PRAISE FOR

THE TREATMENT OF DIABETES MELLITUS
WITH CHINESE MEDICINE

The authors of The Treatment of Diabetes Mellitus with Chinese Medicine are to be congratulated for the first thorough and comprehensive look at the treatment of this all too common disease. Including detailed sections on the Western medical perspective, the history of the disease in China, and diet and exercise as well as pattern differentiation and treatment sections, this is an enormously valuable resource for students and practitioners. The value of this book is further enhanced by the inclusion of a wide variety of suggestions for treatments and many case histories and clinical outcome studies. Useful web site addresses compliment the text as endnotes. An appendix of Western pharmaceuticals and a glossary of terms are included. One of the most impressive features of this book, especially for teachers and researchers, is the extensive bibliography of Chinese and English sources. Blue Poppy Press has again filled a gap in the English literature of East Asian medicine with a very useful book for clinicians and scholars alike.”

—Greg Bantick, B.Ac., MTOM
Senior Lecturer, Pacific College of Oriental Medicine

For the practitioner or student interested in the modern Chinese approach to diabetes, The Treatment of Diabetes Mellitus with Chinese Medicine presents the most thorough selection of information currently available in English. The inclusion of the Western medical viewpoint in each section provides an important perspective. It can help Chinese medical practitioners communicate with allopathic practitioners and also give them a vantage point from which to view their own approach.”

—Andy Ellis, Coauthor of Grasping the Wind, Cotranslator of Fundamentals of Chinese Medicine

The Treatment of Diabetes Mellitus with Chinese Medicine is authoritative and comprehensive. It is a coherent and integrated presentation of the classical and modern understanding of one of the world’s most common diseases. As such, this work represents a significant contribution to the modern clinical practice of Chinese medicine in the West and will remain an exemplary work in the field for years to come.”

—Bob Damone, M.S., L.Ac.
Chair, Department of Clinical Practice
Pacific College of Oriental Medicine

This comprehensive book offers a detailed synopsis of Chinese acupuncture and herbal therapy for the treatment of diabetes mellitus hitherto unavailable to Western readers. This text is without question unique in its extensive description of diabetes and its complications from the acupuncture and Chinese herbal point of view. A huge bibliography and numerous useful Internet websites as well as the authors’ combination of Chinese thinking and Western biomedicine make this a very useful book.”

—Rudolf Helling, MD, Chairman, Physicians’ Forum for Acupuncture, Germany
As we have become accustomed to from Bob Flaws's publications, this book once again offers excellent help for daily practice. Bob's books make Chinese medicine digestible for Western readers. The biggest problem a Western physician faces when starting the practice of Chinese medicine is the need to accept the 'facts' of Chinese medicine and to be willing to integrate these into their Western medical practice. On the one hand, this book enables readers to interpret Western medical terms and diseases from a Chinese medical point of view. On the other, it forces Chinese medical aficionados to link their purely Chinese thoughts to the realities of Western biomedicine. The joining of Chinese and Western approaches offered in this book is to be called nothing less than excellent. . . . As a Western MD, I can say the Western medical information on diabetes contained in this book is reliable, comprehensive, and up-to-date. As a clinician practicing Chinese medicine on a day-to-day basis, I can also say it is an outstanding text on the Chinese medical view of diabetes. . . . In a nutshell, this book is a valuable contribution to the world's medical literature. Congratulations!"

—Dieter Klein, MD, acupuncturist, Germany

With diabetes being one of the leading causes of death and morbidity in the U.S., this book provides a long overdue addition to the library of the modern TCM practitioner. I was particularly pleased to read the section on the pathomechanisms of diabetes. Unlike basic sources that merely attribute DM to yin vacuity, this book lays out the clear relationship between spleen vacuity and damp heat as central factors in the pathogenesis of insulin resistance. In addition to extensive presentations of pattern discrimination for DM and all its complications, this book shines in its use of case studies and abstracts of numerous clinical audits. The section on diet is well researched and forms a critical subsection of this text that is often glossed over in other TCM presentations. The authors clearly recognize that only a combination of Eastern and Western medicines can truly be effective in treating this disorder. To that end, they have also included the latest research correlating a variety of physiological and biochemical parameters with the TCM patterns of DM. With doctoral studies about to be launched at TCM schools in the U.S., this book sets a new standard for an integrative approach to holistic medicine. I hope others will follow the lead of Blue Poppy in the development of TCM for the 21st century in America.”

—Todd Luger, L.Ac.
Director, Chinese Herb Academy

This book is an excellent review of the approach to the treatment of diabetes mellitus from both a Chinese and Western medicine perspective. The review of current conventional integrative nutritional and lifestyle approaches is of value both to the conventional and alternative practitioner. The acupuncturist will find this an indispensable guide to the treatment of diabetes mellitus itself and its complications using acupuncture and Chinese herbal formulations. The information is also delivered along with numerous clinical cases which will enable the practitioner to correctly apply treatments in clinical situations. I highly recommend this book for every acupuncturist who deals with this metabolic disorder as well as other practitioners who are interested in the Chinese medicine approach to diabetes mellitus.”

—Leonard A. Wisneski, M.D., F.A.C.P.
Endocrinology, Metabolism, and Medical Acupuncture
Clinical Professor of Medicine
The George Washington University Medical Center
This is an outstanding text! It contains clinical information on the Chinese medicine treatment of diabetes never before available in English combined with up-to-date biomedical information. Chinese language material is meticulously translated, and basic patterns are supplemented by formula analysis and clinical case studies. The book is well written and should prove invaluable to any practitioner of Chinese medicine. I applaud the efforts of all of the authors in completing such a text.”

—Marnae Ergil, Ph.D.
Instructor, New York College for Wholistic Education & Research
Cotranslator, Practical Diagnosis in Traditional Chinese Medicine

The Treatment of Diabetes Mellitus with Chinese Medicine is impressive not only in the scope of its inquiry but in the depth of its detail. The heart of the text is a thorough discussion of diabetes and its associated conditions that is constructed in a unique and practical fashion. After a brief analysis of each condition in terms of Western medicine, the authors then provide the Chinese medical pattern differentiation and treatment. What sets this book apart, however, is the inclusion of a great deal of modern research and aptly chosen cases which illustrate the basic principles. This book is a valuable addition to the libraries of students, researchers, and clinicians alike.”

—Craig Mitchell, M.S., Lic. Ac.
Cotranslator, Shang Han Lun: On Cold Damage

This book is an excellent representation of the latest evolution of TCM texts. It provides essential material for pattern differentiation and treatment strategy for patients with diabetes. All too often, we need to reference our TCM texts and then open our Western medicine texts to review allopathic approaches. In this book, diabetes is discussed from both medical paradigms, giving the practitioner a detailed understanding of the complex nature of this disease. Treatment protocols, strategies, and outcomes are outlined in a manner that enables the reader to manage this disease confidently and responsibly with Chinese medicine. The authors were meticulous in providing references to all formulas and research listed in this book, thereby, making it an invaluable resource book for all TCM practitioners.”

—John Stan, DTCM, Reg. Ac., (Canada)
CEO, Eastern Currents
In 2001, Lynn Kuchinski's mother, June Kuchinski, passed away due to complications of diabetes. Therefore, Lynn would like to dedicate her portion of this book to her mother's memory.

For my mother, June
THE TREATMENT OF DIABETES MELLITUS WITH CHINESE MEDICINE
THE TREATMENT OF DIABETES MELLITUS WITH CHINESE MEDICINE

A TEXTBOOK & CLINICAL MANUAL

By Bob Flaws
Lynn Kuchinski
& Robert J. Casañas, MD
This book is a clinical manual on the Chinese medical treatment of diabetes mellitus (DM) and its many complications. The Chinese medical materials have been compiled by myself and Lynn Kuchinski. The Western medicine materials have been written, checked, and/or edited by Robert Casañas, MD. This book has been patterned after Blue Poppy Press’s critically acclaimed Chinese Medical Psychiatry. Each Western medical condition contained herein is discussed in terms of its Western medical definition, epidemiology, etiology, pathophysiology, diagnosis, current standards of care, and prognosis. These Western medical sections are then followed by Chinese medical sections describing disease categorization, disease causes and mechanisms, treatment based on pattern discrimination (both acupuncture and Chinese medicinal), abstracts of representative Chinese research, representative Chinese case histories, and a concluding “Remarks” section discussing clinical tips and concerns. Other sections in this book describe the history of diabetes in both Western and Chinese medicines, Chinese materia medica and DM, Chinese formulas and DM, acupuncture, tuina, and Chinese foot reflexology and DM, exercise and qigong and DM, and Western and Chinese dietary therapies and DM as well as discussions on the integration of Chinese and Western medicines, syndrome X, and dealing with such issues as patient adherence and denial. At the back of this book, the reader will find a glossary of Western medical terms pertaining to diabetes and its Western medical diagnosis and treatment. The reader will also find the most extensive Chinese medical bibliography on DM of which we are aware. However, even this extensive bibliography is only a fraction of what exists on the Chinese medical treatment of DM within the Chinese language literature. The books and articles in this bibliography only represent those which reside in my and Lynn Kuchinski’s personal libraries and, as such, are random in their representation. By this I mean that they are only those articles which happened to appear in the handful of Chinese medical journals to which we individually subscribe. Nevertheless, as the reader hopefully will see through the copious reports of Chinese research and case histories included herein, Chinese medicine can be an effective complement and alternative to modern Western medicine in the prevention and treatment of this increasingly prevalent disease.

As with other Blue Poppy Press publications, the Chinese medical terminology used in this book is based on Nigel Wiseman and Feng Ye’s A Practical Dictionary of Chinese Medicine, Paradigm Publications, Brookline, MA, 1998. Deviations from that norm are noted in the text or by endnotes the first time such deviations occur. Chinese medicinals are identified first by Latin pharmacological nomenclature followed by Pinyin romanization of their standard Chinese name in parentheses the first time they are introduced in a given section. In subsequent discussions in the same section, those medicinals are only identified by their Chinese names. Chinese formulas are identified by their Chinese names in Pinyin romanization followed by our denotative translation of those names in parentheses. Acupuncture points are identified first by their standard Chinese names in Pinyin romanization followed by standard channel abbreviation and number notation. In terms of acupuncture channel abbreviations, Blue Poppy Press uses Lu for lung, LI for large intestine, St for stomach, Sp for spleen, Ht for heart, SI for small intestine, Bl for bladder, Ki for kidney, Per for pericardium, TB for triple burner, GB for gallbladder, Liv for liver, CV for conception vessel, and GV for governing vessel, and we use O’Connor and Bensky’s numbering system as it appears in Acupuncture: A Comprehensive Text, Eastland Press,
Seattle, 1995, for the alpha-numerical identification of extra-channel points.

We hope this book will be of great benefit to English-speaking practitioners of Chinese medicine and all their patients suffering from diabetes and its myriad of complications. In order to continually expand, refine, and advance the materials included herein, Blue Poppy Press has created a companion web site located at www.chinesemedicinediabetes.com. Laypersons suffering from diabetes who wish to learn more about Chinese medicine and what it may offer them should see Lynn Kuchinski’s Controlling Diabetes Naturally with Chinese Medicine also available from Blue Poppy Press. The authors would sincerely appreciate any feedback on or amendments and corrections to this work.

Bob Flaws
Dec. 6, 2001
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