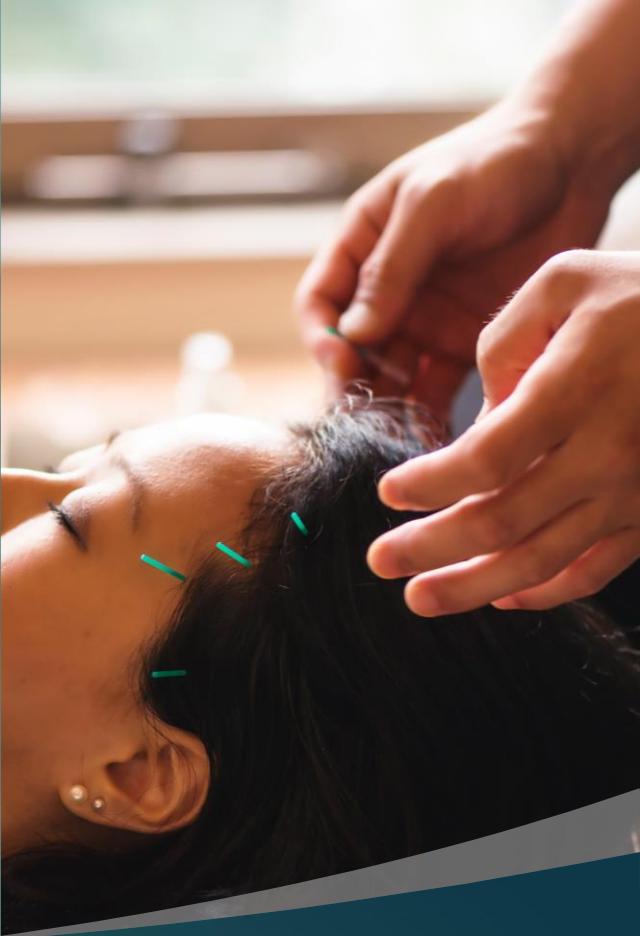


SOUTH BAYLO UNIVERSITY
CEU SEP 14, 2024

Acupuncture OM Herbal Formulas Benefit for Mental Health – And case study

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NGH Certified Instructor / Consulting Hypnotist

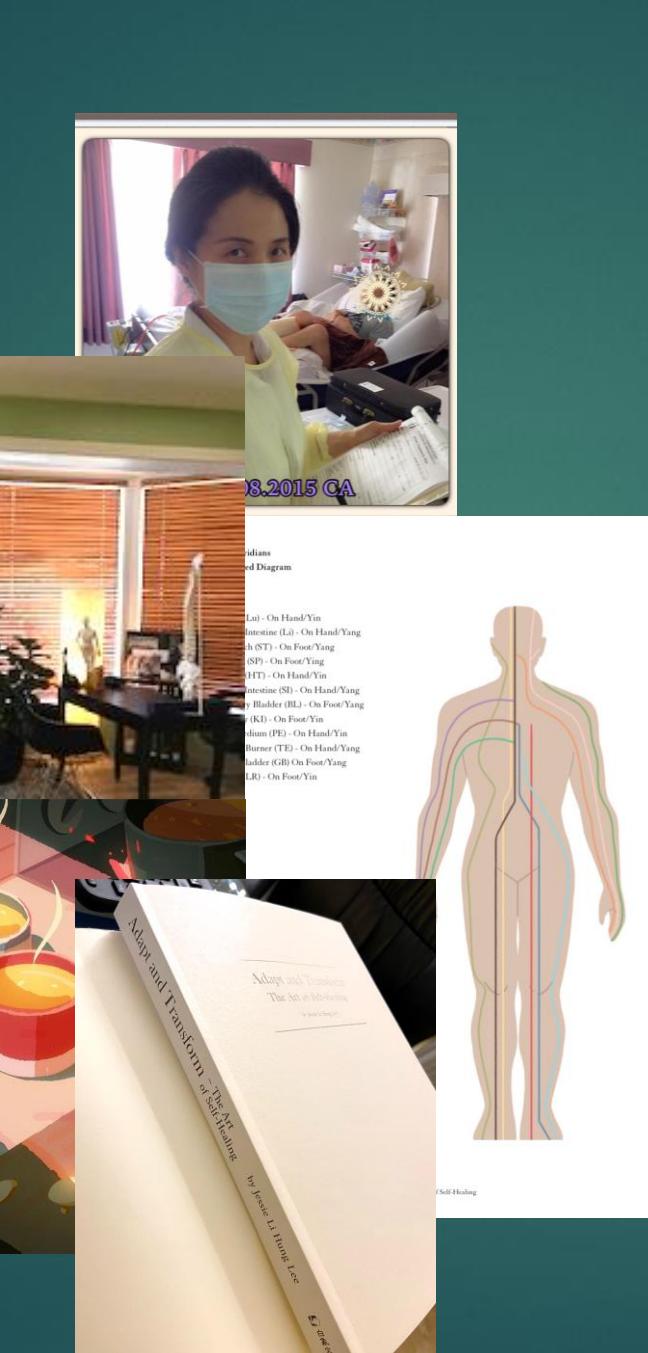
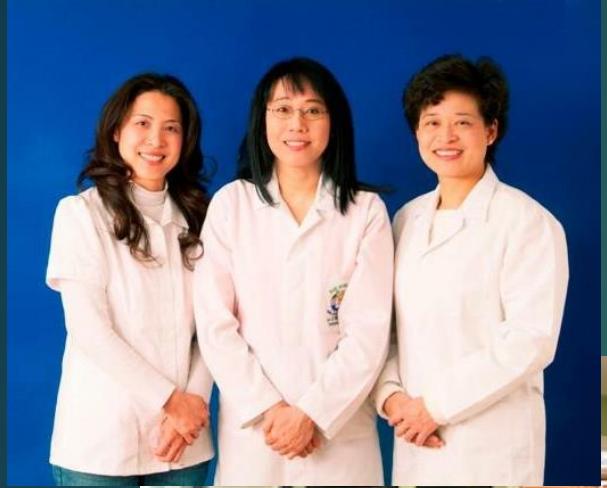


Acupuncture – Herbal - Mental Health

Course Components

- ✓ Physiology and pathophysiology of mental health in oriental medicine
- ✓ Common mental health ailments
- ✓ Treatment strategies using acupuncture
- ✓ Herbal and Dietary strategies
- ✓ Case studies
- ✓ Demonstrate the application of acupuncture techniques

- This is the disclosure that in this class, except for classic medicine books, other schools mentioned what I have learned from TaiHu Institute 太湖學堂 Dr Wu Xiong Zhi 吳雄志醫師, HoloLife Nature Medicine Institute, or Herbals companies like Sun Ten 順天堂, ShengChang QualiHerb 勝昌行, the Cloud TCM 雲端中醫 website <https://cloudtcm.com/> ...etc., no advertising intention, only for educational use.
- I would like to teach this class through my experiences of integrating all-natural ideas and remedies. I hold myself responsible for providing you with the best healing options of my knowledge. I want to thank you all for taking the time to be here and I am excited to share my knowledge with you.



- * Dr. Jessie Li Hung Lee, DAOM. L.Ac.
- * 2014 , Oriental Medicine Master's degree from South Baylo University, licensed acupuncturist, and Co-Founder Real Health Clinic at Chino, CA
- * 2015 Helped patients in long-term care 7 months.
- * 2016 Founder of Lighthouse Wellness Clinic at South Pasadena, CA
- * 2017 DAOM from Five Branches University and founded Lighthouse Wellness Clinic at Claremont City, CA till Present .
- * 2019 NCCAOM , Certified Consulting Hypnotist
- * 2021 Published “Adapt and Transform ~The Art of Self-Healing” book.
- * 2024 NGH Certified Instructor Hypnotist

Continue to hold “Body-Mind-Spirit” workshops at the clinic seasonal.

“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.“

健康是一種身體、心理和社會適應的完整狀態，而不僅僅是沒有疾病或虛弱



- ▶ WHO remains firmly committed to the principles set out in the preamble to the Constitution
- ▶ The extension to all peoples of the benefits of medical, psychological and related knowledge is essential to the fullest attainment of health.



Key facts

Affordable, effective and feasible strategies exist to promote, protect and restore mental health.

The need for action on mental health is indisputable and urgent.

Mental health has intrinsic and instrumental value and is integral to our well-being.

Mental health is determined by a complex interplay of individual, social and structural stresses and vulnerabilities.

Mental health



- ▶ Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. It has intrinsic and instrumental value and is integral to our well-being.
- ▶ At any one time, a diverse set of individual, family, community and structural factors may combine to protect or undermine mental health. Although most people are resilient, people who are exposed to adverse circumstances – including poverty, violence, disability and inequality – are at higher risk of developing a mental health condition.
- ▶ Many mental health conditions **can be effectively treated at relatively low cost**, yet health systems remain significantly under-resourced and treatment gaps are wide all over the world. Mental health care is often poor in quality when delivered. People with mental health conditions often also experience stigma, discrimination and human rights violations.
- ▶ 心理健康是一種心理健康狀態，使人們能夠應對生活壓力、發揮自己的能力、學好、工作好、為社區做出貢獻。它具有內在和工具價值，是我們福祉不可或缺的一部分。在任何時候，一系列不同的個人、家庭、社區和結構因素都可能結合起來保護或破壞心理健康。儘管大多數人都有復原力，但那些處於不利環境（包括貧窮、暴力、殘疾和不平等）的人患心理健康問題的風險更高。許多精神健康狀況可以以相對較低的成本有效治療，但衛生系統資源仍然嚴重不足，世界各地的治療差距很大。提供的精神衛生保健品質往往很差。患有精神健康問題的人也常常遭受恥辱、歧視和侵犯人權行為。
- ▶ https://www.who.int/health-topics/mental-health#tab=tab_1





Mental Health

Mental Health Basics



What is mental health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.¹ Mental health is important at every stage of life, from childhood and adolescence through adulthood.



Mental Health



Why is mental health important for overall health?

Mental and physical health are equally important components of overall health. For example, depression increases the risk for many types of physical health problems, particularly long-lasting conditions like [diabetes](#), [heart disease](#), and stroke. Similarly, the presence of chronic conditions can increase the risk for mental illness.²



Mental Health



Can your mental health change over time?

Yes, it's important to remember that a person's mental health can change over time, depending on many factors. When the demands placed on a person exceed their resources and coping abilities, their mental health could be impacted. For example, if someone is working long hours, caring for a relative, or experiencing economic hardship, they may experience poor mental health.



Mental Health

1 in 5

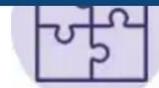
How common are mental illnesses?

Mental illnesses are among the most common health conditions in the United States.

- More than 1 in 5 US adults live with a mental illness.
- Over 1 in 5 youth (ages 13-18) either currently or at some point during their life, have had a seriously debilitating mental illness.⁵
- About 1 in 25 U.S. adults lives with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression.⁶



Mental Health



What causes mental illness?

There is no single cause for mental illness. A number of factors can contribute to risk for mental illness, such as

- [Adverse Childhood Experiences](#), such as trauma or a history of abuse (for example, child abuse, sexual assault, witnessing violence, etc.)
- Experiences related to other ongoing (chronic) medical conditions, such as a [traumatic brain injury](#), cancer, or diabetes
- Biological factors or chemical imbalances in the brain
- Use of alcohol or drugs
- Having feelings of loneliness or isolation



Mental Health

People can experience different types of mental illnesses or disorders, and they can often occur at the same time. Mental illnesses can occur over a short period of time or be episodic. This means that the mental illness comes and goes with discrete beginnings and ends. Mental illness can also be ongoing or long-lasting.

There are more than 200 types of mental illness. Some of the main types of mental illness and disorders are listed [here](#).

Types of Mental Health

ADD see Attention Deficit Hyperactivity Disorder

ADHD see Attention Deficit Hyperactivity Disorder

Adolescent Development

Alzheimer's Disease

Amnesia

Anorexia Nervosa

Antidepressants

Antisocial Personality Disorder

Anxiety

Asperger Syndrome

Autism

Bi-polar Disorder

Borderline Personality Disorder

Chronic Illness, Coping

Compulsive Gambling

Conduct Disorder

Dementia

Depression

Grief

Living with Cancer

Panic Disorder

Psychiatric Disorders

Psychological Stress

PTSD

Reading / Learning Problems

SAD

Schizophrenia

Seasonal Affective Disorder

Self-Harm

Seniors' Mental Health

Social Anxiety Disorder

Social Phobia

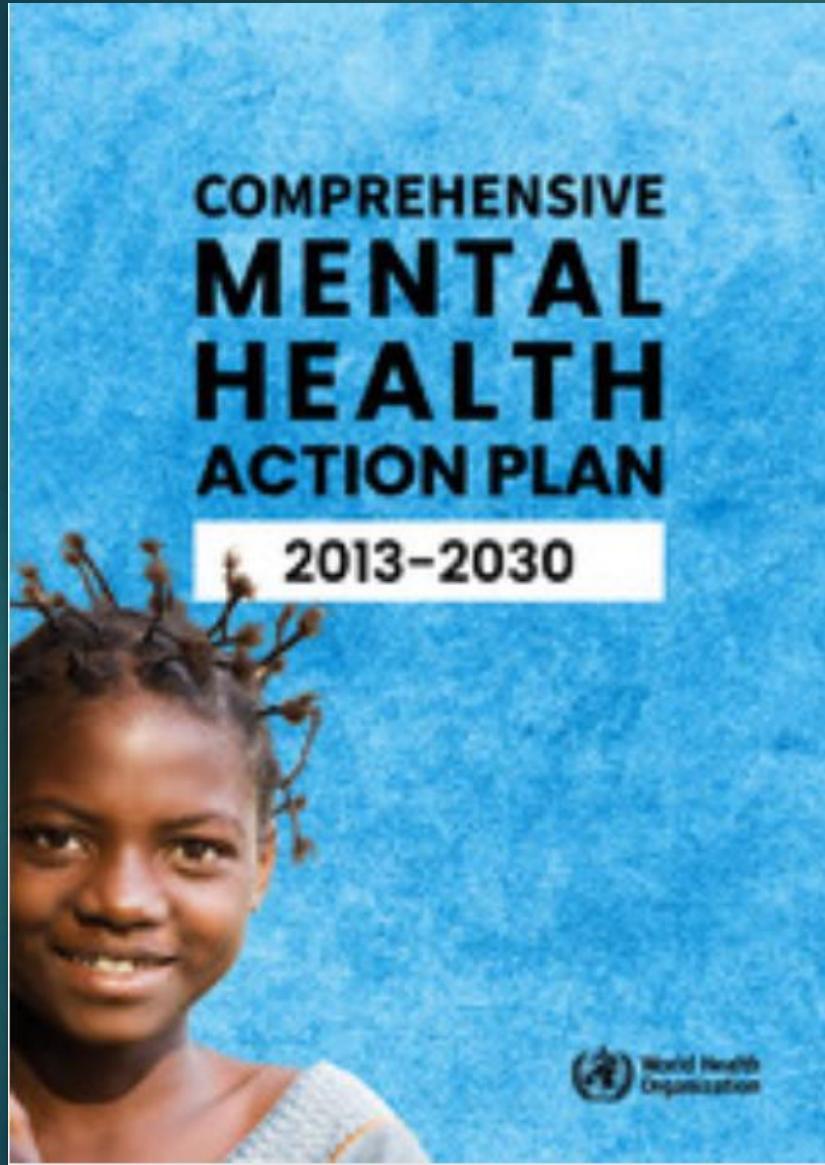
October 10 World Mental Health Day

The overall objective of World Mental Health Day is to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health.

The Day provides an opportunity for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide.

世界精神衛生日的總體目標是提高世界各地對精神衛生問題的認識，並動員人們支持精神衛生。

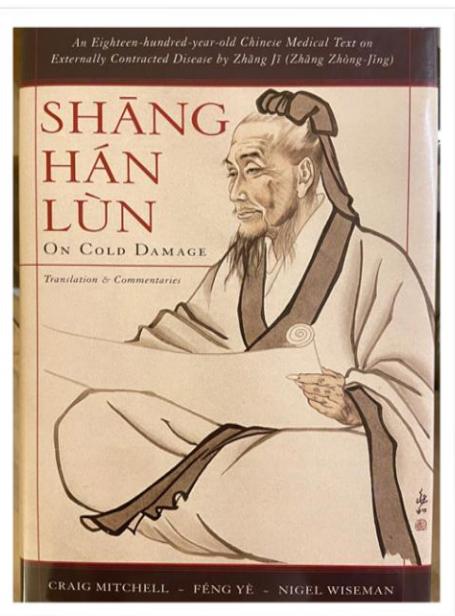
該日為所有從事心理健康問題的利益相關者提供了一個機會來討論他們的工作，以及還需要做什麼才能使全世界人民的心理健康保健成為現實。



Mental health promotion and prevention

- ▶ Encourage the use of evidence-based traditional and cultural practices for promotion and prevention in mental health (such as yoga and meditation).
P.27 Anexx 2 Comprehensive Mental Health Action Plan 2013–2030
- ▶ and ways of help-seeking (for instance, traditional healers), as well as the efficacy, acceptability and feasibility of interventions for treatment and recovery, prevention and promotion.
P.29 Anexx 4 Comprehensive Mental Health Action Plan 2013–2030





The Yellow Emperor's Internal Classic 黃帝內經



The Treatise On Cold Damage 傷寒論

Form and Spirit are Both United

形與神俱

On Human Preserving Health
Energy in Ancient Times
上古天真論篇一

Health is not only physical health but also includes mental health. This emphasis on the integration of "people" resonates with the healthcare concept of Oriental medicine. It proves what the Theory of Ancient says: "Form and spirit are both united".

"Health is not only physical but also mental health." Should the pursuit of health start with the body or the mind? The study of the emotional theory in "The Yellow Emperor's Internal Classic" 黃帝內經 and "The Treatise On Cold Damage" 傷寒論 is a journey to the original body through classic medical information.

健康不僅包括身體健康，也包括心理健康。這種對「人」融合的強調與東方醫學的保健理念產生共鳴。印證了古人所說的：「形神同在」。 “健康不僅是身體健康，更是心理健康。”追求健康應該從身體開始還是從心靈開始？對《黃帝內經》和《傷寒論》情感理論的研究，是一次透過經典探索的本體之旅。

► Those who knew the way of keeping a good health in ancient times always kept in their behavior in daily life in accordance with the nature.

► They followed the principal of Yin and Yang and kept in conformity with the art of prophecy based on the interaction of Yin and Yang. They were able to modulate their life in harmony with the way of recuperating the essence and vital energy, thus they could master and practice the way of preserving a good health.

► Their behaviors in daily life were all kept in regular patterns such as their food and drink were of moderate quantity, their daily activities were all in regular times, never overworked. In this way, they could maintain both in the body and in the spirit live to more than one hundred years.

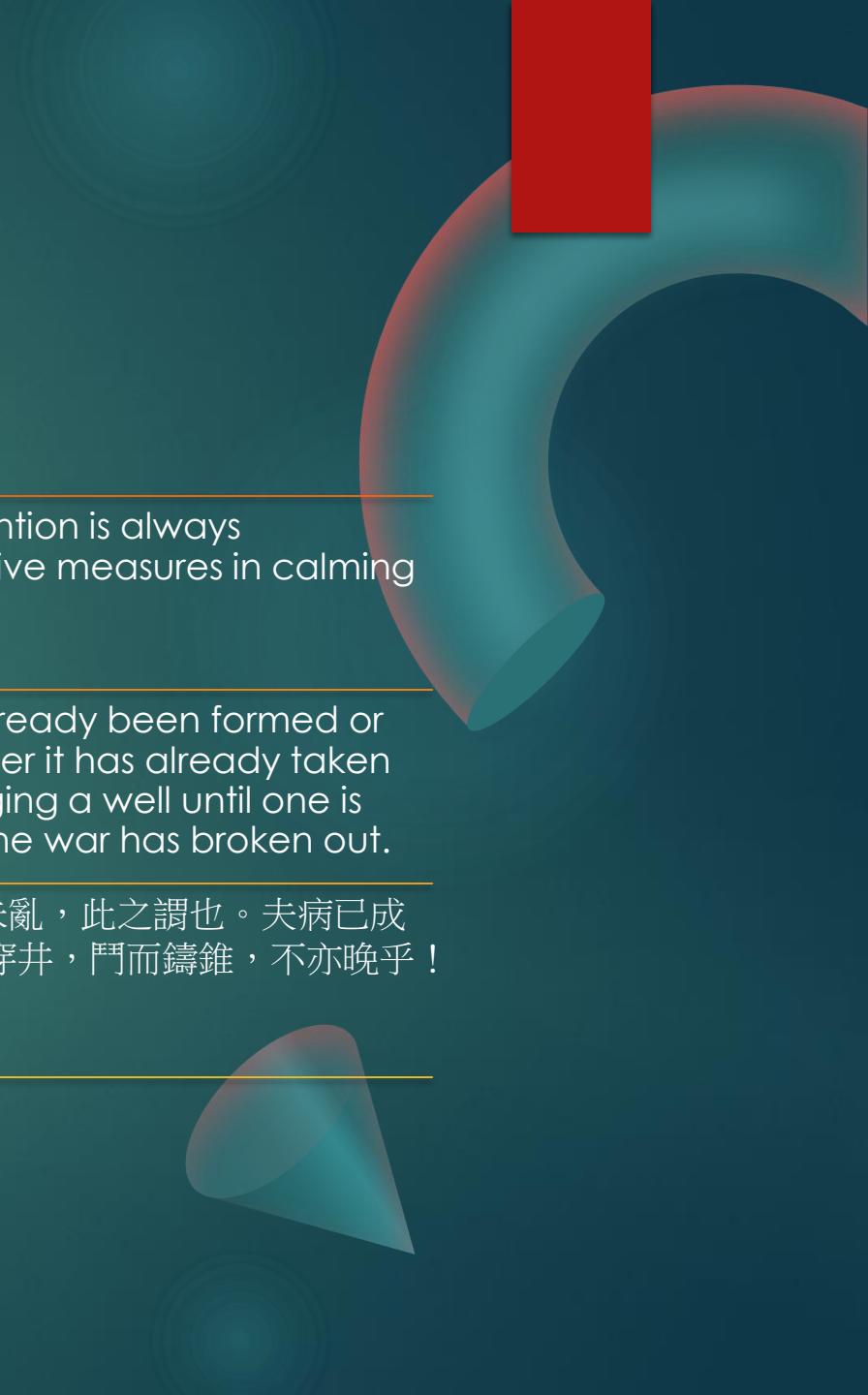
The Yellow Emperor's Internal Classic" 黃帝內經 Chapter 1

上古之人，其知道者，法於陰陽，和於術數，飲食有節，起居有常，不妄作勞，故能形與神俱，而盡終其天年，度百歲乃去。《素問·上古天真論》





Prevention



When a sage treats a patient, prevention is always emphasized, and often uses preventive measures in calming down the disturbances.

If the disease is treated after it has already been formed or try to calm down the disturbance after it has already taken shape, it will be too late, just like digging a well until one is thirsty, or casting the weapon after the war has broken out.

是故聖人不治已病治未病，不治已亂治未亂，此之謂也。夫病已成而後藥之，亂已成而後治之，譬猶渴而穿井，鬥而鑄錐，不亦晚乎！

《黃帝內經》非常重要的思想：治未病



Follower The Dao – Ying & Yang

法於陰陽

DIET – MODERATE QUANTITY BALANCE

EMOTION – AWARENESS

FORM- PHYSICAL - NEVER OVERWORKED

Diseases may infect by five endogenous pathogenic factors stagnation, six climatic exogenous pathogenic factors invasion, seven human emotions, drinking, smoking, diet, accident.

疾病也可能以不同的原因感染人類，如五種內邪停滯、六種氣候外邪入侵、七種人的情緒、飲酒、吸煙、飲食、傷口、意外外傷等。

Six Climatic Exo-Pathogens 六淫之邪

“External Causes (Wind, Cold, Heat, Dampness, Dryness, and Fire.)

風寒暑濕燥火，六種外感病邪的統稱。

Five Endogenous Pathogenic Factors 內生五邪 五邪內蘊

Internal wind, internal cold, internal damp, internal dryness and internal fire. fire.

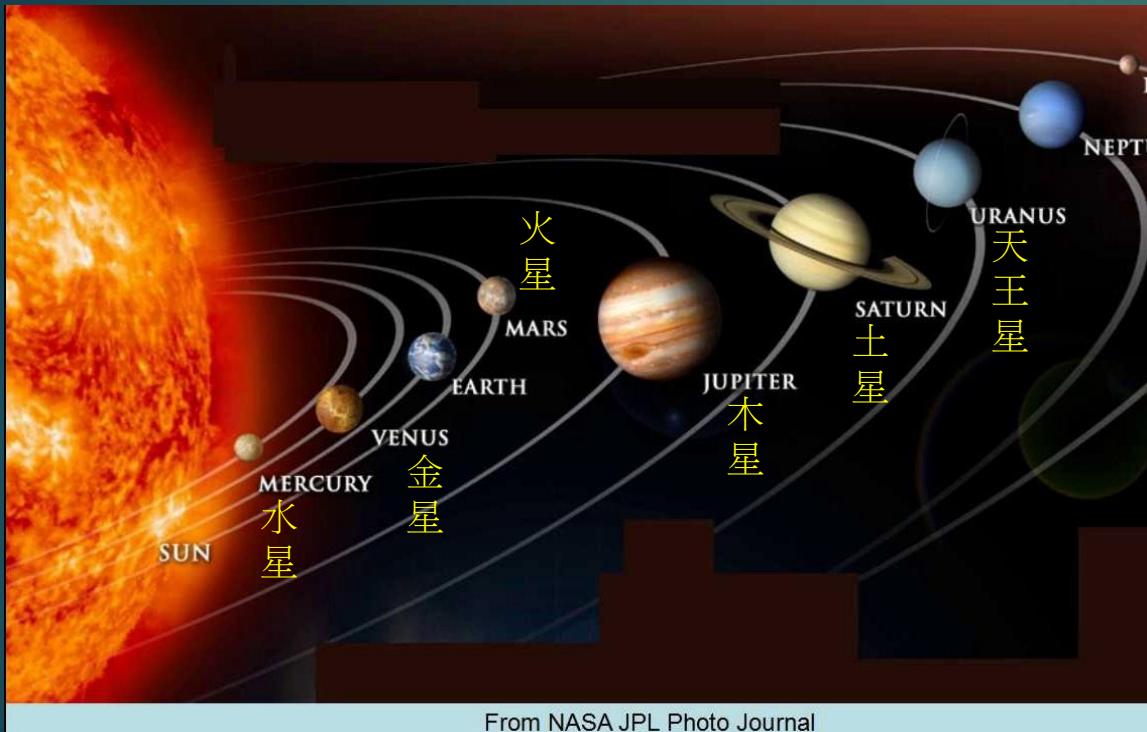
內生五邪：內風、內寒、內濕、內燥、內火

5Y6Q Wu Yun Liu Qi 五運六氣

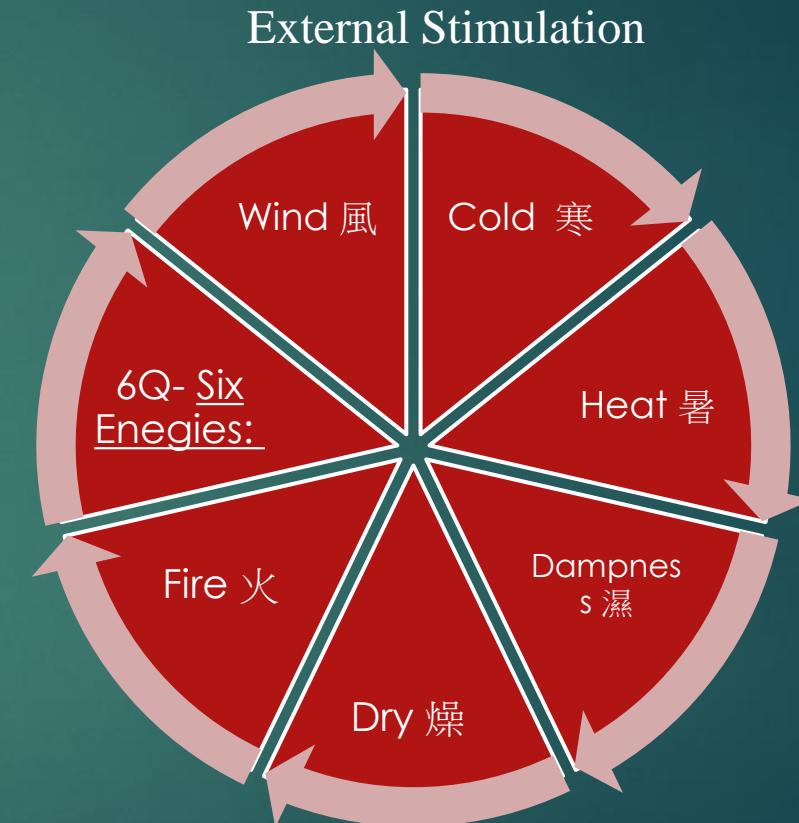
Five movements: Wood-Fire-Earth-Metal-Water.

Six energies : Wind, cold, heat, damp, dry, fire

5Y6Q Wu Yun Liu Qi 五運六氣
Five movements & six energies

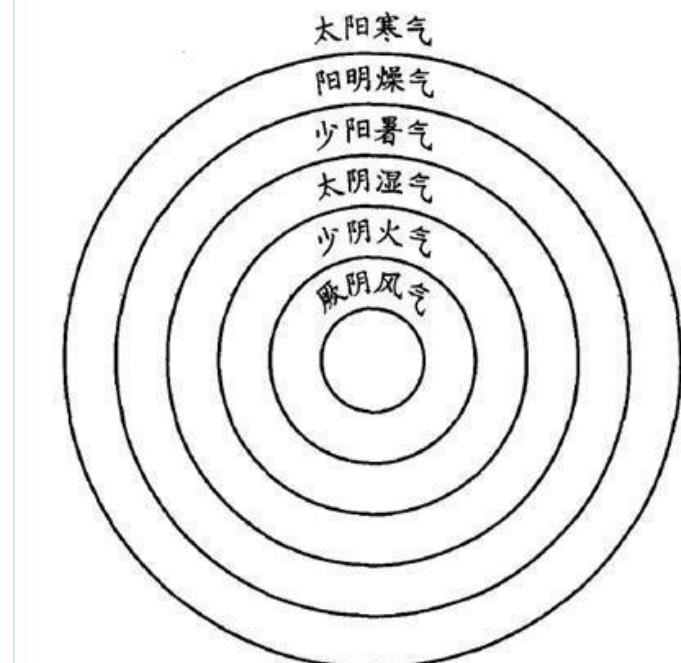


EXTERNALLY INVASION



Six Energies 6 Qi 六氣

- TaiYang Cold Energy / Water 太陽寒水
- YangMin Dryness Energy / Metal 陽明燥金
- ShaoYang Prime-minister Energy / Fire 少陽相火
- TaiYin Dampness Energy / Earth 太陰濕土
- ShaoYin, Monach Energy/ Fire 少陰君火
- JueYin, Wind Energy / Wood 厥陰風木



一气分为六气图



YIN-YANG FOUR SEASONS

The root of everything.

The sages cultivate Yang in the spring and summer.

Conserve Yin in autumn and winter in order to follow the basic principle of preserving health.

It is in accordance with the universal law,

“Engendering in Spring,
Growing in Summer,
Harvest in Autumn,
Storing in Winter.”

2023 YEAR MOVEMENT

Suei Yun 歲運

Year of Gue / Fire –
癸 / 火不及年



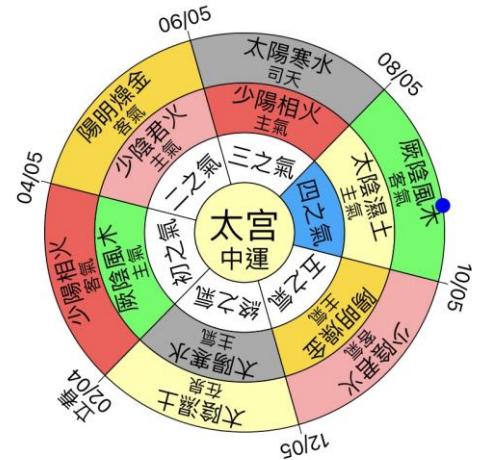
2024 YEAR MOVEMENT

Suei Yun 歲運

Year of Jia Earth+
甲 / 土太過年

- 甲辰年 + 2024-09-12 - 己卯日 +

總表 五運圖 六氣圖 總圖



Year 2024 甲 Jia 辰 Chen 年

Yellow Empero's Canon

Internal Medicine Chapter- 71 (On the Changes and Symbols of the Five Elements Motion and the Six Kinds of Weather in the Cycle of Sixty Years.)

Initial Energy 初之氣

- Warm weather, people are apt to contract **epidemic** and seasonal **febrile** diseases, bodily fever, headache, vomiting, and red spot skin. 氣乃大溫、民乃厲、溫病乃作、身熱頭痛嘔吐、肌腠瘡癟

Second Energy 二之氣

- YangMing** dryness metal makes weather coolness, people **suffer gloomy weather**, fire qi restricted, **stagnated Qi in the Middle Jiao**, **distention of chest & abdomen**. 大涼反至、民乃慘、火氣遂抑、民病氣鬱中滿、寒乃始。

Third Energy 三之氣

- Taiyang** Cold Water, people often contract the cold disease with fever inside so as to have **carbuncle**, **diarrhea**, feverish sensation in the chest. 寒氣行、民病寒反熱中、痈疽注下、心熱驚憚

Fourth Energy 四之氣

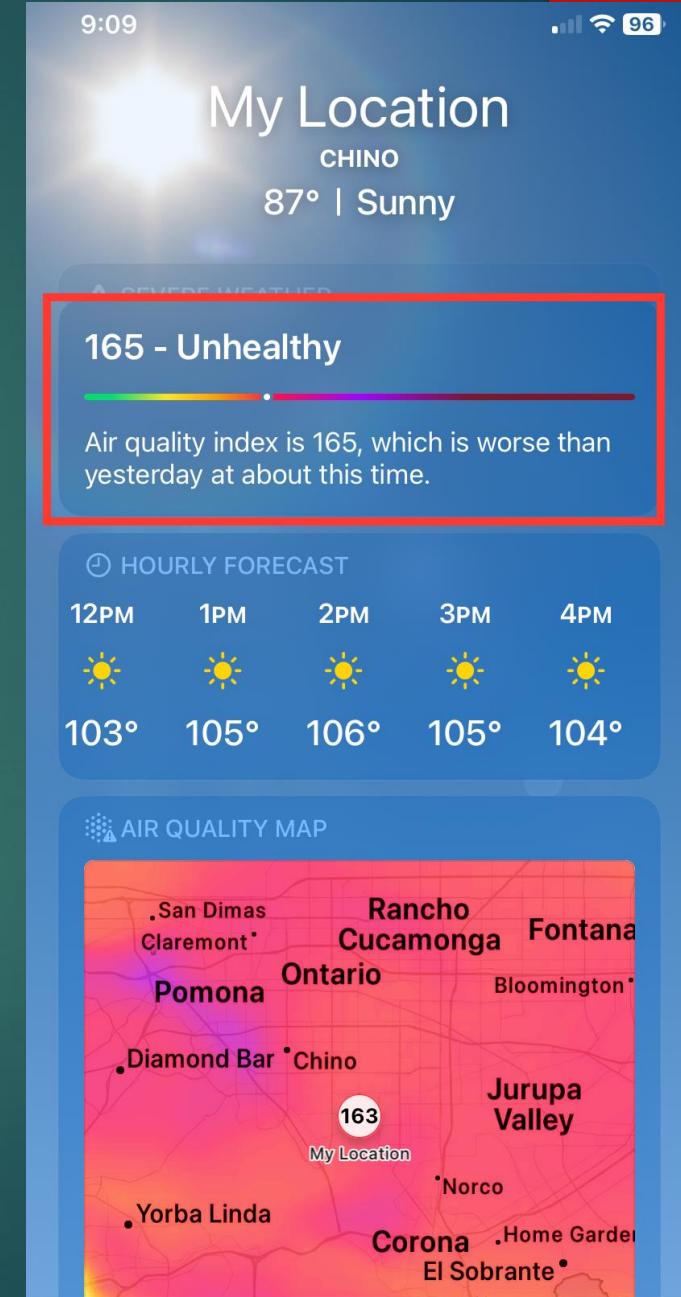
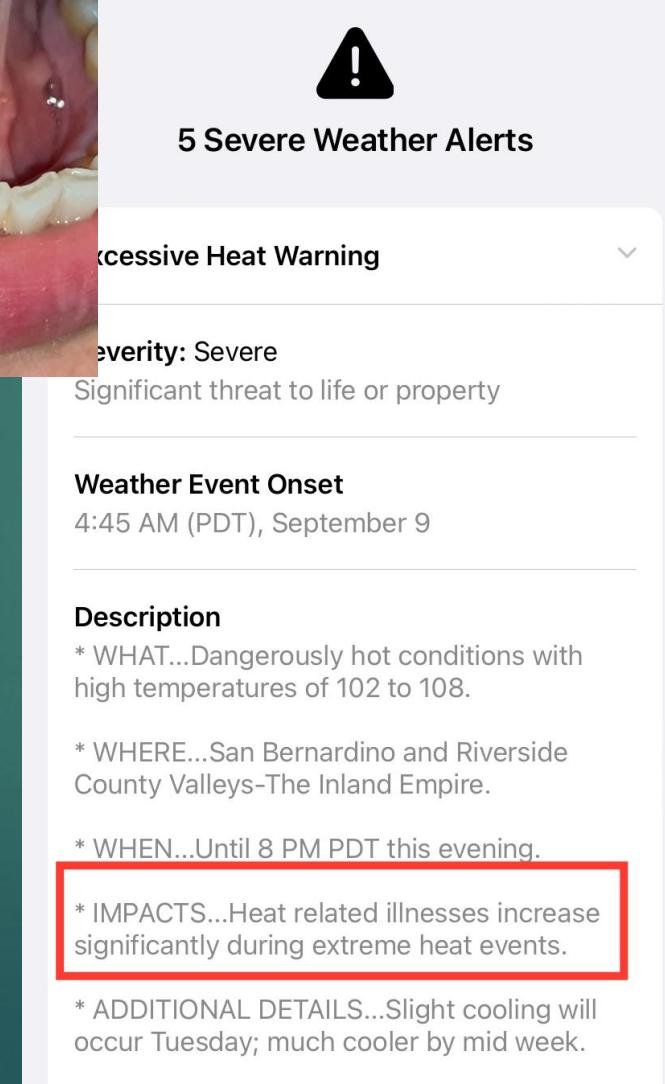
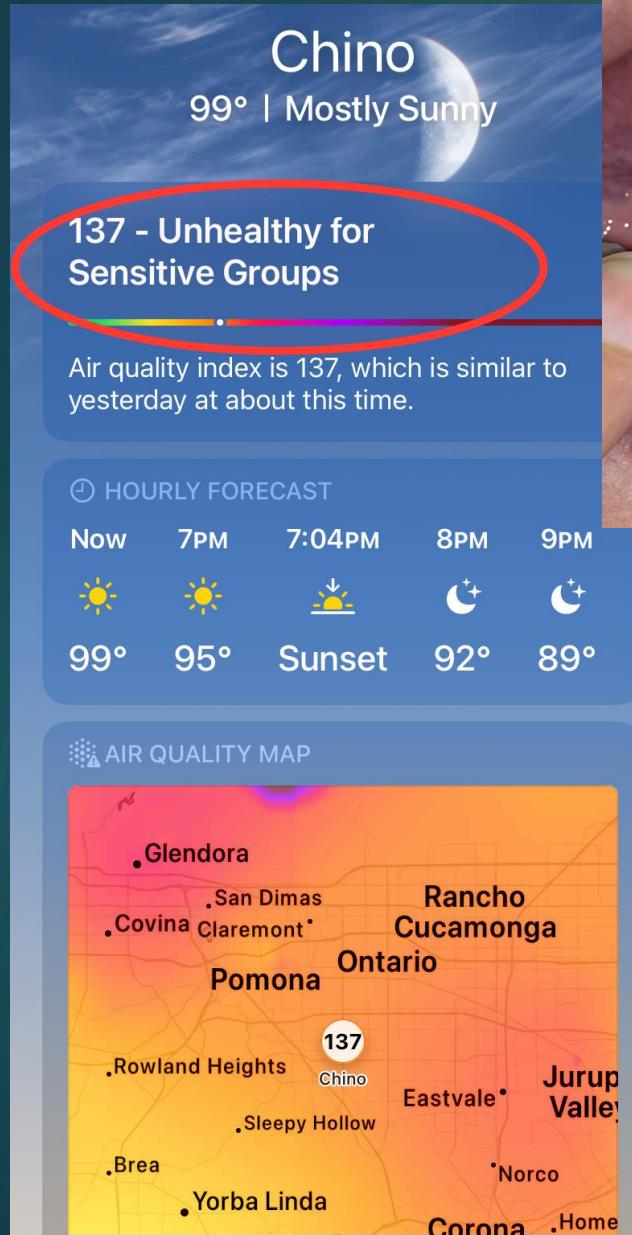
- JueYin** Wood Wind , combat of wind and dampness, people contract high fever, **deficiency of vital energy**, flaccidity of muscles and feet, **diarrhea** bloody stool. 風濕交爭、風化為雨、乃長乃化乃成、民病大熱少氣、肌肉萎、足萎、注下赤白

Fifth Energy 五之氣

- ShaoYin** Monarch-Fire energy combine with dampness earth TaiYin, the grasses growing, transform getting into shape, **people be at ease without diseases**. 陽復化、草乃長乃化乃成、民乃舒。

Final Energy 終之氣

- TaiYin** Dampness Earth,Yin energy clotting the sly, people often feel not comfortable with dust and sand flying to cover the outskirts, be aware with **pregnant woman**. 濕令行、陰凝太虛、埃昏郊野、民乃悽慘、寒風以至、反者孕乃死。









Mt. Baldy

5:15pm Tue. Sep 10, 2024



Elemental Compatibility
Water nourishes wood,
Wood fuels fire,
Fire enriches earth,
Earth produces metal,
Metal guides water.



Elemental Incompatibility
Water extinguishes fire,
Fire melts metal,
Metal chops down wood,
Wood drains earth,
Earth stagnates water.

Even Year		Odd Year	
1960/1970/1980	Metal excess +	1965/1975/1985	Metal deficiency-
1962/1972/1982	Wood excess +	1967/1977/1987	Wood deficiency-
1964/1974/1984	Earth excess +	1969/1979/1989	Earth deficiency-
1966/1976/1986	Water excess +	1961/1971/1981	Water deficiency-
1968/1978/1988	Fire excess +	1963/1973/1983	Fire deficiency-



- ▶ 5 FIVE MINDS 五志
- ▶ 7 SEVEN EMOTIONS 七情
- ▶ 9 NINE QI 九氣

FIVE ELEMENTS FIVE MINDS SEVEN EMOTIONS

WOOD 木

- Liver 肝
- Sour 酸
- Anger 怒

FIRE 火

- Heart 心
- Bitter 苦
- Joy 喜

EARTH 土

- Spleen 脾
- Sweet 甘
- Thoughts 思

METAL 金

- Lung 肺
- Spic 辛
- Worry 憂

Sadness
悲

WATER 水

- Kidney 腎
- Salty 鹹
- Fear 恐

Fright
驚

Minds are one of the functional activities of the five internal organs. Excessive emotional stimulation can damage the functions of the five internal organs.

Internal injuries and diseases, are related to the disharmony of the five minds and seven emotions. The seven emotions that harm the internal organs **all affect the heart first**, because the heart is the king of the internal organs.

The generation of emotions depends on the essence of the organs.

Onset of Emotion :

- 1-External Stimulation
- 2-Individual Physical Constitution.

► The pathological mechanism of disease is caused by imbalance of Qi movement, organ dysfunction, and destruction of the balance of Yin and Yang, resulting in weak healthy Qi and invasion of evil Qi into the body.
影響疾病的病理機制，是由於氣機運作失衡，臟腑功能失調，陰陽平衡被破壞，導致正氣衰弱，邪氣侵入體內。

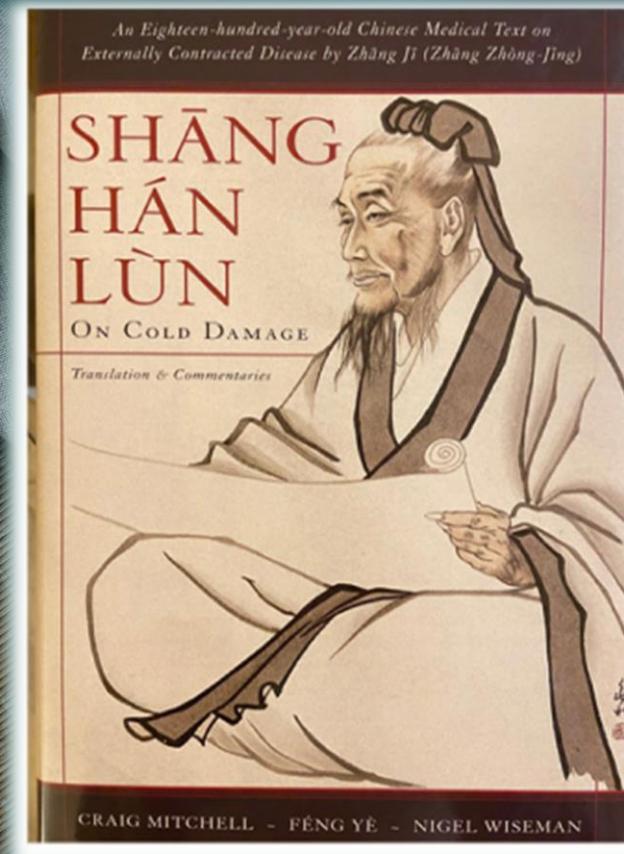


ADDRESS BOTH THE SYMPTOMS AND ROOT CAUSES 標本兼治

- FIRST, TREAT THE SYMPTOMS- EXPEL INVASION EXTERNAL. 首先治療外感症狀
- AND THEN TREAT THE ROOT CAUSES
• 外感症狀緩解即須診治”本”



Treatise On Febrile Caused by Cold (Shang Han Lun 傷寒論)



Treatise On Febrile Caused by Cold (Shang Han Lun 傷寒論)

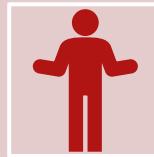


Diseases caused by 9 Qi.

“NeiJing”

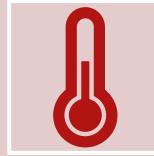
Nine pathogenic factors that cause Qi disorders:

1. Joy
2. Anger
3. Thought
4. Sadness
5. Fear
6. Fright
7. Cold
8. Heat
9. Overworked
fatigue



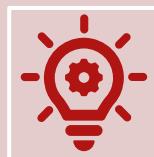
Roots caused by
emotions

Joy- Slow Qi
Anger – Up Qi
Thought – Qi Knot
Sadness - Qi disappear
Fear - Qi down
Fright – Qi disorder



External factors

Cold – Qi gathering
Heat - Qi flash



None of the internal
or external factors

Overworked fatigue
– Qi consumption



Qi Transformation
Diseases

气化病

Functional diseases

功能性疾病

Regulate qi

调气化

Physical disease

形质病

Organic diseases

器质性疾病

Restore
organs form

复形质

Shen disease
Mental illness

神志病

Mental & psychological
diseases

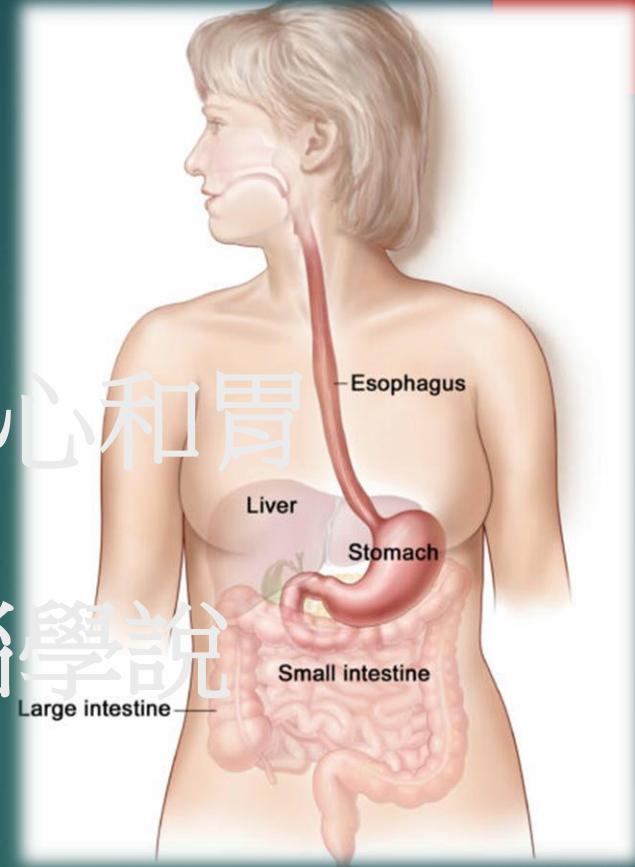
精神心理疾病

Soothe
the mind

安神志

公众号 · 吴门心身

Stomach vs Heart 心和胃 Gut-Brain Axis 腸腦學說



Stomach disharmony make people restlessness.

Picture from WIKIPEDIA

Greater Yang Disease 太陽病

Pulse: Floating 浮脈、Stiffness pain of head and nape 頭項強痛、Aversion to cold 惡寒、Heat effusion 發熱、Sweating or no sweat.

Gui Zhi Long Gu Mu Li Tang 桂枝龍骨牡蠣湯 –worries

Chai Hu Long Gu Mu Li Tang 柴胡龍骨牡蠣湯 –fright

WU Lin San 五苓散 – Floating pulse, urination issues.

Wen Dan Tang 溫膽湯- Dampness phlegm 屬痰濕、coward, excessively afraid of danger or pain.

Hgui Zhi Gan Cao Tang 桂枝甘草湯 – Palm sweating, timid, easy palpitation.

Less Yang 少陽病

Pulse: stringlike and fine

Bitter taste in the mouth, dry throat, dizzy vision, chest rib-side fullness, heart vexation

Xiao Chai Hu Tang 小柴胡湯- Sick during menstruation, bitter mouth.

Da Chai Hu Tang 大柴胡湯 – Constipation with frustration. 脘實便不通

Si Ni San 四逆散證- Abdominal digestion issues with emotion symptoms.

Yang Brightness Disease 陽明病

Pulse: Tense in middle jiao, Aversion to heat 惡熱, fever, sweating, thirst with desire to drink water, abdominal fullness, distention and pain, constipation, delirious speech

陽明蓄血證- 抵當湯

陽明寒熱錯雜- 甘草瀉心湯

Case: 22 Yrs College man
Hand often sweating,
palpitation, mouth ulcer,
nervous, insomnia.
Pulse: Ht- rapidly fine

Gan Cao Xie Xing Tang

甘草瀉心湯

Prescription composition

方劑配方組成

Ginseng(10g)

Licorice(15g)

Roasted jujube (6g)

Pinellia ternata (12g)

Dried ginger (10g)

Coptis chinensis(3g)

Scutellaria baicalensis (10g)



人參(10g) 甘草(15g)

炙大棗(6g) 半夏(12g)

乾薑(10g) 黃連(3g) 黃芩(10g)

Case: 66 Yrs Female
Husband liver cancer
passed away a month,
insomnia, worry, frightens,
Pulse: Ht- rapidly Sp- slippy

Wen Dan Tang

溫膽湯

Prescription composition

方劑配方組成

Licorice, ginger, pinellia,
tangerine peel, poria, citrus
aurantium, bamboo root

甘草、生薑、半夏、陳皮、
茯苓、枳實、竹茹



<https://cloudtcm.com/syndrome/131>

DI DANG TANG

抵當湯

Prescription

composition

方劑配方組成

Leeches (6g)

Horsefly(6g)

Peach kernel(6g)

Rhubarb(9g)

水蛭(6g)

虻蟲(6g)

桃仁(6g)

大黃(9g)

五苓散

傷寒雜病論



桂枝



白朮



茯苓



澤瀉



豬苓

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中藥方劑



主治

頭痛、小便疼痛、全身酸痛
、背痛、三叉神經痛、腰痛
喝水之後吐水、口乾口渴、排尿困
難、排尿後有殘尿感、無尿及少尿
、頻尿夜尿、暈眩、呼吸氣短言語無力
、嘔吐、咳嗽、全身性水腫、胃腸脹氣、
腹瀉、帶狀疱疹、肝炎、胸膜炎、尿道
炎、青光眼、三叉神經痛、梅尼爾氏
病、高血壓、胃及十二指腸炎、前
列腺增生、腎炎...等等。

Case: 66 Yrs Man

Man menopause symptoms,
Frustration, bad sleep, Difficulty
urinating, weakness, dripping
Pulse: KD/ UB deep and strong

Wu Ling San

Prescription composition

方劑配方組成

Guizhi (6g)

Atractylodes (9g)

Poria (9g)

Alisma (15g) Polyporus (9g)

桂枝(6g) 白朮(9g)

茯苓(9g) 澤瀉(15g)

豬苓(9g)



柴胡加龍骨牡蠣湯

此方主要功用是和解少陽
，通陽瀉熱，重鎮安神

主治功效：

恐慌症、精神分裂症、暈眩、失眠、神經官能症、心律失常、甲狀腺功能亢進、肌肉痙攣、高血壓、眩暈、脫髮、腦震盪後遺症、帕金森氏症、心絞痛、夢遊症、肥胖症、支氣管哮喘、慢性膽囊炎、肩周炎、男性陽痿、肩周炎、青光眼、結膜炎...等等



Case: 20 Yrs College Female
Anxiety, insomnia, dry stool, lost
function of study, difficult to focus
Pulse: left- wiry, fast right-weak

Chai Hu Long Gu Mu Li Tang

Prescription composition 方劑配方組成

Ginseng (3g) Guizhi (3g)
Ginger (3g) Jujube (3g)
Pinellia ternata (10g)
Bupleurum (12g)
Rhubarb (6g) Poria (3g) Scutellaria baicalensis (3g) Dragon bone (3g)
Oyster (5g) Plumbum (1g)

人參(3g)桂枝(3g)生薑(3g)大棗(3g)半夏(10g)柴胡(12g)大黃(6g)茯苓(3g)黃芩(3g)龍骨(3g)牡蠣(5g)鉛丹(1g)

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小柴胡湯

傷寒雜病論



搜尋小柴胡湯 雲端中醫



主治症狀疾病

流行性感冒、經期感冒、嘴裡發苦、口乾口渴、暈眩、忽冷忽熱、胸痛、肋痛、食慾不佳、心煩、嘔吐、耳聾、耳鳴、眼睛癢發紅、過敏性氣喘、瘧疾、慢性肝炎、肝硬化、急慢性膽囊炎、急慢性胰腺炎、胃潰瘍、胸膜炎、中耳炎、睪丸炎...等等

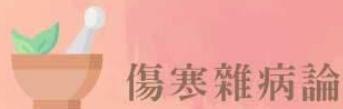
Case: 41 Yrs Female
Often get sick while menstruation period time, anger, unhappy, Acid-reflex, stressed.
Pulse: left- wiry right- wiry

Xiao Chai Hu Tang

Prescription composition
方劑配方組成

Licorice (9g) Roasted ginger (9g) Jujube (6g) Pinellia ternata (12g) Bupleurum (24g) Scutellaria baicalensis (9g) Ginseng (9g)

甘草(9g) 炙生薑(9g)大棗(6g)半夏(12g)柴胡(24g)黃芩(9g)人參(9g)



桂枝湯

此方主治風寒表虛，營衛不和證，治療感冒亦可改善各種傷寒後遺症

主治功效：

感冒發熱、怕冷怕風、全身酸痛、脖子痛、腹瀉腹痛、噁心嘔吐、食慾不佳、各種慢性疼痛、汗腺疾病、心臟疾病、慢性皮膚病、自律神經失調、內分泌失調、更年期綜合證、月經不調、小兒厭食症營養不良、虛勞綜合症、過敏性鼻炎...等等

Google 桂枝湯



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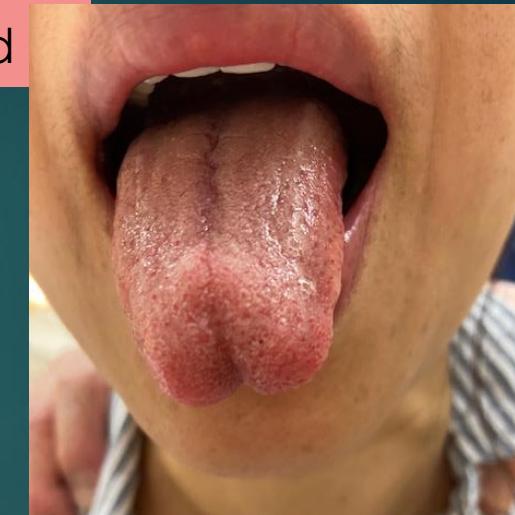
Case: 53 Yrs Female
Aversion cold, chronic joints pain, sweat, worry, menopause syndrome.
Pulse: HT/ Lu floating rapid

Gui Zhi Tang

Prescription composition
方劑配方組成

White peony root (6g), cassia twig (9g), licorice root (6g), roasted ginger (9g), jujube (6g)

白芍(6g)桂枝(9g)甘草(6g)
炙生薑(9g)大棗(6g)



柴胡桂枝湯

本方可改善多數感冒症狀，是居家常備中藥！

主治功效：

發熱、惡寒、頭痛、脖子緊痛、背部發冷、手腳冰冷、往來寒熱(忽冷忽熱)、胸脅痛、心絞痛、口苦、食慾不佳、心煩、暈眩、噁心嘔吐、腹痛、失眠、憂鬱症、自律神經失調、神經衰弱、慢性肝膽疾病...等功效強大

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Chai Hu Gui Zhi Tang

Prescription composition
方劑配方組成

White peony root (5g)
Guizhi (5g) Licorice (3g)
Ginger (5g) Jujube (4g)
Pinellia ternata (10g)
Bupleurum (12g)
Scutellaria baicalensis (5g)
Ginseng (5g)

白芍(5g)桂枝(5g)甘草(3g)生薑(5g)
大棗(4g)半夏(10g)柴胡(12g)黃芩(5g)
人參(5g)

疏肝解鬱、養血健脾

逍遙散 加味逍遙散

主治功效：

頭痛, 肋間神經疼痛, 乳房脹痛, 眼睛紅痛, 肩痛, 經痛, 胸悶痛, 全身酸痛, 膝蓋內側痛,

月經不調, 經常疲勞想睡, 量眩, 咽喉有異物感, 產後發熱, 憂鬱, 食慾不振, 消化不良, 忽冷忽熱, 口乾口渴, 眼睛模糊, 噻心反胃, 頭昏精神不佳

月經前緊張症候群, 牛皮癬, 糖尿病, 憂鬱性障礙, 神經性厭食症, 子宮肌瘤, 子宮內膜異位, 痘瘍(粉刺), 視神經萎縮, 慢性肝炎, 乳房硬結, 乳腺炎, 女性不孕症, 胃潰瘍, 慢性肝硬化, 青光眼, 膽囊炎, 胃及十二指腸炎, 更年期綜合症...等等



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雲端中醫
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Xiao Yao San

Prescription composition
方劑配方組成

Licorice (6g) Ginger (6g)
White Peony (9g)
Atractylodes (9g)
Mint (3g) Bupleurum (9g)
Angelicae Sinensis (9g)
Poria (9g)

甘草(6g)生薑(6g)白芍(9g)白朮(9g)薄荷(3g)柴胡(9g)當歸(9g)茯苓(9g)

四逆散

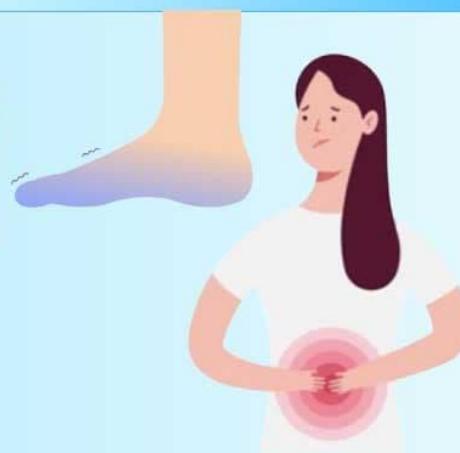
傷寒雜病論



搜尋四逆散 雲端中醫

主治症狀疾病

腹痛, 肋間神經疼痛, 背痛, 腹痛, 經痛, 胃脘痛, 胸悶胸痛, 胃腸脹氣, 手腳冰冷(腳冷為主), 大便次數頻繁, 心悸, 腹瀉, 咳嗽, 排尿困難, 胸悶脹, 容易恐懼焦慮憂鬱, 心律不整, 三叉神經痛, 四肢抽搐, 胰臟炎, 乳腺炎, 肝炎, 胃潰瘍, 膽囊炎, 低血壓, 胃及十二指腸炎, 卵巢炎, 膽結石, 大腸激擾綜合症, 男性勃起障礙...等等



Case: 51 Yrs Female
Menopause symptoms,
Frustration, tired, rib-fullness
Stool damp irregular dry-diarrhea.

Pulse: middle string

Si Ni San

Prescription composition
方劑配方組成

Licorice (12g)
Bupleurum (12g)
Citrus aurantium (12g)
White peony root (12g)

甘草(12g)柴胡(12g)
枳實(12g)白芍(12g)



酸棗仁湯

本方可改善因為肝血不足、陰虛內熱、虛熱內擾、心神失養所造成的失眠

主治功效：

虛勞、虛煩失眠證、心悸不安、盜汗、頭暈目眩、口乾口燥、神經衰弱、高血壓、心臟神經官能症、陣發性心動過速、更年期綜合症、精神障礙(憂鬱症、焦慮性神經症、精神分裂妄想症)、舌紅，脈細弦...等等



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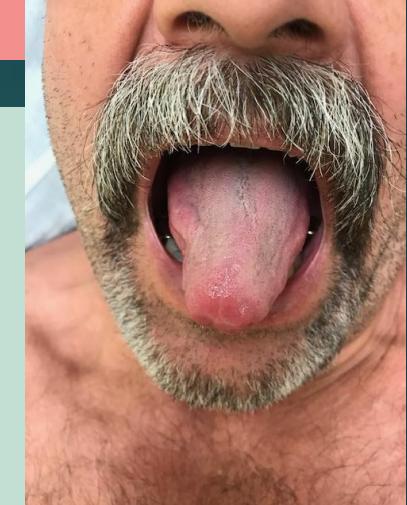
Case: 57 Yrs man
Chronic Insomnia for more than 30 years, recently flare up severely.

SUAN ZAO REN TANG

Prescription composition
方劑配方組成

Licorice (3g) Chuanxiong (6g)
Poria (6g) Ziziphus jujube (18g)
Anemarrhena (6g)

甘草(3g)川芎(6g)茯苓(6g)酸棗仁(18g)知母(6g)



甘麥大棗湯

此方專門改善臟躁症
，不限男女老少！

沒有原因悲傷哭泣、亂罵人
、睡眠障礙、言行異常、頻
繁地打哈欠、神經衰弱、自
律神經失調、多汗症、小兒
磨牙啼哭不止、憂鬱焦慮症
、更年期綜合症...等

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小麥



大棗



甘草

Case: 42 Yrs Female
Stressed, anxious, insomnia
During pandemic, work
from home but children
also study in home...

Gan Mai Da Zao Tang |

Prescription composition
方劑配方組成

Licorice (9g) Jujube (10g)
Floating wheat (15g)

甘草(9g)大棗(10g)浮小麥(15g)



歸脾湯

主治：腳大趾痛、膝蓋內側痛
、大腿小腿內側痛、心臟痛、下腹部痛(小腹痛)、心悸、眼睛乾澀、月經提前到來、夜間多夢、子宮崩漏

◆、白帶、睡眠障礙、容易健忘、經常疲勞想睡、食慾不振、夜間盜汗、月經過多、心律不整、手腳冰冷、面色發黃、貧血、更年期綜合症、再生障礙性及其他貧血、心臟病、神經衰弱症、骨質疏鬆症、阿茲海默症(失智症)...等



當歸



龍眼肉



黃耆



酸棗仁



遠志



人參



茯神



木香



白朮



炙甘草



生薑



大棗



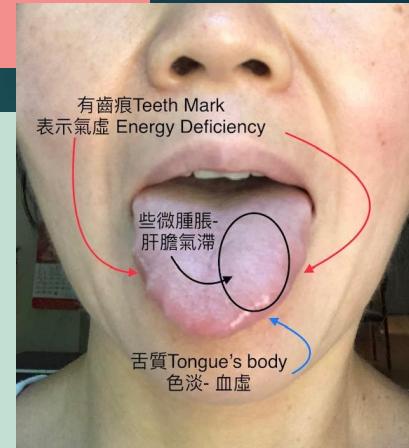
Case: 35 Yrs Female
Lost appetite, Anxious,
insomnia, has been diagnosed
Severe Depression.

GUI PI TANG

Prescription composition
方劑配方組成

Licorice (6g) Ginger (6g) Jujube (12g) Atractylodes (12g) Angelica sinensis (9g) Poria (12g) Scutellaria baicalensis (12g) Longan meat (9g) Acosta (6g) Ginseng (6g) Ziziphus jujube kernel (12g) Polygala (6g)

甘草(6g)生薑(6g)大棗(12g)白朮(12g)當歸(9g)茯神(12g)黃耆(12g)龍眼肉(9g)木香(6g)人參(6g)酸棗仁(12g)遠志(6g)



炙甘草湯

本方益氣養血，通陽復脈，改善陰血陽氣虛弱，心脈失養證

心律不整(心跳過快、過慢、不規則)、心悸、身體虛弱氣力不足、體型消瘦且容易氣短、咳嗽氣短，乾咳無痰或咳吐涎沫、自汗盜汗、喉嚨乾燥、大便乾結難解、舌頭乾燥、脈虛數...等等



Case: 55 Yrs women
Long- Covid Symptoms
Palpitation while watching
movie and driving.

Zhi Gan Cao Tang Prescription composition 方劑配方組成

Guizhi (9g) Licorice (12g)
Roasted ginger (9g)
Jujube (4g) Donkey hide
gelatin (6g) Hemp seed (10g)
Ophiopogon japonicus (10g)
Rehmannia glutinosa (30g)
Ginseng (6g)

桂枝(9g)甘草(12g)炙生薑(9g)
大棗(4g)阿膠(6g)火麻仁(10g)
麥門冬(10g)人參(6g)生地黃
(30g)

Sensitivity - Energy Transfer Speed

傳感度

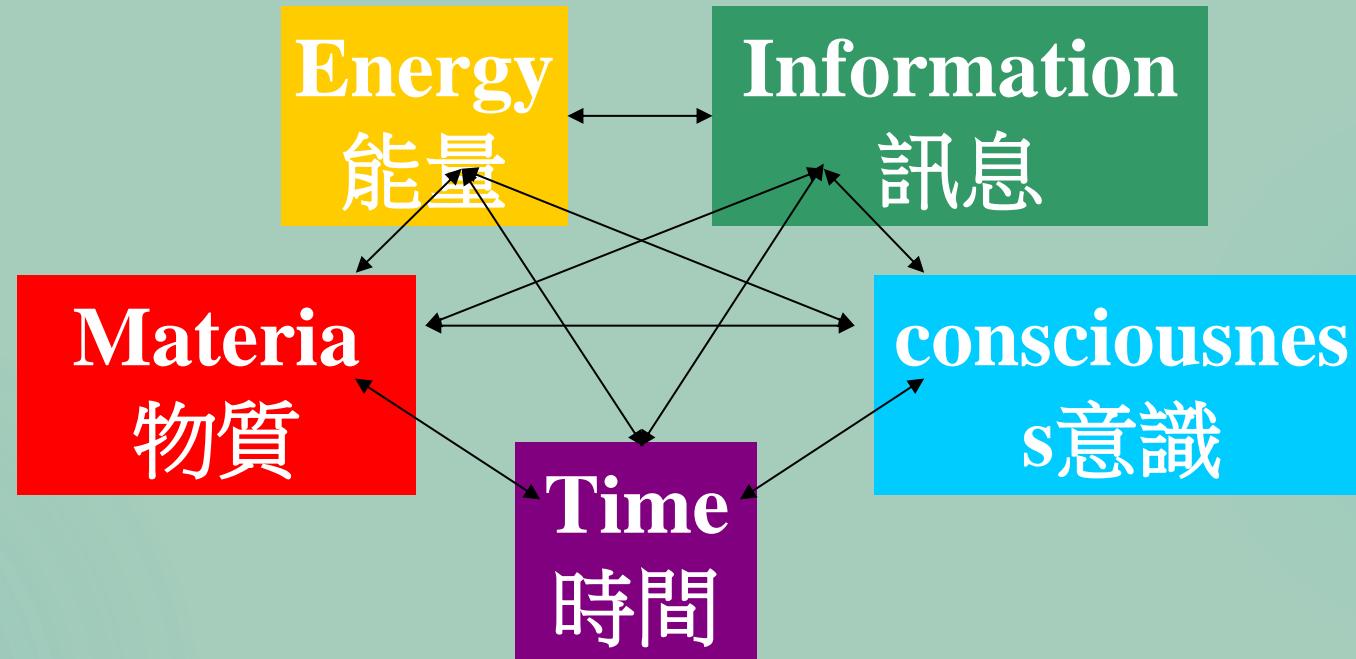
Unique Individual

獨特的個人

How to know ?

Way to test?

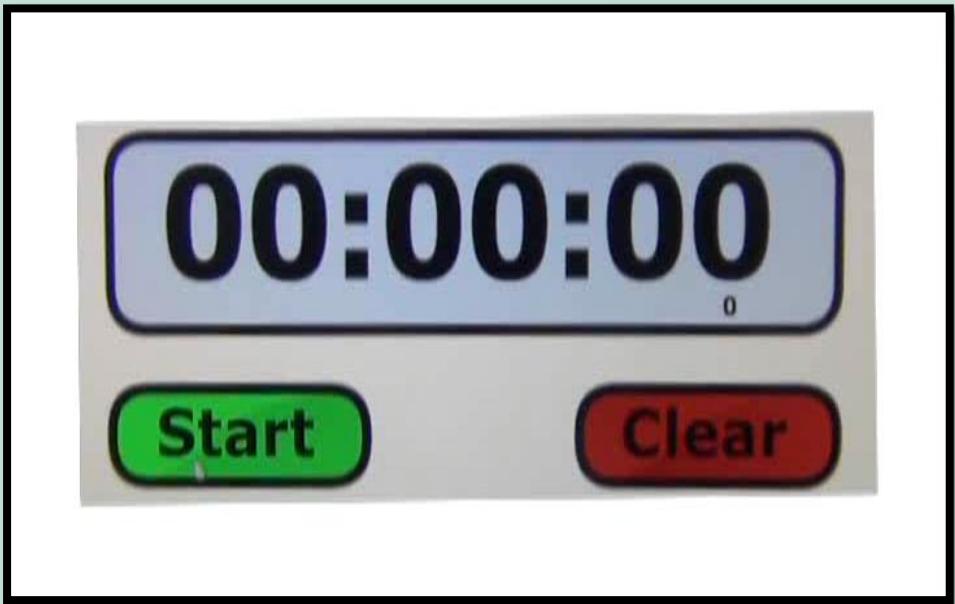
Let's see what I
have learned from
HoloLife Institute
Nature Medicine



Five Elements of Natural Medicine 自然醫學五大要素
Basic Elements Affecting Human Health 影響人體健康的基本要素

Test steps 測試步驟

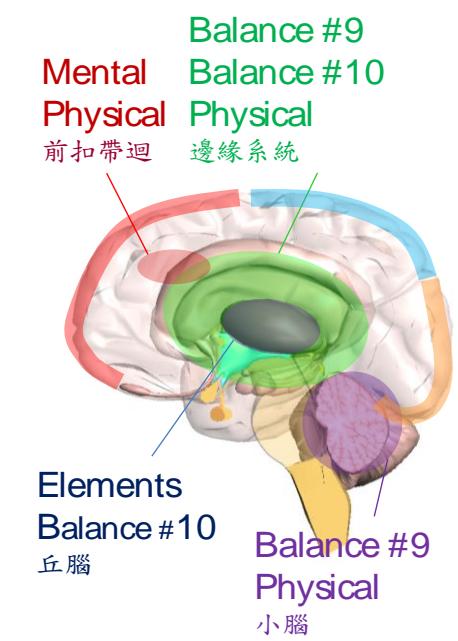
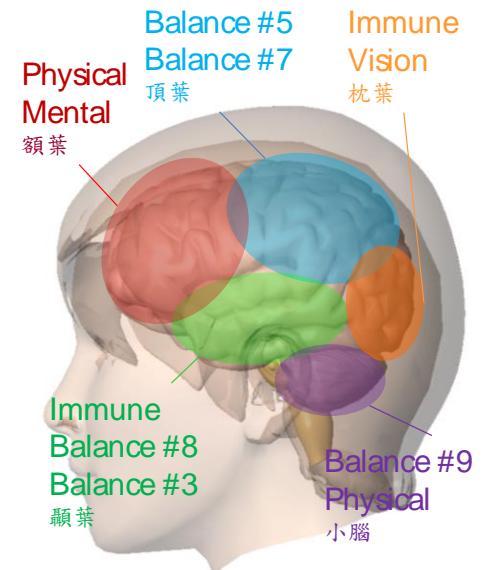
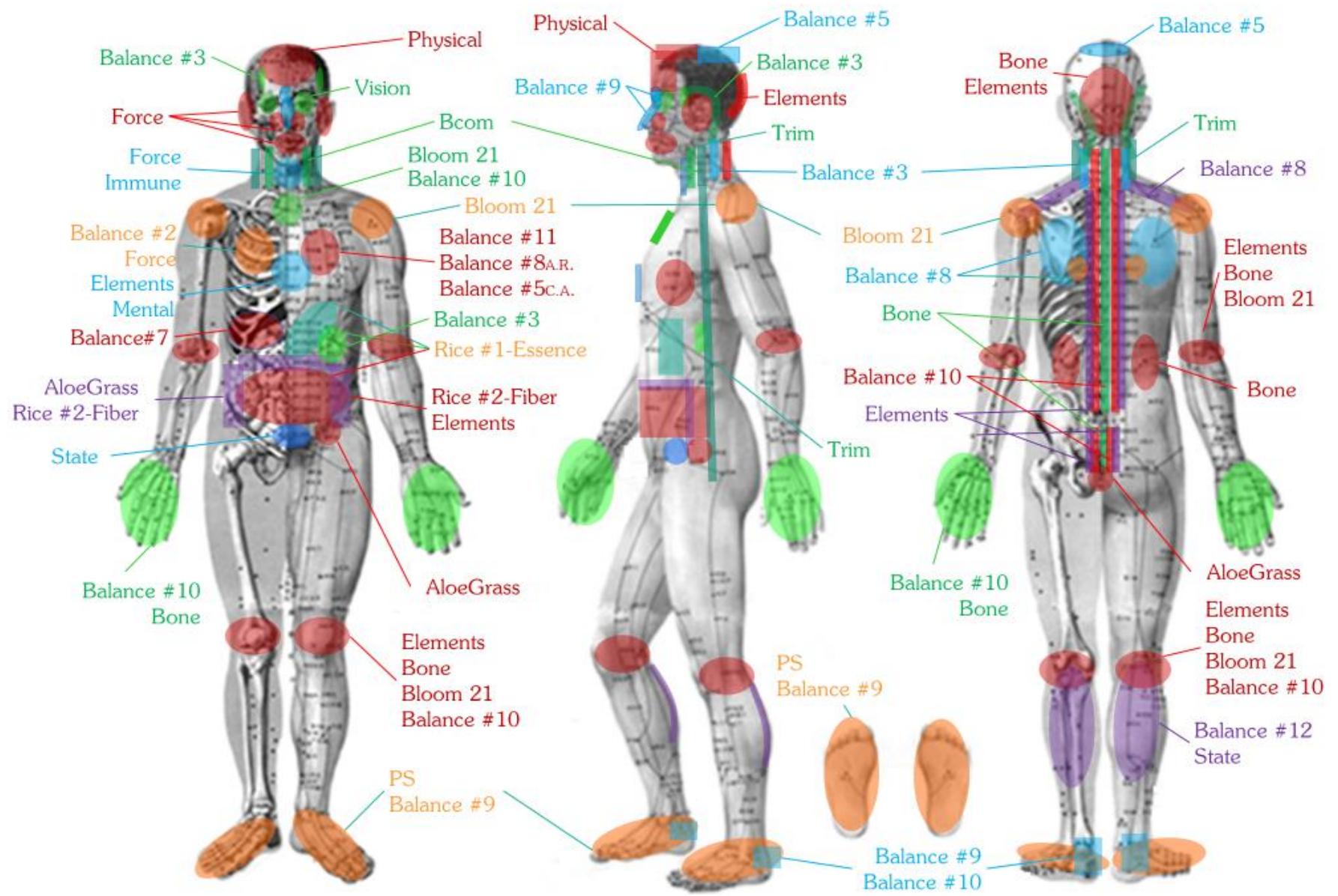
1. Sit comfortably and quietly in the chair, with your waist not leaning against the back of the chair and your hands hanging naturally on your legs.輕鬆安靜的坐在椅上，腰不靠椅背雙手自然垂放腿上
2. Apply the "Energy and Constitution Test Oil" to both palms and gently place it on both legs.將「能量體質測試用油」塗抹於雙掌後，輕輕放於兩腿上
3. Write down the time when the oil drips and the time when the sensation of heat, swelling, coolness or numbness begins. 記下「油滴下」的時間及「開始有」熱、漲、涼或麻的時間
4. Observe for 3 to 5 minutes. Write down or describe your feelings of heat, swelling, coolness, numbness, soreness, pain, or changes in the color of your palms during the process. 觀察3~5分鐘。記下或說出過程中熱、漲、涼、麻、酸、痛的感受或手掌顏色的變化



Analysis criteria 判讀標準

Start sensation time 初始反應時間		Overall response pattern 整體反應型態	Body Constitution 體質	Dosage recommendations 劑量建議
時間 Time	Sensitivity 傳感度	Reaction 反應型態 (整個過程，不論時間)		
≤ 5"	Lever 6	There is "energy" in the body that is constantly circulating back and forth, regardless of the size of the flow range. 身上有「能量」不斷循環來回流動，不論流動範圍的大小。	Very sensitive 非常敏感	Reduce 1/2~1/20
≤ 30"	Lever 5	In addition to the palm, arm, shoulder, more body parts feeling warm, swollen, cold, numbness, tingling. Or if like wind blows, need to add a lever upper.	Sensitive 相當敏感	Reduce 4/5~1/2
≤ 1'	Lever 4	In addition to the palm, there is more than one area on the palm that is hot, swollen, cool, numbness, tingling. Or if like wind blow.	Mild sensitive 稍微敏感	Moderate 酌情減量
≤ 3'	Lever 3	In addition to the palm, there is more than one area on the palm that is hot, swollen, cool, numbness, tingling. Or if like wind blow.	General Standard 一般敏感	Standard Dosage 標準量
≤ 5'	Lever 2	Palm feels warm, swollen, cool, numbness, tingling	General Standard	標準量
> 5'	Lever 1	Stay longer but still no feeling any sensation	No sensitive 不敏感	Increase 加量使用

備註:手掌包含掌心、手指及手背;腳掌包含腳底、腳趾及腳背



Overcoming Stress, Anxiety, Depression, Insomnia... Mental Illness

The integrative healing-
building strategies

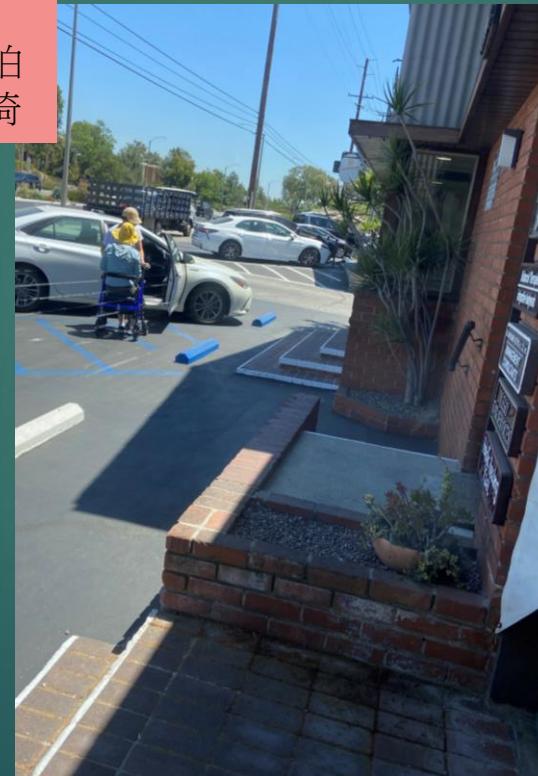
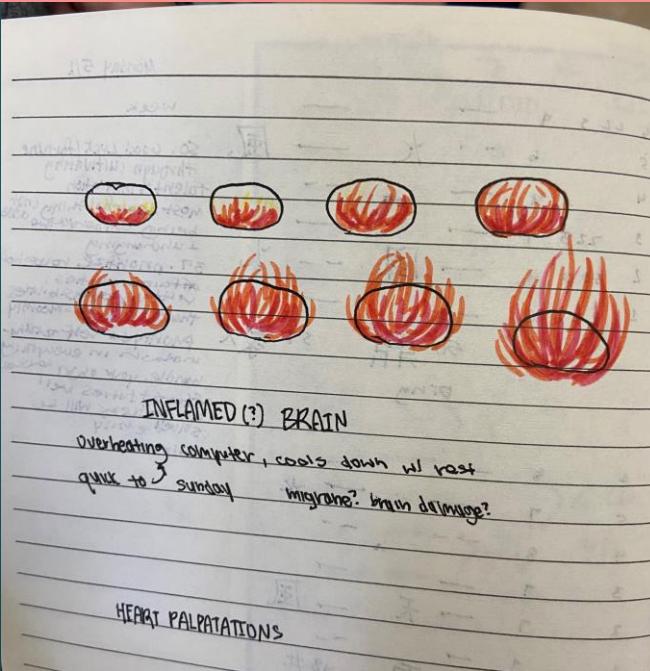


LONG-COVID VS MENTAL HEALTH

Case: 24 UC College Female

1-20-2024 & 2-3-2024 Covid Positive

Persistent fatigue, gradually developed into aversion of light and sound, inability to think, to talk or walk, use wheelchair till present time. 持續性疲勞、逐漸發展為怕光怕聲音、腦筋無法思考運作和走路，須靠輪椅



LONG-COVID VS MENTAL HEALTH

3-30-2024



4-6-2024



5-4-2024



5-17-2024



6-3-2024



6-4-2024



7-19-2024

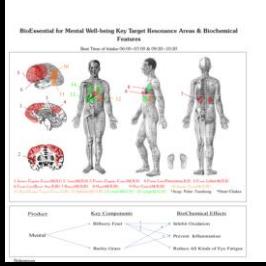


8-14-2024



MULTIPLE SCLEROSIS 多發性硬化症





Acupuncture

Four Wood Point 四木開井

Four Wood Point 四木穴



Qiao Yin (orifice yin) 穴陰：
GB44 (foot) 足穴陰, GB11 (head) 頭穴陰

Lin Qi (near weeping) 臨泣：
GB41 (foot) 足臨泣, GB15 (head) 頭臨泣

LV3 TaiChong (foot) 太沖, GB9 (head) 天沖

LV3 太沖 -ST43 陷谷 : Deficiency 不足

LV2 行間 -ST44 內庭 : Excess 太過

LV3 太沖 : Modifies Qi 調氣

GB41 足臨泣 : Modifies Spirit Shen 調神

Four Wood Point 四木穴

Foot Jueyin LV2 and LV3

LV2: Qi moving area, treats Qi stagnation;

LV3: Qi overly rushing, treat Qi rebellion.

Four points are at the dorsal of the foot.

Jia (俠) means lateral body.

GB41 for gallbladder

LU4 (Jia Bai) for lungs

Xi (Creek) means water

Jia Xi (GB41) treat Shaoyang Triple Burner illness, i.e. Shaoyang external contact damp heat.

對應足厥陰肝經: 行間、太沖。行間者, 行氣之處, 治療氣滯。

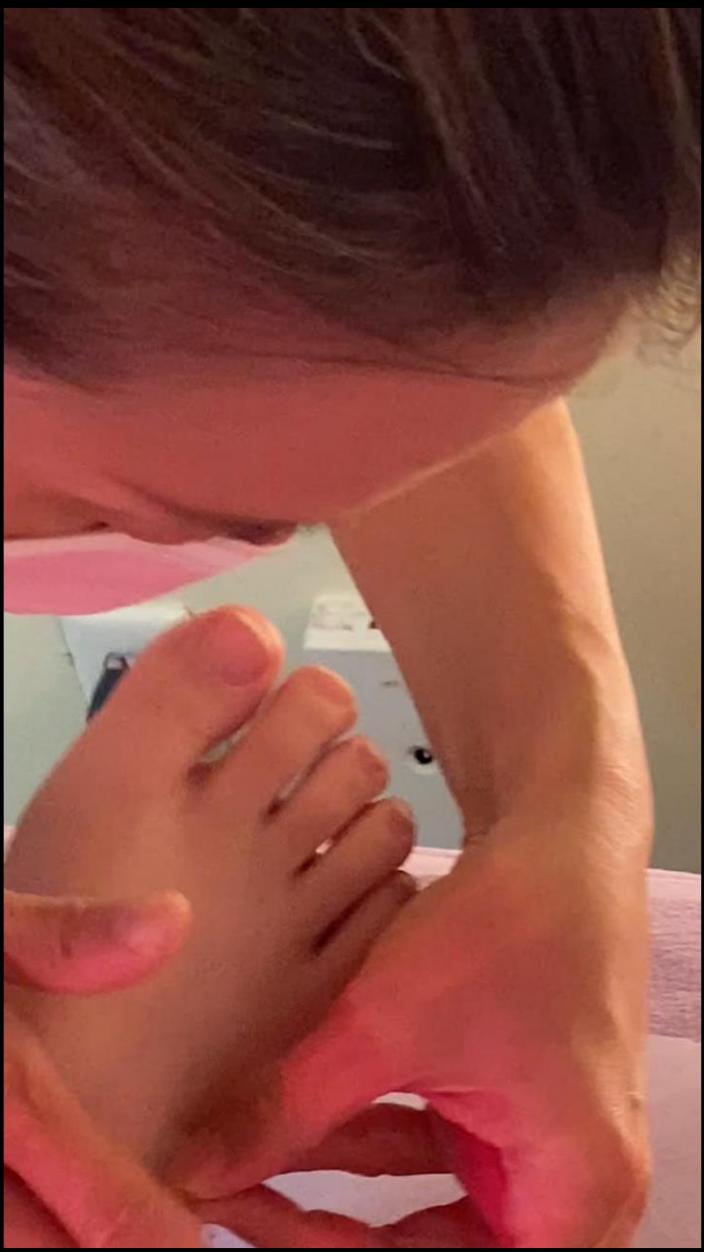
太沖者, 沖逆太過, 治療氣逆。

四穴皆在足背, 位置相互對應。

俠者, 夾于人之側也, 俠溪在膽, 俠白在。

溪者, 水也, 俠溪又治少陽三焦液道之病, 如少陽外感濕熱。





Four Wood Point 四木開井

GB41 足臨泣
GB43 僑溪
LV 2 行間
LV 3 太冲

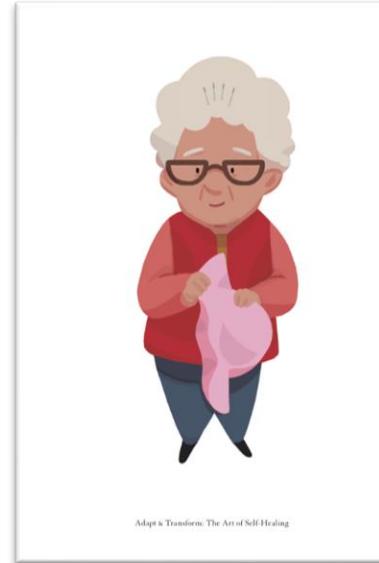


Four Water Point 四腎窩穴

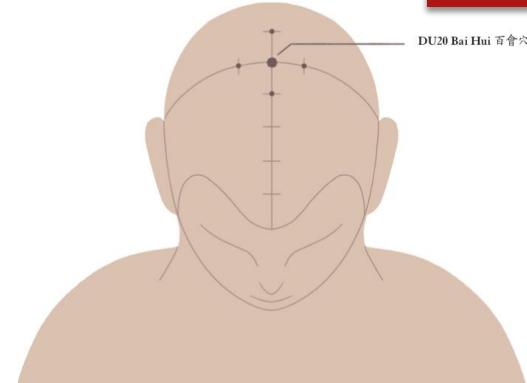
Kd 3 太溪
Kd 4 大鐘
Kd 5 水泉
Kd 6 照海

Cranial points stimulate the brain cortex

- ▶ It refreshes the mind, enhances memory, helps mental health, and also promotes hair growth.
- ▶ Si Shen Cong 四神聰穴: Dementia, memory improvement, insomnia, and peace of mind.

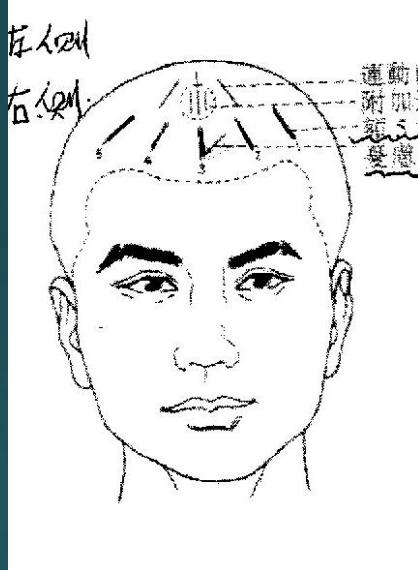


Si Shen Cong 四神聰穴



DU20 Bai Hui 百會穴

Five needles for Depression, Anxiety 頭逍遙五針



吴门针阵



山天开阵



四木开井
公众号 · 吴门心身



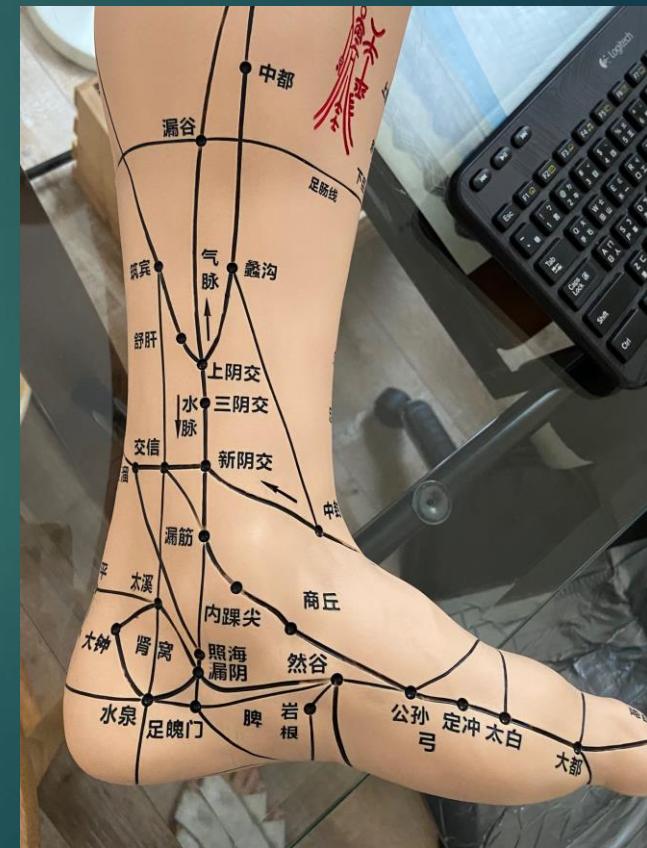
吴门奇穴



吴门奇穴

Four Wood Point 四木開井

GB41 足臨泣
GB43 俠溪
LV 2 行間
LV 3 太冲

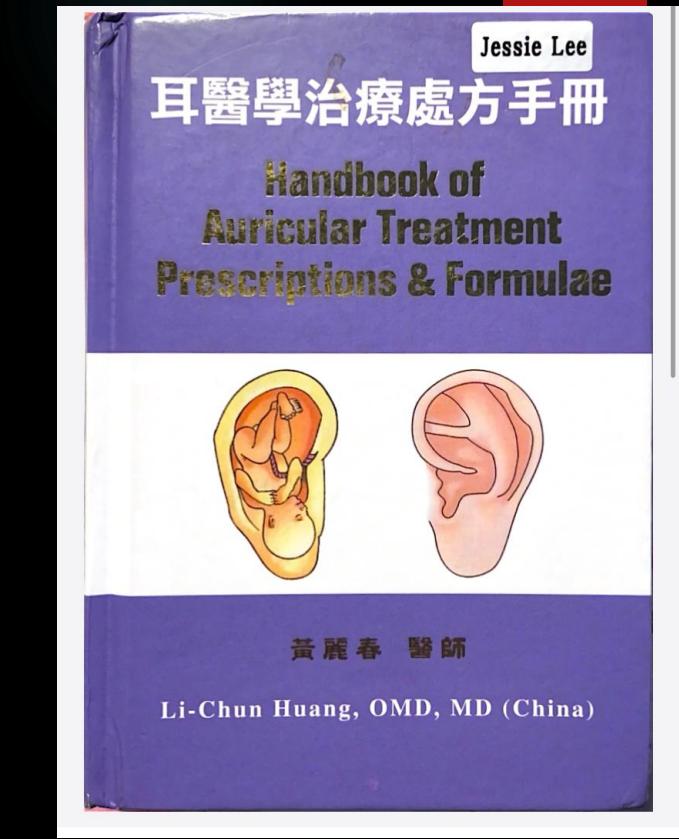
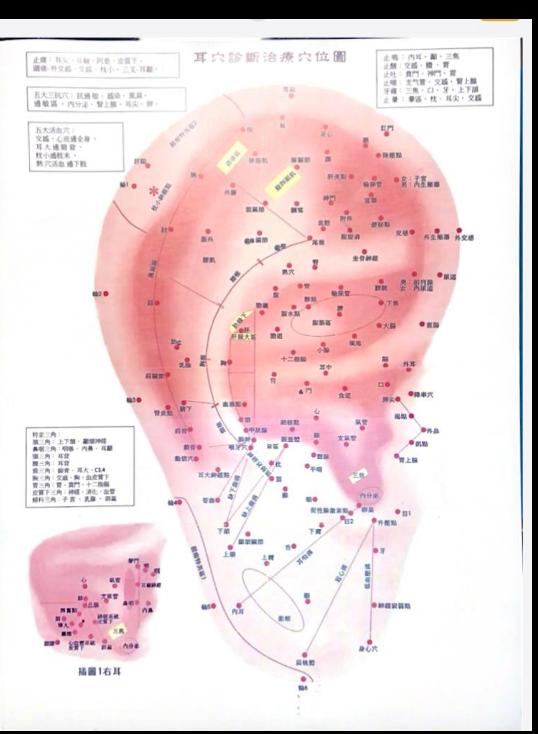
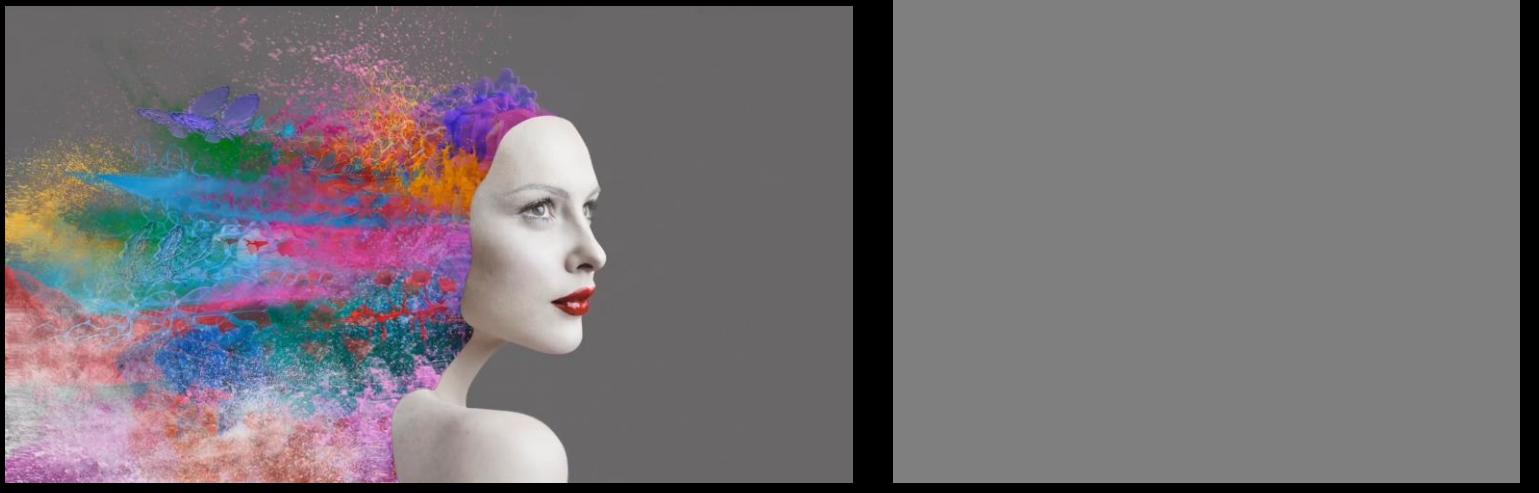


Four Water Point 四腎窩穴

Kd 3 太溪
Kd 4 大鐘
Kd 5 水泉
Kd 6 照海

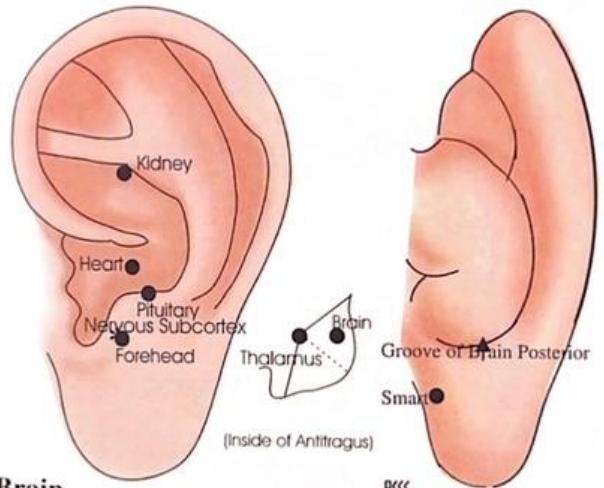
Gua-Sha to clear external invasion – As Ma Huang Tang





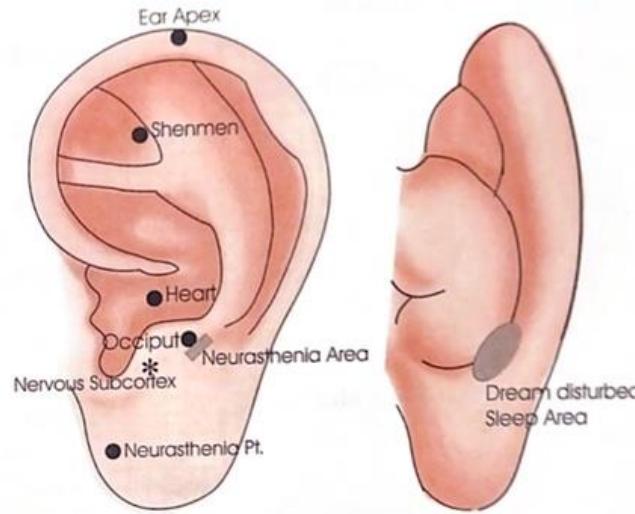


1. Invigorating the Brain Function 健腦



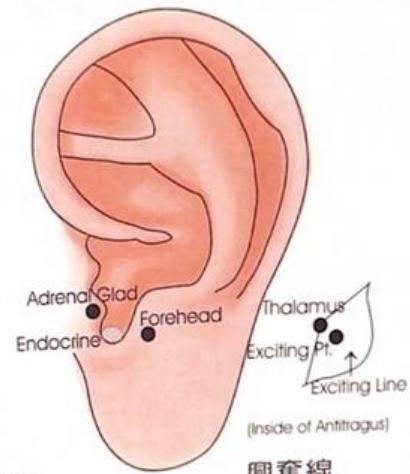
Brain	腦
Thalamus	丘腦
Pituitary	腦垂體
Forehead	額
Heart	心
Kidney	腎
Smart	聰明穴
Nervous Subcortex	神經皮質下
Groove of Brain Posterior	腦後溝

10. Dream Disturbed Sleep 多夢

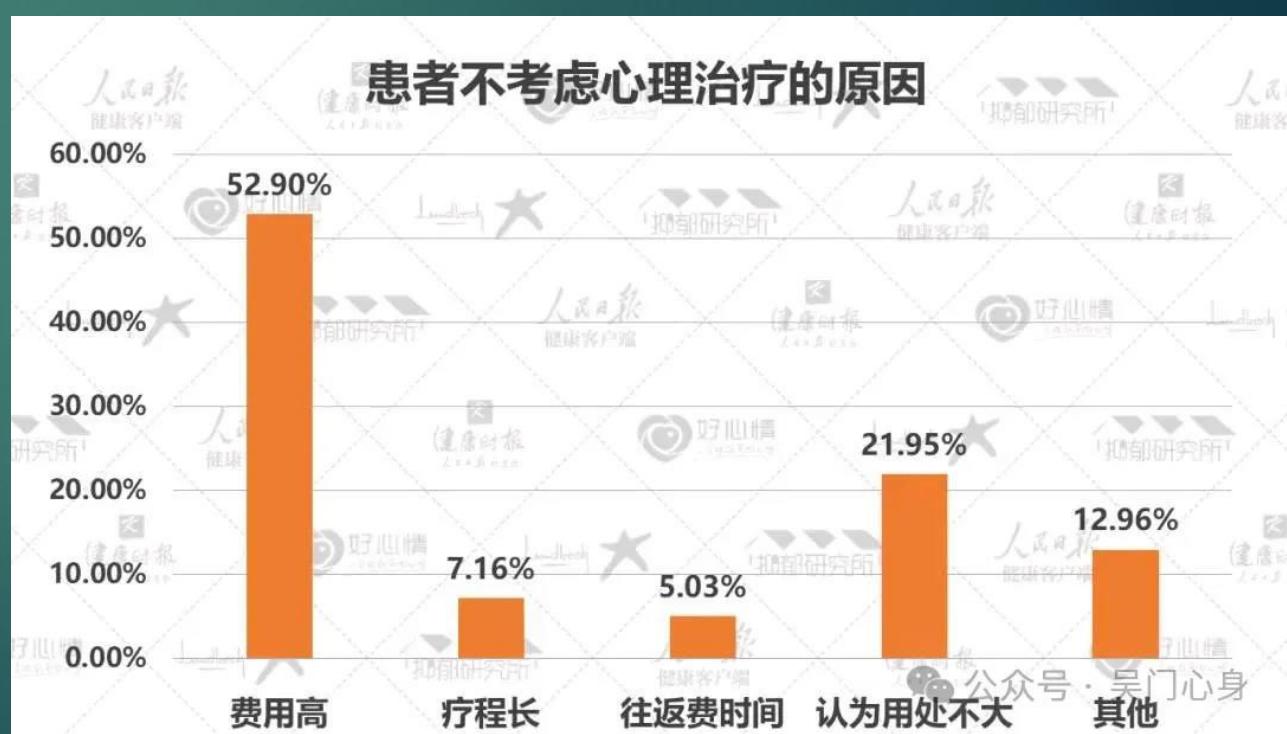


Shenmen	神門
Occiput	枕
Heart	心
Neurasthenia Area	神經衰弱區
Neurasthenia Point	神經衰弱點
Nervous Subcortex	神經皮質下
Ear Apex Bleeding	耳尖放血
Dream Disturbed Sleep Area	多夢區

2) Exciting the Mind 興奮



Exciting Line	興奮線
Exciting	興奮點
Endocrine	內分泌
Forehead	額
Thalamus	丘腦
Adrenal Gland	腎上腺



Eight Section Brocade

Baduanjin 八段錦

Eight Section Qigong Exercise - Ba Duan Jin



第一段
雙手托天理三焦

Prop up the sky with two hands to improve Tri-Jiao.



第二段
左右開弓似射鵰

Draw back arms on both sides as if shooting a bow.



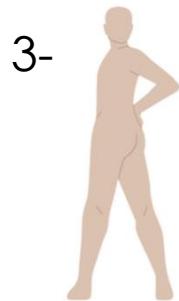
第三段
調理脾胃舉單手

Use single arm to regulate the spleen and stomach.



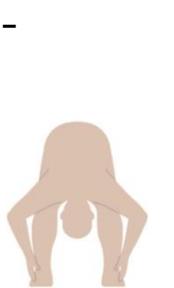
第四段
搖頭擺尾去心火

Shake the head and wag the tail to expel heart fire.



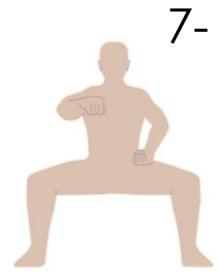
第五段
五勞七傷往后瞧

Look back to treat five strains and impairments.



第六段
雙手攀足護腎腰

Bend to touch the toes to reinforce the kidneys.



第七段
轉拳怒目增力氣

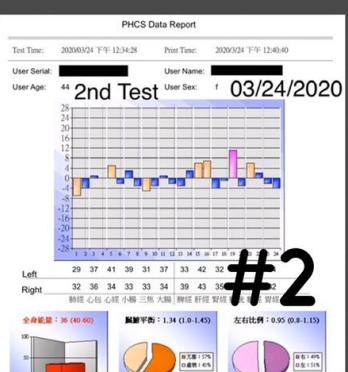
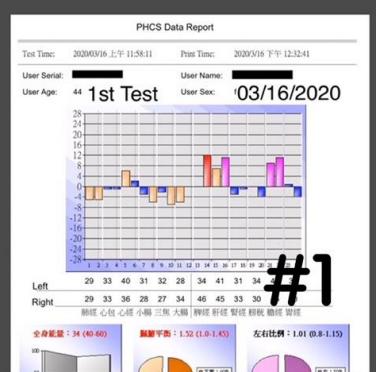
Turn one's fist and glare to increase strength.

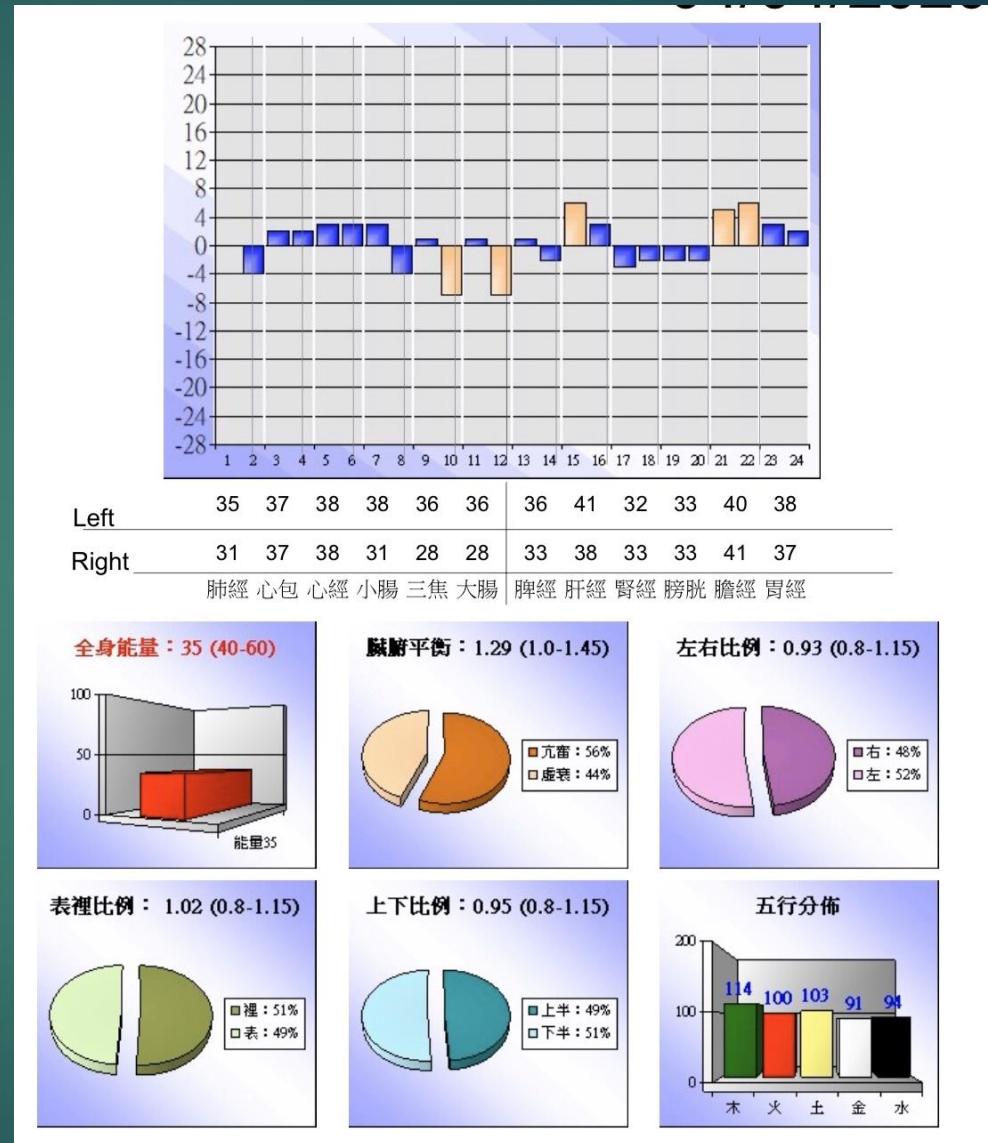
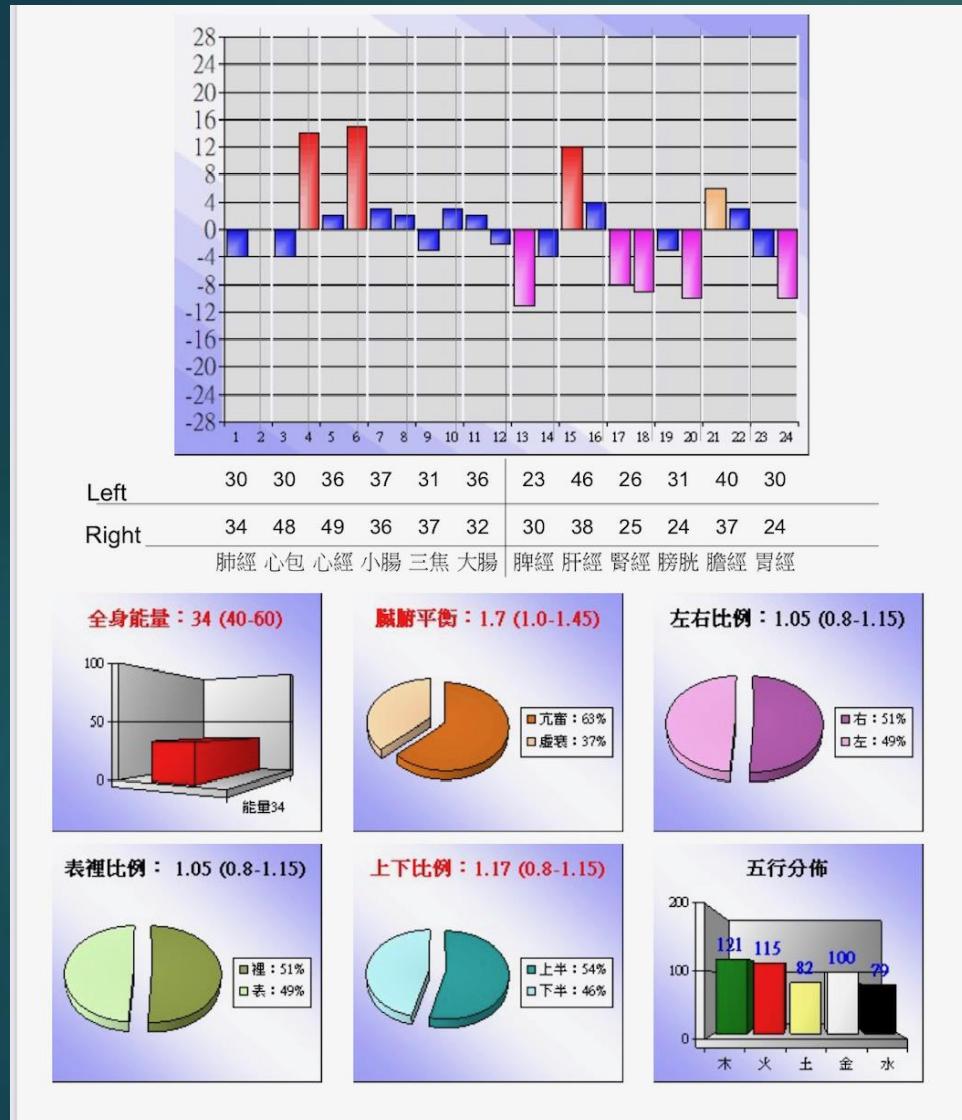


第八段
背後起點舊病消

Rise and fall on tiptoes seven times to treat all diseases.



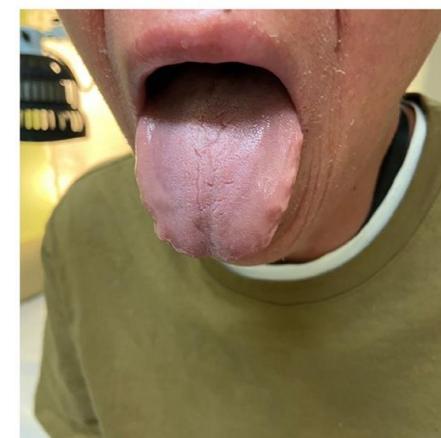




Five Yuan Point (五原穴) Yuan-Source Points

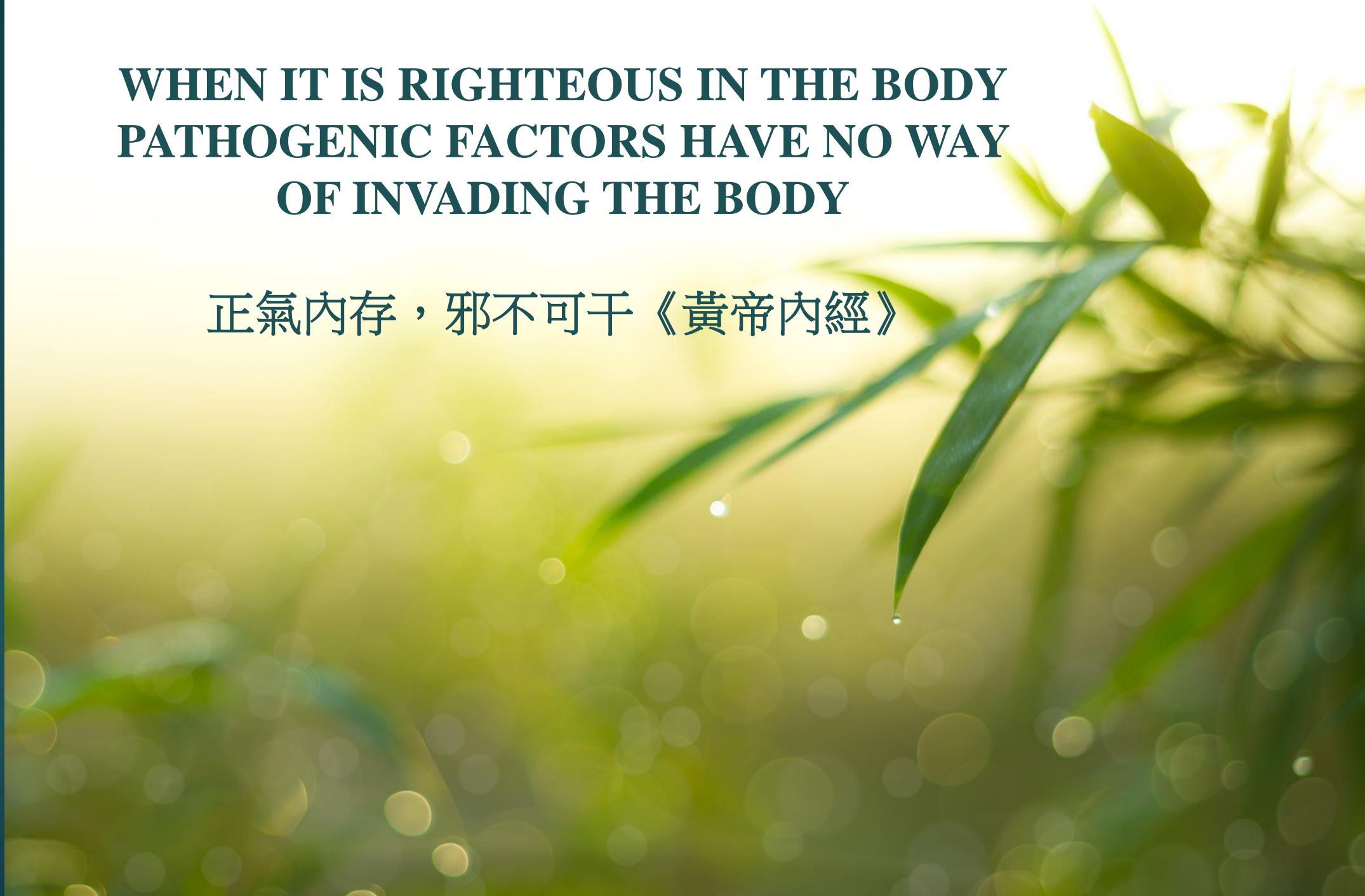
- 1- Left LV3 - Tai Chong 太沖
- 2- Left PC7 - Da Ling 大陵
- 3- Right LU9 - Tai Yuan 太淵
- 4- Right KD3--Tai Xi 太溪
- 5- Left SP3 - Tai Bai 太白

Strengthen the body, remove evil spirits, and regulate the functions of the internal organs.



WHEN IT IS RIGHTEOUS IN THE BODY
PATHOGENIC FACTORS HAVE NO WAY
OF INVADING THE BODY

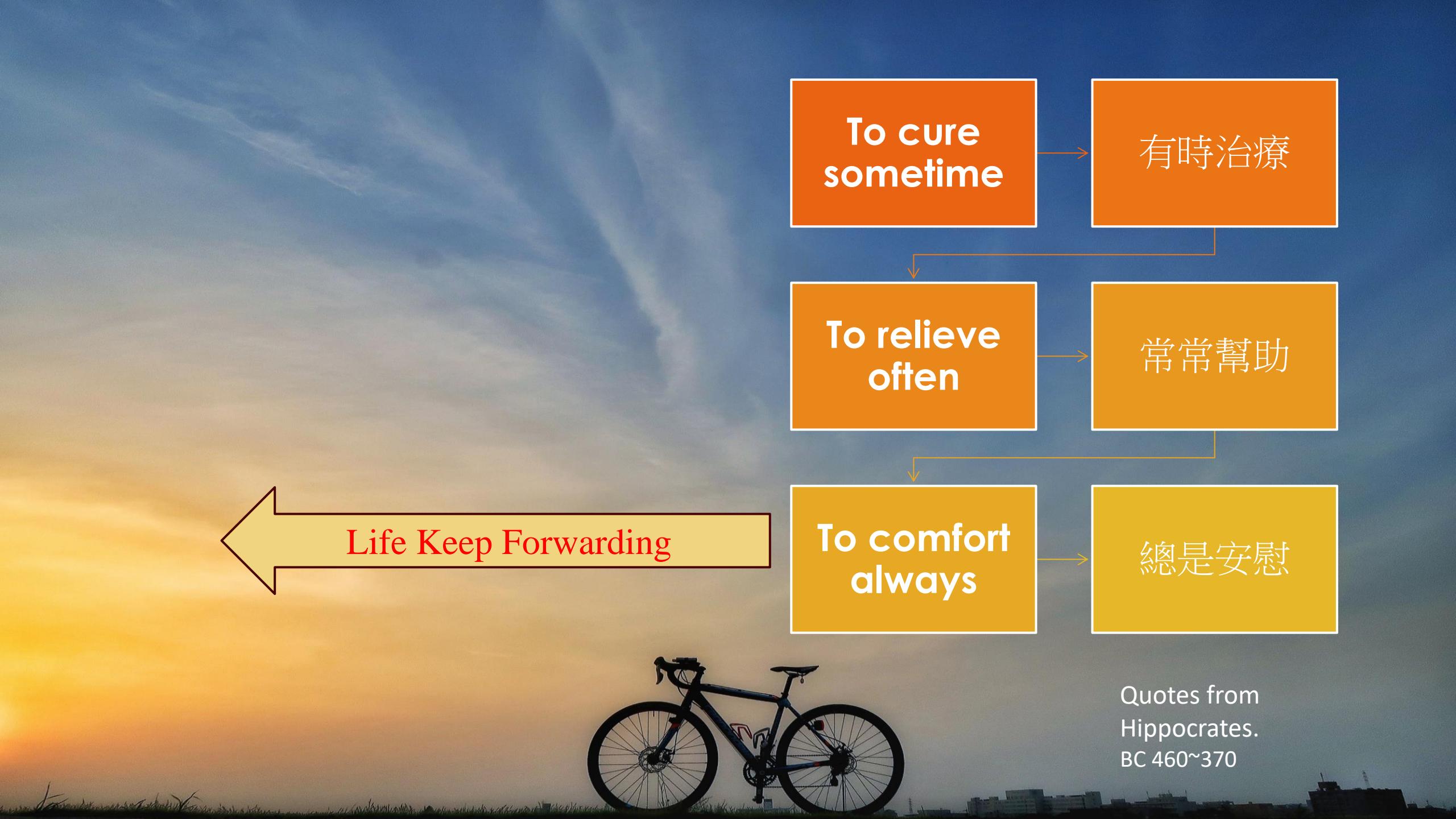
正氣內存，邪不可干 《黃帝內經》



“Know the enemy and know yourself
In a hundred battles you will never
be in peril.”

~The Art Of War

知彼知己，百戰不殆 《孫子 兵法》



Life Keep Forwarding



Quotes from
Hippocrates.
BC 460~370



Thank you

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