Letter from the editor:

Dear Colleagues,

Since the publication of the Department of Health Steering Group Report to Ministers in May 2008 on the Statutory Regulation of Practitioners of Acupuncture, Herbal Medicine, Traditional Chinese Medicine and Other Traditional Medicine Systems Practised in the UK, and the subsequent joint consultation launched on 3rd August 2009 by the Department of Health on Acupuncture and Chinese Medicine, the process of developing statutory regulations for practitioners of Chinese medicine has reached a state of stagnation. I fear that no clear decision from the Government will be given before the UK General Election 2010, unless the Department of Health makes up their mind before the election. Combined with the looming enforcement of the 2004 EU Directive on the licensing of traditional herbal medicine in April 2011, Chinese medicine, acupuncture and herbal medicine as a profession is at a historical turning point in its legalisation in the EU.

The Chinese Medical Institute & Register (CMIR) – which is an important part of the Chinese Medicine Council – will be joining forces with other organisations in a campaign calling for a positive outcome in the legislative process for Chinese medicine and acupuncture. Indeed, the policy of the CMIR is to collaborate with all organisations who are genuinely promoting integration between Chinese medicine and Western medicine.

The CMIR is a member of the World Federation of Chinese Medicine Societies in which I am currently serving as Vice Chairman. I also serve as the Vice President of the China Educational Instruction Committee for Chinese Medicine (Beijing), and the Vice President of Chinese Medicine Speciality Committee (Beijing), which will help our cause.

I am about to go to China with two British experts to rally support from Chinese organisations for our works in Europe and UK. We are now also speaking to the World Federation of Chinese Medicine Societies and other various committees and organisations to consolidate and coordinate our actions.

There are several areas in which we have to work in relation to practitioners’ education, qualifications and legislation for the practice of Chinese medicine and acupuncture. We need to further develop a better standard of education for Chinese medicine and acupuncture in the UK and Europe. We need to liaise with the mainstream educational institutions - especially medical schools - to further integrate Chinese medicine and acupuncture education into the medical and healthcare education in different countries. That would continue the work of CMIR who for the past 16 years has been

We are publishing our new AcuMedic Review & Professional Guide to Chinese Medicine and Acupuncture please let us know if you wish to receive a copy:
Tel: 0207 388 6704  Fax: 020 7387 8081 courses@acumedic.com

THE MFM E-LETTER
If you are interested in receiving Prof. Mei’s MFM E-letter on East-West Exchange ideas please register your interest using the link:
www.acumedic.com/email-updates/mfm_e-letter/
I think that the media exaggerations of such incidents can produce damaging results for the acupuncture profession. Of course, we should air our opinion on this and similarly negative reports wherever possible. The members should also publicise the view of CMIR in their local area.

We therefore look forward to your positive energy in furthering the works of the CMIR in achieving clinical excellence for the benefit of our patients.

Yours Sincerely,

Professor Man Fong Mei
梅万方教授
Editor

If you are interested in the following organisations in which Prof. Mei is active, please click on the logo below for web links

- World Federation of Chinese Medicine Societies (WFCMS)
- China-UK Consortium for Medical Integration, Research and Collaboration (CUC)
- Chinese Medical Institute and Register (CMIR)
- Chinese Medical Council (CMC, UK)

The forthcoming China Medical Trip is also an excellent opportunity for practitioners to update their clinical skills in the Beijing University of Chinese Medicine teaching hospital. This will also provide the opportunity to visit the Shanghai World Expo as well as to experience Chinese culture.

In order to further Chinese medicine and acupuncture education in the UK and Europe, the standards of practising Chinese medicine physicians and acupuncturists have to be raised. Further specialised courses and CPDs should be organised for continued education and training for those who are now in practise. This is what the Chinese Medicine Council should work towards when approving and standardising this type of education. In addition, the CMC must also be working on coordinating different associations and organising institutes to follow the guidelines.

The China-UK Consortium and other organisations must take the initiative in coordinating projects in Chinese medicine and acupuncture because research studies and trials in integrative medicine are very important for validating Chinese medicine and acupuncture in the UK and Europe. All CMIR members should be aware that the organisation will need contributions in these various areas from the membership who should get in touch with the Steering Committee of the CMIR and the Administrative Office in order to work together.

Another important aspect of our work concerns the media reports on Chinese medicine and acupuncture. We have to take very seriously the recent report on the alleged causal link between acupuncture and infection.

The publicity given by the BBC report on the Hong Kong University's warnings of infections transmitted by acupuncture needles, and the similar reactions from the UK spokespersons, is overstated since the invention and production of the first disposable acupuncture needle by AcuMedic in 1978 rendered the problem of cross-infection into a negligible precaution.
New Publications

Recently, some interesting titles have been published, the full range of which can be viewed by visiting our bookshop at www.acumedic.com. All these books are physically available for you to thumb through at the AcuMedic Centre in London's Camden High Street. The AcuMedic Centre bookshop offers you the opportunity to examine the full contents and the style of writing of the titles which interest you. This is the best way to purchase books, as I am sure you agree!

The editor of this newsletter urges you to support the independent bookseller who are providing a personal service in a traditional way that we all know and love. Bookselling is a passion that only us humans can have and enjoy, and which no internet service can replicate or substitute.

The AcuMedic bookshop has not only survived the past four decades, which culminated in the rise of internet shopping, but continues to be a pioneering specialist bookseller in the fields of Chinese medicine, acupuncture, complementary healthcare and integrative medical topics. You are guaranteed that the prices are competitive with Amazon and other internet suppliers. Please support your independent bookseller.

First of all, three books on Chinese herbal medicine which add well to the library: R.C. Chun, *Clinical Application of Shang Han Lun Formulas* (BK4586, £74.95) which includes comprehensive clinical case studies for each formula contained in the famous classic Chinese medical text, and an in depth study of herbal formulations for those who are interested in Chinese herbal materia medica.

Another work, Huang Huang, *Ten Key Formula Families in Chinese Medicine* (BK4564, £33) provides the physician with a deeper understanding of Chinese herbal formulations by grouping the major ingredients (the chief) according to the type of disorders with syndrome constituents as a way of prescription formulation.

The third book, Q. Chen et al, *The Clinical Practice of Chinese Medicine – Male & Female Infertility* (BK4613, £31) is a comprehensive manual on the treatment of infertility with Chinese medicine and acupuncture. The syndrome approach for both male and female infertility has produced outstanding results where Western IVF treatment fails. The clinical cases illustrated in this book demonstrate how the Syndrome Differentiation approach - as practised at the AcuMedic infertility clinic with Dr Lily Yu as consultant - is way ahead in helping couples to conceive when left hopeless by conventional treatment.

On the topic of acupuncture, more in depth works on specialist topics are being published: M. Backer and M.G. Hammes *Acupuncture in the Treatment of Pain – An Integrative Approach* (BK4612, £51.99) is integrating both the Chinese medicine concepts of pathogenesis and Syndrome Differentiation as well as the Western approach to pain. The book points the way to an integration of the two medical traditions by utilising some scientific physiological interpretations of acupuncture actions. This is an interesting treatment manual.

M. Romoli *Auricular Acupuncture Diagnosis* (BK4610 £39.99) is published in the same style as the manual of *Cosmetic Acupuncture* in the same series, adding further information on ear diagnosis in terms of anatomy, embryology and neurophysiology, and gives practical applications of the diagnostic method in palpation and auricular acupuncture treatment.

C. Chace and M. Shima *An Exposition on the Eight Extraordinary Vessels* (BK4615, £37.50) is a scholarly work that brings together acupuncture, herbal medicine and health cultivation in the use of extraordinary vessels (meridians) for optimal treatment. This translation of Li Shi-Zhen’s classic is the first to appear in English with an overview of the main themes as interpreted to acupuncturists in the West by the compiler, a work for the advanced acupuncturists.

There are several other books that are of general interest to all, the first of which is a new translation of Lao Tze’s (Lao Tzu) classic *Tao Te Ching*, a philosophy that influenced the entire Chinese intellectual tradition on which Chinese medicine is based. Lao Tze’s concept of Yin and Yang and cosmology of the universe influenced Chinese physicians in their interpretation of physiological changes and pathogenesis in their treatment of diseases. I highly recommend everyone to read this new translation: R. G. Henricks *Lao Tzu’s Tao Te Ching – A Translation of the Startling New Documents Found at Guodian* (BK4618, £18.00).
P. A. Gilligan *What is 'Tai Chi'?* (BK4603, £12.99) takes a fresh look at the complex art of moving Qi beyond pure exercises and understanding the philosophy behind the movements.

Last but not least is a book on sports acupuncture: *M. Yoshito Sports Acupuncture – The Meridian Test and Its Applications* (BK4563, £33.00) which is a study of assessment and treatment that can improve athletic performance and physical fitness using the meridian system of acupuncture. The book also looks at treatment of sport injuries as performed by a professional acupuncturist. With the approaching London Olympics following the Beijing Olympics of 2008 this book is a timely publication to further the profile of acupuncture.

To view and purchase the full range of books available please visit:
www.acumedic.com/shop/books.php

### Product News

Following the production of the AcuMedic premium gold plated needles for facial, ear and body acupuncture to enhance therapeutic effect in soliciting Qi, AcuMedic further releases a range of EXTRA FINE acupuncture needles for painless insertion. Both ranges of needles are innovative in concept and are designed to improve the essential tools for the acupuncturist. Gold needles were used in classical acupuncture for extra stimulating effect. Physicians of the past used gold needles for maximum ‘De Qi’ without knowing the fact that gold emits a higher frequency compared to stainless steel and silver. Dr Paul Nogier used gold needles for tonification and silver needles for sedation of auricular points, after a life-long research on the subject.

The other advancement in needle design and production is the new EXTRA FINE needles that aids painless acupuncture without the silicon coating of the Japanese type of needles. The side-effects of silicon on the acupuncture needles caused an outcry in Germany. EXTRA FINE are highly polished stainless steel needles with a sharpened tip to minimise pain sensation. This is a good range for the ‘hyper reactor’ patients with deficiencies syndromes as well as children and extra-sensitive patients.

For those who are doing cosmetic acupuncture, the new COSMETIC INTRADERMAL NEEDLES is an extra useful tool. The uses of these needles are being taught in our Diploma course in Chinese Cosmetology and Cosmetic Acupuncture. This is a comprehensive course giving the participants a detailed view of Chinese syndrome cosmetology in terms of organs, Qi blood and body fluid differentiations, rather than just focusing upon cosmetic acupuncture techniques. Chinese medicine perspective on cosmetology is a holistic ‘beauty from the inside-out’ approach that goes beyond the superficial stimulation of acupuncture points typically performed for facial rejuvenation. The technique of facial Gua Sha (gentle massage with a Jade or stone Gua Sha instrument) is also introduced in the course.

For further information on the AcuMedic Diploma courses organised in conjunction with CMIR please visit [http://www.cmir.org.uk/index.php?page=educational_courses](http://www.cmir.org.uk/index.php?page=educational_courses)

For acupuncture needles and Gua Sha instruments, as well as the new Moxa Spray and the full list of professional supplies please visit [http://www.acumedic.com/shop/](http://www.acumedic.com/shop/)

For an updated list of TCM Herbs, Premium Chinese teas and Natural cosmetic Bodycare products brought to you by AcuMedic and Chinalife for your patients please visit [www.acumedic.com/shop/](http://www.acumedic.com/shop/) and [www.chinalifeweb.com](http://www.chinalifeweb.com/)

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For Prof. Mei’s future MFM E-letter, please register your interest using the following link [www.acumedic.com/email-updates/mfm_e-letter/](http://www.acumedic.com/email-updates/mfm_e-letter/)
China Medical Trip 3rd - 17th Oct 2010

Beijing - Shanghai (World Expo 2010) - Suzhou (China Lake District)

We are delighted to offer another fantastic opportunity to experience two weeks of both Chinese Medicine and Culture in China. The trip offers Western doctors and healthcare professionals the opportunity to experience medicine as practiced in Chinese hospitals as well as presenting a unique occasion to sample Chinese life on both a professional and personal level.

This year’s trip also features the World Expo 2010 Shanghai, which is a Grand Gathering of the World Cultures. Practitioners, patients, spouses and family members are all welcome, as free time will be spent feasting, sightseeing and relaxing… …

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Continuing Professional Development (CPD)

Continuing professional development is essential for today’s medical and healthcare professionals who need to keep their practice and knowledge up-to-date and to meet the registration requirements of their professional bodies. The requirement for Continue Education will be mandatory for re-accreditation in most fields of medicine including acupuncture and Chinese medicine when statutory council is established. CPD is compulsory for all CMIR members. All modules are led by experts in their respective fields… ...

2010 CPD Modules:

- Acupuncture Clinical Practice & Syndrome Differentiation
  Sunday, 23rd May 2010
- Successful Clinic Development, Management and Marketing
  Saturday, 24th July 2010
- Cosmetic Acupuncture with Syndrome Differentiation
  Sunday, 25th July 2010
- Advanced Chinese Soft Tissue Manipulation & Tuina Therapy
  Saturday, 2nd Oct. 2010
- Intermediate Electro-acupuncture
  Saturday, 4th Dec. 2010
- Intermediate Ear Acupuncture
  Sunday, 5th Dec. 2010
- Treating Infertility with Chinese Medicine
  Saturday, 11th Dec. 2010

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Master and PhD Postgraduate Programmes in Chinese Medicine and Acupuncture

Welcome to this innovative CMIR Master and Doctoral programme in Chinese Medicine and Acupuncture. These programmes create the opportunity for clinicians and researchers who have completed the BSc or MBBS degrees to pursue a higher level of medical education to further their knowledge and competency in Chinese medicine, acupuncture and the integrative approach in medicine.

The project is a joint collaboration between the Chinese Medical Institute & Register (CMIR, UK) and the Guangzhou University of Chinese Medicine (GUCM, China), providing an environment for cross-cultural fertilization with studies both in the UK and China… ...

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Specialist Postgraduate Diploma Course
2010 - 2012

Chinese Herbal Materia Medica & Prescriptions

Chinese Herbal Materia Medica is an important part in the practice of Chinese medicine. A physician needs thorough knowledge of at least 200 herbs and 100 formulae in order to correctly individualise prescriptions to their patients.

Chinese Herbal Materia Medica is not just a scholarly subject but also an important tool for clinicians. This course uses an innovative approach in teaching the practitioners who are already using patent medicine but wish to go on to issuing individualised herbal prescriptions... ...

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Highlights of CMIR Events 2009-2010

☐ International Conference & Exposition on Traditional Medicine
9th -11th November 2009, Guangzhou, China

In order to facilitate exchanges in the experiences of promoting the traditional medicine in different countries, and to provide a forum for a discussion on the current problems experienced in this endeavour, the Chinese government hosted the International Conference of the Traditional Medicine in Guangzhou in November 2009 with the aim of developing and expanding the traditional medicine through extensive cooperation. There are total of 9 parallel scientific sessions, Professor Man Fong Mei, chairman of the Chinese Medical Institute and Register and the Chinese Medicine Council (UK) was invited to present a key report on “Imminent Crisis and Solutions to European Directive on Traditional Herbal Medicinal Products (THMPD)” during the Session 1 - Government Forum on the Development of Traditional Medicine.

☐ Collaboration with Guangzhou University of Chinese Medicine
12th November 2009, Guangzhou, China

Professor Mei was invited to Guangzhou University of Chinese Medicine to give a lecture on “Chinese Medicine Education & Current Status in the UK - The Research & Development of Chinese-Western Comparative Medicine” and to be awarded his professorship at the University. The collaboration between CMIR and Guangzhou University of CM has been enhanced following Chancellor Xu Zhiwei’s visit to CMIR in May. An MSc and PhD programme on Chinese Medicine is going to be launched next year as a result of the collaboration between the two organisations.

☐ 10th Guys, Kings and St Thomas’s Medical School SSM Studies
20th November 2009, Chinese Medical Institute and Register, London, UK

Since 2005, 10 study groups from Guys, Kings and St Thomas medical schools have received SSM training in acupuncture and Chinese medicine at AcuMedic. The picture on the right is the 10th group of 18 medical students who have completed their SSM studies.

☐ 6th World Congress of Chinese Medicine, Melbourne 2009
9th -6th December 2009, Guangzhou, China

The World Federation of Chinese Medicine Societies 6th World Congress of Chinese Medicine was held in Melbourne on 5th – 6th December 2009. The WFCMS aims to improve the quality of Chinese Medicine practitioners world-wide, to protect and develop Chinese Medicine, and to integrate Chinese medicine into a global mainstream medical care system. Professor Mei, as a vice-chairman of the WFCMS, delivered his innovative research paper “Diagnostic Thoughts in Medicine - A Chinese-Western Comparative Study”.

☐ RSM Debate: ‘Much of Complementary Medicine is a Con in our Specialty’
16th April 2010, Royal Society of Medicine, London, UK

Throughout much of the Western medical establishment, the jury is still out on the efficacy of complementary and alternative medicine. Whether or not such medicine can achieve what its practitioners claim it can is a subject of heated controversy amongst Western medical and healthcare professionals. This meeting at the RSA was a welcome opportunity for the advocates of both the Western and complementary medicine to meet in a convivial atmosphere and debate. The motion was rejected by overwhelming support for complementary medicine with the voting result of 74% against the motion.

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