

TABLE OF CONTENTS

Remembrances

A Fateful Encounter.....	2
A Childhood Memory.....	6
The Story of Me and My Husband.....	9
Living in Mongolia.....	13
Life in Soviet Russia.....	16

Letter From the Author.....	19
------------------------------------	-----------

Chapter One

The Foundations of Acupuncture and Oriental Medicine

The Theory of Yin and Yang.....	23
The Organs: Full and Empty.....	32
Introduction to the Five Elements Theory.....	34
How the Five Elements Theory Can Help You.....	36
The Mystical Qi of Oriental Medicine.....	45
The Meridian System: A Hidden Mechanism Under Your Skin.....	48

Chapter Two

Acupuncture: The Main Treatment of Oriental Medicine

Introduction to Acupuncture.....	56
How Acupuncture Works.....	58
Why Acupuncture Is NOT a Placebo.....	67
My Explanation of How Acupuncture Works.....	70

Chapter Three

The “Toolbox” of Treatments Used by Oriental Medicine

Cupping.....	<i>76</i>
Gu’asha.....	<i>83</i>
Moxa.....	<i>91</i>

Chapter Four

Herbs and Herbal Remedies

Herbs: An Introduction.....	<i>109</i>
The Foundation of Every Herbal Treatment Plan.....	<i>125</i>
Herb-Drug Interactions.....	<i>130</i>
I Can’t Stress it Enough: More on Herb Safety and Where to Buy Your Herbs.....	<i>134</i>
Herbs in the Media.....	<i>140</i>

Chapter Five

The Weather and Its Impact On Your Health

The Weather and Our Health.....	<i>145</i>
---------------------------------	------------

Chapter Six

Diagnosis, Observation, and the Initial Appointment

First Impressions.....	<i>161</i>
The Tongue: One of the Most Valuable Diagnostic Tools in Oriental Medicine.....	<i>166</i>

Chapter Seven

How Acupuncture Can Help With Infertility and Pregnancy

Marie's Story.....	171
The Menstrual Cycle.....	172
A Break in the Cycle: The Causes and Treatments for Infertility.....	174
Different Treatments for Different People: The Secret Behind Oriental Medicine Infertility Treatment.....	181
Birth Control Pills.....	191
Basal Temperature Method.....	194
Morning Sickness.....	201
Nutrition and Fertility.....	207
How to Relieve Heartburn During Pregnancy....	209
The Importance of Protein for Pregnant Women.....	210
The Importance of Vitamins and Minerals for a Healthy Pregnancy.....	212
Infertility and Stress: Psychological and Physiological.....	215
Sex and Pregnancy: There's More to it Than You Might Think.....	224
C-sections: The Not So Hidden Dangers.....	226
Larisa's Treatment Plan for Women's Infertility.....	230

Chapter Eight

Menopause

Monica's Story.....	239
How Oriental Medicine Views Menopause.....	241
Hysterectomies.....	247
The Symptoms of Menopause.....	249

Dieting.....	<i>263</i>
Menopause and Headaches.....	<i>266</i>
The Problem With How Western Medicine Treats Menopause.....	<i>271</i>
Menopause and the Husband.....	<i>276</i>
Cosmetic Acupuncture.....	<i>277</i>
Menopause Self-Help.....	<i>283</i>

Chapter Nine

How to Find Your Acupuncturist

Finding Your Acupuncturist.....	<i>290</i>
Quick Guide: How to Find an Acupuncturist.....	<i>301</i>

Help Yourself

Colds, Flu's, Sore Throats, and Sinus Infections.....	<i>304</i>
How to Get a Natural Energy Boost.....	<i>305</i>
The Importance of a Your "Meridian" Clock.....	<i>307</i>
Blood Pressure.....	<i>319</i>
Using Honey for Medicinal Purposes.....	<i>321</i>
Honey as a Treatment for Cold and Flu's.....	<i>322</i>
Treating Respiratory Ailments With Honey.....	<i>324</i>
Honey for Sore Throats.....	<i>325</i>
Honey for Nose Problems.....	<i>326</i>
Honey for Heart and Blood Vessel Conditions....	<i>328</i>
Honey for Digestive System Disorders.....	<i>331</i>
Honey for Kidney Disorders.....	<i>336</i>
Honey for Prostate Problems.....	<i>337</i>
Honey for Impotence.....	<i>337</i>
Using Honey to Treat Morning Sickness and Irregular Periods.....	<i>338</i>
Natural Energy Tonics Made With Honey.....	<i>339</i>
Honey for Cosmetic Purposes.....	<i>340</i>

Other Honey Remedies.....	<i>345</i>
Nine Myths About Healthy Eating.....	<i>347</i>

My Thoughts On Why Oriental Medicine Isn't More Accepted.....	<i>353</i>
--	-------------------

Conclusion.....	<i>359</i>
------------------------	-------------------