

**GOLDEN NEEDLE
ACUPUNCTURE CLINIC**

Dr. Guangying Zhou, Ph.D., L.Ac.



Studied Chinese medicine and acupuncture for 11 years in Chengdu University of Traditional Chinese Medicine, where she earned a doctorate of medicine. Since 1984,

Dr. Zhou has been engaged in clinical work, teaching, and research on acupuncture and herbal medicine at the Hospital of Chengdu University of TCM, West China University of Medical Sciences and Sichuan Continuing Educational College of Medical Sciences. She specializes in women's health, hormone balance and immune system support. She is experienced in treating infertility, menopausal, hormonal & endocrine disorders, PCOS, skin conditions, allergies, and acute & chronic pain. She is good at facial care and ageing with acupuncture and herbs. Since 2002, she has served on the faculty of the Classical Chinese Medicine Department at the National College of Naturopathic Medicine in Portland, Oregon.

易林醫館

Dr. Youping Qin, Ph.D., L.Ac.



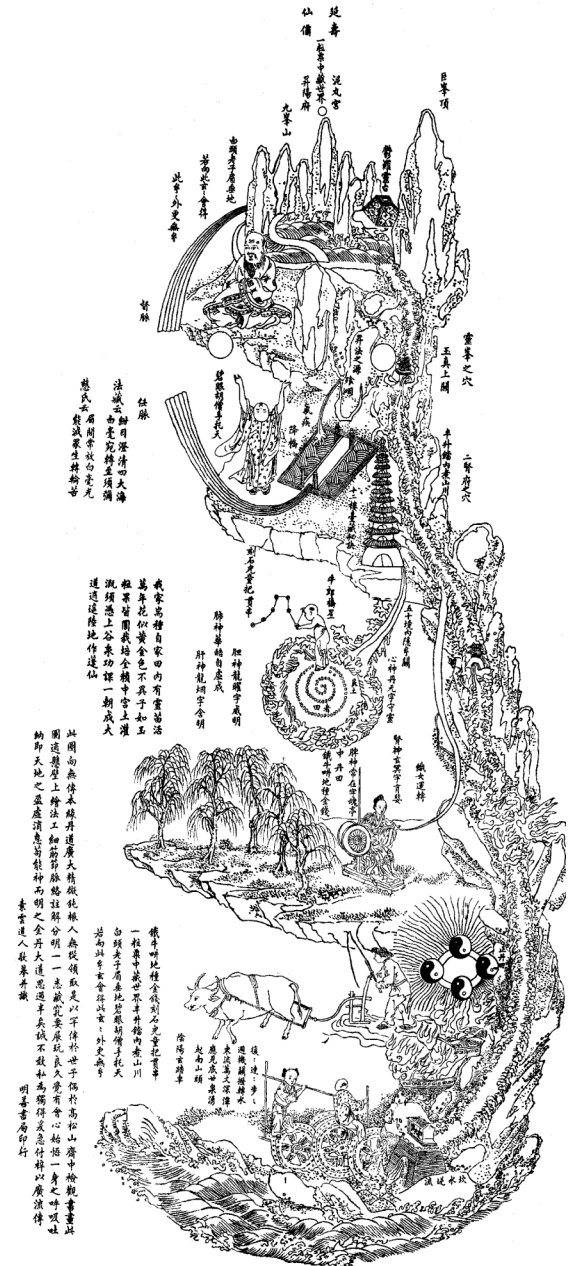
Born to well-known family practitioners of Classical Chinese Medicine, Dr. Qin studied acupuncture, Chinese herbal medicine and Chinese medical massage called *tuina* for 11

years in Chengdu University of Traditional Chinese Medicine, where he earned a doctorate of medicine. Since 1983, Dr. Qin's clinical and teaching experience has included a staff position at the Hospital of Chengdu University of TCM and teaching in Germany, Italy, France, Greece and Switzerland. Dr. Qin is skilled in treating sports injuries, various pain syndromes and neurological disorders. He also specializes in boosting the immune system for the prevention of fatigue, allergy, digestive disorders and depression. He has been practicing *taiji* and *qigong* for over 31 years. Since 2001, he has been on the faculty of the Classical Chinese Medicine Department at the National College of Naturopathic Medicine in Portland, Oregon.

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Classical Chinese Medicine

Classical Chinese medicine has its origin in ancient texts, such as *Needling Scripture* and *Verse of Golden Needle* that reveal a 5000-year-old healing system developed from observing the relationship between people and their environments to understand the delicate interplay between health and disease. It involves a holistic critical thinking process based on the concept that no single symptom can be understood unless considered in relationship with the whole being. Symptoms and general characteristics are considered to track the development of the pattern of disharmony. Treatment modalities such as acupuncture, herbs, *qigong*, *tuina*, or Chinese medical massage, and diet are used to balance disharmonious patterns, promote optimal health, and prevent illness. Chinese medicine uses the theory of *yin-yang*, the two parts of a complete application of logic, to explain relationships, patterns, and change in the universal life energy, or *qi*, that circulates through the body in channels called meridians. Life energy consists of essence (*jing*), energy (*qi*), and spirit (*shen*). When



such energy (*qi*) flows freely, one retains health. When energy flow is blocked, pain and illness occur.

Acupuncture

Acupuncture includes needling and moxibustion.

Needling

Hair-thin, single-use, disposable, sterile needles are inserted into precise points along specific energy channels called meridians to unblock stagnation and harmonize *yin* and *yang*.



Moxibustion

A miraculous energetic plant, mugwort, is burned and held over acupuncture points to expel pathogens and strengthen immunity to relieve pain and cure disease.

Qigong

Qigong is the practice of integrating breath, body, and mind to enrich and coordinate the functions of essence (*jing*), energy (*qi*) and spirit (*shen*) for enhancing vitality and preventing disease. *Qigong* is *qi* work.

Herbal Therapy

As an extremely important and highly specialized component of Classical Chinese Medicine, herbal medicine allows the individual to access healing on a daily basis, while receiving periodic acupuncture treatment. It has more than a 2000-year

history, augmented by modern scientific research. In Classical Chinese Medicine, it is imperative to treat the person, not just the symptoms. Therefore, herbal formulas are individualized and five patients with the same symptoms of headaches would very likely be prescribed five different herbal combinations, each directed to the specific source of the headache. There are different forms of herbs, such as bulk herbs, powder granules, patent pills, patent capsules, herbal ointment and tinctures, syrups and topical herbal patches.

Tuina (Chinese Medical Massage)

Massage improves circulation of *qi* and blood, eliminates toxins, relaxes and reconditions muscles, increases joint lubrication and motion, releases tension and stress.

Through thousands of years, this ancient healing art has gained popularity due to its success in treating many kinds of acute illness and chronic disease, including but not limited to colds, allergies, sprains, pain management, menstrual disorders, pre- and post-operative care, digestive disorders, diabetes, neurological, endocrine, circulatory, hormonal and immune dysfunction.

