and healing, and give an example to illustrate.

4. There are how many cervical vertebrae?
Thoracic?
Lumbar?
Sacral?
Coccygeal?

5. Which 2 ribs are floating?

6. Which thoracic vertebra is at the level of the inferior tip of the scapula?

7. The Liver lies in which quadrant of the abdomen?

8. The Spleen lies at the level of which rib?

9. The Kidneys lie at which vertebral levels?

10. True or False:
The pubic bone is superior to the knees.
The kidneys lie anterior to the large intestine.
The liver lies lateral to the stomach.
The heart lies inferior to the diaphragm

Homework 1, pg 2

Assignment: date and time:

Map out on your partner the location of:

heart

stomach and duodenum

Liver and gallbladder

spleen

pancreas

small intestine

large intestine

kidneys

bladder

Practice counting the intercostal spaces of the ribs

Practice counting and identifying the vertebrae

Practice the body measurements

DMU Self-healing Course 1

Name:

Date:

Homework Class 2

Modern TCM has its philosophical roots in the Dao, the teachings of Lao Tzu:

Dao produced the one
the one produced the two
the two produced the three
And the three produced the 10,000 things.

1. What is meant by the two ?
2. What is meant by the three?
3. Give 5 examples of manifestations of Yang.
4. Give 5 examples of manifestations of Yin.
5. Give a brief description of what is meant by Chi.

Homework 2 pg 3

11. List the 7 emotions that are factors in disharmony.

12. What other factors influence the harmony of Yin, Yang and Chi?

13. What is the difference between the Regular Meridians and Extraordinary Meridians?

14. Name the 12 Regular Meridians.

15. Name the 8 Extraordinary Channels

Assignment:

Date and time:

Draw the 12 Regular and 8 Extraordinary Meridians on your partner (avoiding private parts and using something safe to draw with.)

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Name:

Date:

Homework Class 3

1. Describe briefly the basic concept of Yin Yang theory.

2. Describe briefly the force of Yang, give 3 examples..

3. Describe briefly the force of Yin, give 3 examples.

4. List the 5 Yang body organs.

5. List the 5 Yin body organs.

6. Describe the general nature of pathology of the channels.

7. How many acupuncture points are there of each of the 12 Regular Meridians, Ren Mai and Du Mai? Where are their first and last points located?

Homework 3 pg 2

8. Diagram these circuitry patterns:

Kidney ----Bladder
I I

Lung----Spleen
I I

Assignment: date and time:

Locate the first and last acupuncture point for each Regular Meridian, and the last point on Ren Mai and Du Mai, and trace the channel flow between them on your partner.

Homework Class 4

1. List the 5 phases in their generative order.

2. Complete this table:

	Wood	Fire	Earth	Metal	Water
season					
climate					
color					
odor					
flavor					
emotion					
sound					
emotional condition					
yin organ					
yang organ					
tissues					

3. List the 8 Principles:

4. A person complaining of acute sore throat, flushed face, nasal congestion during the summer probably has: (circle the correct conditions)

- | | |
|----------------------|--------------------|
| Yin condition | Yang condition |
| Cold condition | Heat condition |
| Interior condition | Exterior condition |
| Deficiency condition | Excess condition |

Homework 4 pg 2

5. A person has been sick for a few weeks. Now he is tired, has no fever but gets hot at night, his nose, lips, and sinus are dry but he is not thirsty. His condition probably is:
(Circle the correct conditions)

Yin condition Yang condition

Cold condition Heat condition

Interior condition Exterior condition

6. Points along which channels might be tender in problems of the thorax, lung or heart?
7. Tenderness found along Kidney, Stomach meridians of the right lower quadrant of the abdomen might indicate what general system imbalance?
8. Mental agitation, restlessness, anxiety could be treated by massaging points in which general areas of the body?
9. List the names of the 8 types of specific use points.

Assignment: date and time:

Quiz your partner on the table of correspondences of the 5 phases

DMU Self-healing Course 1

Name:

Date:

Homework class 5

1. What is the usefulness of the 5 Phase theory?
.
2. Name the 5 Phases and their corresponding yin and yang organs.
3. Describe the main difference between yin organs and yang organs.
4. Which yin/yang pair are at their peak energetic force at 11pm-3am?
5. Which yin/yang pair are at their lowest energetic force at 3am-7am?

Homework 5 pg 2

6. Diagram the order of the 5 Phases according to the sheng (generative) cycle (include the yin/yang organ names that correspond to the phase)

7. Diagram the order of the 5 Phases according to the ke (controlling/constraining) cycle (include the yin/yang organ names that correspond to the phase)

Homework 5 pg 3

8. Name, describe the exact location and the symptom indications for any 2 points of each of the meridians that we learned in class 5.

Assignment:

Date and time:

Locate and mark on your partner each acupuncture point that we learned in this class

Homework 6

1. Liver governs _____ and _____
Liver stores _____
Liver rules _____
Liver manifests in the _____
Liver opens into the _____
Liver emotion is _____

2. Heart rules _____ and _____
stores _____
manifests in the _____
opens into the _____
emotion is _____

3. Lung governs _____
rules the _____
manifests in the _____
opens into the _____
emotion is _____

4. Spleen governs _____ and _____
rules _____, _____ and _____
opens into _____
manifest in _____
emotion is _____

5. Kidney governs _____
stores _____
rules _____, _____, _____, _____, and _____

manifests in the _____
opens into the _____
emotion is _____

Homework 6 pg 2

6. Name, describe the exact location and give the symptom indications for any 2 points for each meridian that we learned in this class.

Assignment:

Date and time:

Locate and mark on your partner each acupuncture point that we learned in this class.

DMU Self Healing Course 1

Name:

Date:

Homework Class 7

1. What is the main function of the Yang organs?
2. List the Yang organ systems.
3. The Nei Jing says Gallbladder rules _____.
4. Stomach dysfunction impairs its _____ and _____ ability.
5. Give 5 symptoms that might manifest from stomach dysfunction.
6. Give 4 symptoms that small intestine disharmony is revealed by.
7. Bladder functions to _____ and _____ urine.
8. Describe Large Intestine function
9. The Nei Jing calls San Jiao (Triple Energizer) the official of _____.
10. San Jiao, Triple Energizer corresponds to what 3 parts of the body?

Homework 7 pg 2

11. List the 5 archetypes and the phase each could be said to represent.

12. Name, describe the exact location and the symptom indications for any 2 points on each meridian that we learned in this class.

Assignment: date and time:

Mark each point that we learned in this class on your partner.

DMU Self Healing Course 1

Name:

Homework Class 8

Date:

1. List the 5 archetypes according to their element.
2. Diagram the 3 organ networks for each archetype, giving the Yin organs and elements involved.
3. A person who complains of stiffness, tight muscles, who is rigid and authoritative in their behavior is probably manifesting signs of which phase in excess?
4. A person complaining of back and joint pain, worse in the cold weather, who craves hot drinks even when it is hot weather probably is manifesting Yang or Chi deficiency of which phase?
5. A person who appears soft and fleshy, who is having fluid retention, weight gain, abdominal gas and prone to diarrhea is probably manifesting a disharmony of which phase?

Homework Class 9

1. For the sign or symptom listed, give the most likely disharmony pattern.

Thick yellow phlegm:

Bitter tasting yellow vomit:

Chronic loss of voice:

Dry hacking cough:

Weak cough:

Cold chills:

Low fever in afternoon

Chronically cold, tired

Pain that improves with heat

Pain that improves with pressure

Pain with bloat and fullness

Stabbing pain, fixed location

Thirst

Lack of thirst

Thirst but does not drink

Sleepy and fatigue

2. What are the 4 TCM parts of assessing a person's health?
3. Observation of a person's color according to the 5 phases is best noted in which area of the body?
4. Diagram the tongue areas that reflect the organ systems.

Homework 9 pg 2

5. List, in systematic order, the sequence of tongue observation.
6. Tongue body color and shape give clinical information about which systems?
7. Tongue coat generally reveals information about which factors?
8. Tongue coat at the root of the tongue reveals the strength of the chi of which two organs?
9. Heat manifests as which color tongue coat?
10. Heat manifests as which tongue body color?
11. Cold manifests as which tongue body color?
12. Purple tongue body color suggest which disharmony?
13. Paleness of the tongue body suggests which disharmony?

Assignment:

Date and time:

Look at anyone's tongue who will let you (find at least 10 people), use the sequence to practice: vitality, shape, color, coat (color, quality, location), moisture. Assess your partner's tongue. Write out your findings and try to interpret the state of their blood, chi, yin and yang, excess or deficiency, hot or cold etc.

DMU Self Healing Course 1

Name:

Date:

Homework class 10

1. List the 8 Influences, 5 Climatic Factors, 5 Emotions and 5 Organ Systems.
2. The principle of treatment for a Hot Damp condition would be what?
3. General tonification acupuncture points to massage could be:
4. General sedation points could be:
5. Briefly describe how to align and attune and how to close a treatment in order to protect your own energies during the treatment of another.

Homework 10 pg 2

6. Describe briefly what is meant by local distal treatment .

Assignment:

Date and time:

During intercession, read a book on some form of healing technique. Write a 3 page comparison of it to the theory and process of TCM that we have learned so far. Bring it with you to the first class of DMU semester 2. It is your class admission slip!

NO QUIZ for class 10

