



***Healing Stress Induced  
Emotional, Digestive and Sleeping Disorders***

With Traditional Chinese Medicine

Presented by

Aina Zhang and James Wang

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# About the Presenters



## ❖ Aina Zhang

- Masters degree in gynecology
- M.D degree in combined Chinese & Western Medicine
- Licensed Acupuncturist, Massotherapist and Naturotherapist
- Director General of The Chinese Medicine & Acupuncture Association of Quebec
- Member of the Exam Committee for L'ordre de Acupuncture du Quebec

## ❖ James Wang

- International MBA
- Learning to become a naturopath and Chinese herbalist

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# Presentation outline



- ❖ Stress
- ❖ Stress Induced Emotional, Digestive and Sleeping Disorders
- ❖ Treatments by Western Medicine
- ❖ Introduction to Traditional Chinese Medicine (TCM)
- ❖ TCM Treatment Process
- ❖ Diagnostic Intake Techniques
- ❖ Physiology per TCM
- ❖ Pathology per TCM
- ❖ Diagnosis and Treatment from TCM
- ❖ Treat the Cause not the Symptoms
- ❖ Case Study 1 & 2
- ❖ Questions & answers period



# Stress



- ❖ What is stress?
  - A psychological and physical response to the demands of daily life that exceed a person's ability to cope successfully
  
- ❖ Why it is important to deal with stress and its induced disorders?
  - Affect personal health
  - Affect work
  - Affect family relationship
  - Ultimately – affect quality of life



Stress Induced



## Emotional, Digestive and Sleeping Disorders

Stress induced disorders include:

- ❖ **Emotional:** anxiety, depression, irritability, impatient, panic attacks...
- ❖ **Digestive:** heartburn, poor apatite, indigestion, constipation, diarrhea, gastroenteritis, stomach ulcers, abdominal pain, flatulence, bloating...
- ❖ **Sleeping:** insomnia which include unable to fall asleep, frequent interrupted sleep, unable to fall back asleep, wake up early, dreamy, restless...

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# Treatments by Western Medicine



Treatments	Advantages	Potential Side effects
Antidepressant	Strong and quick result, and necessary in serve clinical depression	Dry mouth, blurred vision, constipation, tumor, worsening of heart disease, dizziness, troubled sleeping, anxiety, sweating, low appetite, stomach/duodenum ulcer, liver damage, insomnia, irritability, withdraw syndromes, tolerance effect...
Analgesic (painkillers)	Fast relieve of Pain	
Somnificant (Sleeping pill)	Accessible, short term relieve	
Antacid pills	Instant relieve of heartburn	Potential risk for hypertension and kidney stone patient, short term relieve, poor digestion, bloating...
Antibiotics	Effective for bacteria infection	Abuse, bacterial resistance, endanger intestinal flora, fungal infections...
Surgical operation	Quick, direct and effective intervention for acute diseases	Surgical complications, irreversible structure changes...

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# Introduction to TCM



- ❖ The concept of the organism as a whole
  - The unity within the body
  - The unity between the human body and nature
- ❖ A complete medical system existed independent of the western medicine
- ❖ Diagnosis and treatment based on an overall analysis of signs and symptoms (Bian Zheng Shi Zhi)



# TCM Treatments Process



- ❖ Diagnosis according to Eight Principles and with the theory of:
  - Yin and Yang
  - Five Elements (Water, Wood, Fire, Earth, Metal)
  - Viscera and Bowels
  - Channels and Collaterals
  - Qi, Blood and Body fluid
- ❖ Establish a treatment orientation
- ❖ Select one or more appropriate therapies
  - Acupuncture
  - Chinese herbal medicine
  - Tuina (Chinese Massotherapy)
  - Therapeutically exercise – Tai Chi & Qi Gong
  - Dietary regulation





# Diagnostic Intake Techniques



- ❖ **Interrogation** (questioning any discomfort, symptoms, stool, urine, menses, discharge, sleeping pattern, eating habits, past medical history, etc)
- ❖ **Inspection** (looking at facial complexion; tongue's shape, color and coating; eye' color, movement, body weight, size and shape, etc)
- ❖ **Auscultation** (hearing) and **Olfaction** (smelling)
- ❖ **Pulse taking and palpation**



# Physiology per TCM



## Role of four relevant major organs

- ❖ **Heart:** Control Blood circulation and mental activates
- ❖ **Kidney:** Make blood, store Jing, dominate reproduction, growth and development,
- ❖ **Spleen:** Transforming food to Qi and Blood, contain and regulate Blood
- ❖ **Liver:** Store Blood and control flow of Qi



# Pathology per TCM



Symptoms	Common Pathology
Distending chest/breast pain, depression, anger, indigestion, bloating; dysmenorrhea & irregular menstruation for women.	Stagnation of Liver Qi (often seen in PMS patient)
Dizziness, distending headache, irritability, burning chest pain, insomnia, sudden tinnitus, bitter taste, red burning eyes.	Flaming-up of Liver fire
unusual appetite (too good or too bad), acidic reflects, burping, heart burn , abdominal distension, diarrhea, indigestion.	Liver & Stomach/Spleen disharmony
Palpitation, insomnia, anorexia, lassitude, pallor, forgetful, poor concentration, dizziness.	Spleen & Heart deficient
Poor appetite, loose stool, fatigue, gastrointestinal peptic ulcer, dysfunction, bloody stool and urine, menorrhagia, metrorrhagia, metrostaxis, water retention shortness of breath.	Spleen Qi or Yang deficient
Restless mind, dream-disturbed sleep, Panic attacks, insomnia, palpitation, tinnitus, sore lower back, poor concentration	Deficient Kidney unable to nourish Heart

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# Treat the Cause not Symptoms



Symptoms	Common Pathology	Treatment orientation
Distending chest/breast pain, depression, anger, indigestion, bloating; dysmenorrhea & irregular menstruation for women.	Stagnation of Liver Qi (often seen in PMS patient)	Move Liver Qi
Dizziness, distending headache, irritability, burning chest pain, insomnia, sudden tinnitus, bitter taste, red burning eyes.	Flaming-up of Liver fire	Cool and disperse Liver fire
unusual appetite (too good or too bad), acidic reflects, burping, heart burn , abdominal distension, diarrhea, indigestion.	Liver & Stomach disharmony	Harmonize liver with spleen/stomach
Palpitation, insomnia, anorexia, lassitude, pallor, forgetful, poor concentration, dizziness.	Spleen & Heart deficient	Tonify Heart and Spleen Qi
Poor appetite, loose stool, fatigue, gastrointestinal peptic ulcer, dysfunction, bloody stool and urine, menorrhagia, metrorrhagia, metrostaxis, water retention shortness of breath.	Spleen Qi or Yang deficient	Tonify Spleen Qi or Yang
Restless mind, dream-disturbed sleep, Panic attacks, insomnia, palpitation, tinnitus, sore lower back, poor concentration	Deficient Kidney unable to nourish Heart	Tonify Kidney & calm Spirit housed in Heart

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# Diagnosis and Treatment



- ❖ Diagnosis and treatment based on an overall analysis of signs and symptoms (Bian Zheng Shi Zhi)
  - The same disease can have different syndromes and therefore to be treated differently.
  - Different diseases can have similar syndromes therefore would to be treated similarly.
  - An individualized treatment



# Case Study 1



- ❖ **Case Study:** Man 40s, smoker and occasional drinker, complains fatigue, severe heartburn, headache, alternative diarrhea and constipation.
- ❖ **Anomalies diagnosed:**
  - Stagnate Liver Qi attacking Stomach; Deficient Spleen Qi
- ❖ **Treatment orientation:**
  - Disperse Liver Qi and tonify Spleen Qi
- ❖ **Therapy chosen:**
  - Acupuncture and herbal medicine, life style consultation
- ❖ **Result:** Significant improvement after 2 treatment



## Case Study 2



- ❖ **Case Study:** Woman in 30s, complains of lower energy, insomnia, anxiety, palpitation, short of breath
- ❖ **Anomalies diagnosed:**
  - Deficient kidney unable to nourish heart
- ❖ **Treatment orientation:**
  - Tonify Kidney and nourish heart
- ❖ **Therapy chosen:**
  - Acupuncture, and herbal medicine
- ❖ **Result:** palpitation & insomnia disappear within 2 weeks



# Thanks for Coming!!



❖ Questions & Answers

❖ For further information regarding this presentation or Chinese medicine, please contact us

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