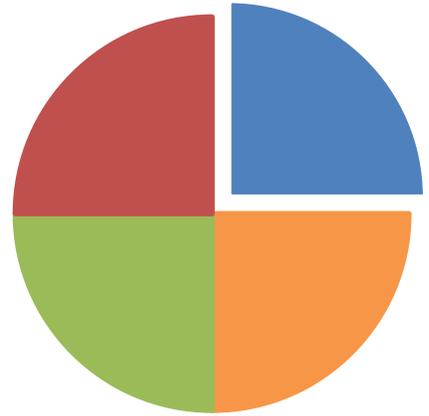


BODY TYPE DIET AND DISEASES



*Knowing your body type will identify
your diet, help treat diseases and prevent diseases.*



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Welcome!

Thank you for downloading this ebook. It is the first step toward having a healthier body and a more fulfilling life.

Purpose

I have created this ebook for you to discover yourself and to be in control of your health! You will find this ebook very helpful in identifying and determining what foods are beneficial for you – and what foods are harmful. Harmful foods are causing much of the chronic physiological problems that lead to lethargy and mental sluggishness. The result is less performance and less happiness.

By knowing your body type you can identify and eliminate allergic and intolerant foods to improve health and quality of life. You will have a healthier body and mind.

Outline

There are four chapters. Read both chapters 1 and 2 first. They will guide you through determining your body type and identifying your individualized food items. Chapter 3 is about what can be achieved through treatment at David Lee Acupuncture Clinic. Chapter 4 details Eastern medical philosophy for a lay person to understand.

Chapter 1

Food items beneficial and harmful for the body types are listed.

Chapter 2

Identify your body type using questionnaire.

Chapter 3

David Lee Acupuncture Clinic treats pain, inflammation, and dysfunctions of the body.

Chapter 4

Yin, yang, wood, fire, earth, metal, and water are the basic concepts in developing body type theory in the framework of Eastern medicine.

If you would like me to verify your body type in person, then you can make an appointment with me by calling 805-497-6200 or visit www.davidleeacupuncture.com.

Enjoy your path to discovering a healthier you!

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About David Lee

David Lee, Ph.D., is a licensed acupuncturist and an Asian herbal medicine practitioner. He received a bachelor's degree in psychology from and studied pre-medicine at the University of California, Irvine. He completed an externship at Daniel Freeman Hospital in the city of Marina del Rey and at the University of California Los Angeles Student Health Center. He received his doctorate of philosophy in Oriental Medicine from the American Liberty University in Fullerton, California in 2006. Dr. Lee has been practicing since 2000 and currently practices in Thousand Oaks, California

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My gratitude goes to the tireless doctors who brought constitutional medicine to the global stage. And to my patient Elvira Wilson, whose loving heart and tenderness had spurred the realization that meaning, living, and health are intertwined.

Disclaimer

Patients are always encouraged to notify and to work with their primary physician when making any health changes. This book is intended for food identification and elimination for the body type, and does not replace medical recommendations by your primary physician.

David Lee Acupuncture Clinic does not make any claims to diagnose, treat, or cure diseases that are not within the scope of acupuncture and Asian medicine in the United States. There is no guarantee that body type diet is for everybody, and not everyone will experience the same results.

Discontinue following the recommendations in this book if you experience dizziness, nausea, allergies, aggravation, or other unpleasant symptoms. Do not consume these foods if you have or have had life-threatening reactions with potential food allergens, such as nuts or shellfish.

Foreword

What makes Asian medicine particularly notable is that the treatments are individualized. Each patient is approached with the understanding that the individual's internal equilibrium and the body's illnesses need to be addressed simultaneously. This disease and body focused medicine is flexible to provide differentiated treatment for each person, customized even for the same problem.

A holistic approach is becoming more accepted in the United States for preventative care and for treatment of chronic diseases. Perhaps this is the reason why Asian medicine is the fastest growing medical profession today.

For at least 3,000 years, foods, acupuncture needles, and plant based herbs were the means of medicine for the treatment of acute, chronic, musculo-skeletal, and internal diseases. Its theoretical framework and long medical history helped develop a complex and an efficient system for treating various ailments.

You can participate by understanding your body's inborn nature and by being on a diet that is suited for you.

David Lee, Ph.D., L.Ac.
Doctor of Philosophy in Oriental Medicine
Licensed Acupuncturist

Chapter 1 Foods for the Body Type

The foods that we eat everyday have tremendous impact on our health. The reason is that foods are not only nutritious and have calories for energy, they are also mild medicines that affect the way our body functions. Food is an indispensable part of healing and is used as a proactive way to keep people responsible for their own health.

Before molecular medicine became dominant, herbs were used to treat diseases because they strongly influence the body's physiology. Foods and herbs have the same source, the former being more nutritious and the latter being more medicinal. Because we eat foods every day, their effects can accumulate in our bodies over time for health or for harm.

Many diseases can be avoided and treated simply by changing our diets. Many people turn from destructive eating habits after seeing loved ones suffer from debilitating or terminal diseases. Cancer, heart disease, liver disease, kidney disease, diabetes, recurrent infection, and digestive problems are still rampant occurrences. Many diseases can be prevented through eating foods that promote optimal health benefits to the body.

Better and improved digestion, digestive function, moods, hormonal balance, energy, and sense of well-being are all subjective experiences that suggest the body's healthier state.

Peanuts, tree nuts, dairy, gluten, soybeans, egg, chicken, garlic, onion, corn and shellfish are not only common foods, but are also common in being beneficial or harmful. The harm or the benefit depends on the individual's body type, not the food itself. Food allergy and intolerance are genetic. A person will be harmed or be benefited by the same foods throughout lifetime. So as we become fragile or as we age, it is more imperative to avoid foods that cause stress to our bodies.

To test which foods are harmful, start by identifying the foods you suspect may be the culprit. Completely avoid the food item for one whole week and then introduce it in significant amount for two to three days with every meal. Observe and note the body's response in this 48-72 hour period. Repeat with other foods. *Caution: do not consume if you are known to be hyper-allergic or if you may develop anaphylactic shock with these foods.*

Avoidance or minimizing the harmful foods is more important than eating the right foods because the healthy foods will not cancel out the negative impact of harmful foods. So it is best not to introduce the harmful ingredient in the first place.

Many diseases can be avoided and treated simply by avoiding harmful foods for the body type.

Food Items for the Body Type

Each body type has its own set of beneficial and harmful foods. Your body is a combination of the two out of four and will receive benefit or harm when you eat any of the foods from these categories. You should take the questionnaire to determine which two body types you are. Knowing what to eat for the body type is a helpful guide to consuming the right foods, while avoiding the harmful foods.

The following lists are common foods specific to the four body types and are known to have a strong impact on health. Many food items are not mentioned in this book because they are not commonly consumed, the influence on the body types are not known, or the negative/positive effects are mild.

The intensity of negative and positive impacts varies, depending on the food item and from person to person. When deciding to make changes to your diet, a significant change with at least 70% reduction of the harmful foods from your current diet and adding the beneficial foods to your daily meal is in most cases practical and sufficient. A complete elimination of the harmful foods or eating only the beneficial foods listed below without eating other variety of foods is not recommended.

Note: If you suspect or know some foods cause side effects or life-threatening reactions, then do not consume them.

Greater Yang Body Type (aka Taeyangin)

Harmful foods	Beneficial foods
land meats in moderate to large amounts (especially egg yolk, beef, chicken, lamb, venison), any dairy (milk, cheese, yogurt, whey), most root vegetables (radish, onion, turnip, parsnip, sweet potato, etc.), oily or fried foods, all nuts and seeds (peanut, walnut, almond, cashew, pistachio, macadamia, sunflower seed, chestnut, pumpkin seeds, etc.), onion, chestnut, coffee, caffeine.	buckwheat, most fruits (especially cherry, grape, kiwi), most above ground vegetables, some root vegetables (beet, carrot), lettuces, kale, eggplant, fish, all shellfish (shrimp, clam, crab, oyster, sea urchin, etc.)

Greater Yin Body Type (aka Taeumin/Taeumin)

Harmful foods	Beneficial foods
all lettuces (romaine, iceberg, red leaf), kale, all shellfish (shrimp, clam, crab, oyster), starchy foods (corn, grains, potatoes), persimmon.	land meats in small to moderate amounts, dairy (milk, cheese, yogurt in small amounts), legumes, all nuts and seeds (peanut, walnut, almond, cashew, pistachio, macadamia, chestnut, sunflower seed, chia seed, flax seed, etc.), most above ground vegetables (broccoli, spinach, leek, artichokes, asparagus, pumpkin, squash, etc.), most root vegetables (radish, carrot, parsnip, turnip, yam, sweet potato, onion, maca, taro, jicama, etc.), most fruits (especially blueberry, pear, plum), coffee, mustard.

Lesser Yang Body Type (aka Soyangin)

Harmful foods	Beneficial foods
brown rice, sweet potato, sesame, corn (whole, syrup, starch), chicken, lamb, venison, apple, many citrus (tangerine, orange, grapefruit) (lime and lemon are good), honey, spices (ginger, garlic, curry, chili, oregano, thyme, dill, fennel, black pepper, mustard, curry, etc.), ginseng.	gluten (wheat, rye, barley, oat), adzuki bean, mung bean, celery, cucumber, eggplant, some land meats (small to moderate amount of pork, turkey, duck), egg white, fish, most fruits (especially strawberry, raspberry, blackberry, watermelon, honey dew, cantaloupe, banana), mint, aloe, cactus, cactus fruit.

Lesser Yin Body Type (aka Soeumin)

Harmful foods	Beneficial foods
gluten (wheat, rye, barley, oat), adzuki bean, mung bean, celery, cucumber, eggplant, pork, egg (white and yolk), strawberry, raspberry, blackberry, watermelon, honey dew, cantaloupe, banana, aloe, cactus, cactus fruit.	gluten free grains in moderation (white rice, brown rice, millet, quinoa, etc.), sweet potato, yam, sesame seed, corn, most vegetables, some land meats (small to moderate amount of chicken, lamb, goat), most fruits (especially apple, tangerine, orange, lemon, grapefruit), ginseng, honey, bee pollen, royal jelly, most spices (ginger, garlic, curry, basil, oregano, thyme, dill, fennel, black pepper, mustard, chive, etc.)

Each person has a combination of two body types in only these four possibilities:

1. Greater Yang- Lesser Yang (~25% of population)
2. Greater Yang- Lesser Yin (~25% of population)
3. Greater Yin - Lesser Yang (~25% of population)
4. Greater Yin - Lesser Yin (~25% of population)

The incidence of Lesser Yin is a majority in females (~75% of all females) and the incidence of Lesser Yang is a majority in males (~75% of all males).

A person with Greater Yang may have either Lesser Yang or Lesser Yin as the other body type. Similarly, a person with Greater Yin may have either Lesser Yang or Lesser Yin as the other body type. Impossible combinations are:

1. Greater Yang - Greater Yin
2. Lesser Yang - Lesser Yin

Notice that Greater Yang and Greater Yin food lists are opposite to each other. Lesser Yang and Lesser Yin are also opposites. It is because these are opposite body types and they do not co-exist in a person. A Greater Yang cannot be a Greater Yin. And a person with Lesser Yang cannot be a Lesser Yin. So a combination of Greater Yang with Greater Yin is not possible. A Lesser Yang combination with Lesser Yin is also not possible.

Note the foods that adversely affect you. The side effects can be:

- | | |
|-----------------------------------------------|-------------------------------------|
| <input type="checkbox"/> sneezing | <input type="checkbox"/> diarrhea |
| <input type="checkbox"/> nasal discharge | <input type="checkbox"/> yawning |
| <input type="checkbox"/> eczema/skin reaction | <input type="checkbox"/> heaviness |
| <input type="checkbox"/> bloating | <input type="checkbox"/> sleepiness |
| <input type="checkbox"/> indigestion | <input type="checkbox"/> tiredness |
| <input type="checkbox"/> headache | <input type="checkbox"/> swelling |
| <input type="checkbox"/> short of breath | |

Unpleasant effects of some harmful foods are immediately noticeable even with small amounts. Others are identified over time or through the process of elimination. It may be more difficult to notice the positive effects of beneficial foods because it is easier to recognize discomfort and displeasure. If you are sure that one or two of the food ingredients in the lists are harmful to you, then the rest of the foods in the box are also harmful in different degrees. If you have identified two harmful food lists of the four body type categories, then you may be that body type combination.

You may have yet to notice the negative impacts of other foods in the same harmful category. For example, a person who has a known peanut allergy is also allergic to other nuts and is intolerant to dairy products, although there may be no perceivable symptoms from eating these. If they are suspects, then other identified foods in the list help to confirm them as beneficial or harmful.

Foods and Health

Foods have a strong influence on our health. Apart from being nutritious and having calories for energy, the health influence of foods can be subtle and strong. Beneficial foods can be used to improve our health. But foods can be detrimental to health if the ones consumed are wrong for the body type. Benefit *or* harm occurs depending on *who* is consuming it.

Low carbohydrate diet is especially beneficial for the Greater Yin body types in combination with Lesser Yang or Lesser Yin. Consumption of sugar, grains, corn, and white potato should be sporadic. In addition to increased physical stamina and mental clarity, many find that just lowering simple carbohydrates reduce symptoms of chronic diseases such as yeast infections, migraines, asthma, and sinus congestion.

Harmful foods have a very subtle impact on most people so there is difficulty recognizing them as being negative. Even if there are bad symptoms, these are seen as inconveniences rather than being precursors to major diseases. The unpleasant experience is only the tip of the iceberg; there may be a series of chains of physiological events that are difficult to identify but nonetheless present.

Personal beliefs or negative experiences unrelated to negative physiological responses are not a realistic gauge to determine which food is right for you. Social, cultural, and psychological factors influence the visual, smell, taste and texture dislikes. The body, however, acts independently from these influences, according to its biological needs.

Some healthy comfort foods are often mistakenly seen as beneficial. Chicken soup and traditional family dishes have a nostalgic appeal and produce psychological satisfaction. Just because they are low in calories, not greasy, and not fattening, it does not equate to being healthy. They are marginally safe enough to be widely consumed around the world across many groups for energy and nutrition. But if they happen to be not

appropriate for your body type, then there will be an immediate or long-term negative reaction.

Constant, long-term ingestion of even the most commonly consumed foods will harm the body over time if they are not right for the body type. Consumption on a daily or almost on a daily basis will compromise the body eventually. The effect is so subtle and mild that the impact is gradual to a point where the body cannot process out the harmful foods anymore. They build up over time and wreak havoc, leading toward sickness and/or aggravating the diseases. For this reason, unrecognized harmful foods can do more harm.

Infants and children are highly sensitive to foods. When the body does not like certain foods, there is vomiting, diarrhea, eczema, asthma, and nasal discharge. As they grow older, this defense mechanism becomes dull and we misperceive the lessening of negative reaction as growing out of them. But the perceived reactions are only the tip of the iceberg, and underneath there is a harmful impact on the physiology that manifest as diseases later in adults. Childhood diseases and seemingly harmless discomforts may turn into chronic diseases if ignored.

Nuts, seeds, dairy, corn, corn syrup, corn starch, onion, and garlic are the top harmful foods for the Lesser Yang and Greater Yang body type combinations. Those who have gluten intolerance are Lesser Yins. Because these foods are commonly and regularly consumed, they are the cause for chronic problems. They are often recurrent sinus infections, seasonal or all-year-round allergies, stomach pains, irritable bowel symptoms, tiredness, lack of motivation, hard to focus, low grade scores, and missing school often. The only way for improvement is to minimize or to avoid them.

Most of the time, strong adverse effects such as allergic reactions or anaphylaxis do not occur. Anaphylaxis is characterized by breathing obstruction, drop in blood pressure, internal bleeding, and shock. Less intense manifestations are the general subjective experience of pain, sleep, digestion, circulation, stamina, clarity of thought, general sense of well-being, and enjoyment of daily activities.

Even with proper medical treatments, avoidance of harmful foods is often essential for a successful outcome. So if you have unexplained subjective symptoms of general malaise, bloating, fatigue, and headache, then begin eliminating harmful foods from your diet.

Although age and propensity are factors in maintaining good health, most people do not have optimal health because the bodies break down prematurely. Many chronic diseases occur in later ages but are not unavoidable by sticking to the body type diet. Foods have a large role in maintaining optimal health for the age. Just by adjusting to one's own needs, there is significant improvement and more stability. The ability to buffer from daily stressors is then maximized.

Meals come in innumerable combinations of amounts and varieties so there is almost no opportunity to test one food at a time. If we can eat one food item at a time as a meal, then the task of distinguishing harmful from beneficial would be much simpler. A practical method is to repeat the same ingredient at each normal meal for several days can help to

A combination of aloe and cactus can reduce the blood glucose in diabetics. These are beneficial for the Lesser Yang body type combined with Greater Yin or Greater Yang. Along with the low carbohydrate diet, a quarter cup of aloe, and a quarter cup of cactus per day can create a dramatic lessening of blood glucose within a few days or weeks. If your blood glucose rises, then you may be a Lesser Yin body type. It is also helpful for other conditions such as chronic bladder infection, prostatitis, acid reflux, diarrhea, and constipation.

identify the harmful food. Most processed foods found in groceries or restaurants are not prepared for any body type. These combinations make us constantly exposed to the inappropriate ingredients. Healthy combination of foods for the body type is not feasible outside of home, especially for the Greater Yang and Lesser Yang combinations. They may have to resort to preparing their own meals.

Asian medicine is holistic and the foods are studied in whole forms as they affect the body in multiple ways. It is a one-food-fits-whole type of approach. Scientific findings help to confirm the relationship between the body type and the harmful foods. Specific ingredients found in foods such as gluten, lactose, casein, and corn protein contribute to understanding the mechanism of how the molecular components act against the normal body physiology.

The harmful foods do not have to be avoided all together. We have eaten most of the foods listed above at one time or another, with minimal negative impacts. Consuming manageable amounts of harmful foods is

acceptable as long as the body can render them harmless. The prevalence of hidden harmful food makes it difficult to eliminate them from our diet. Making significant changes is therefore enough and practical.

Food Amount vs. Food Type

More does not mean better. Having buffet style meal everyday leads to indigestion and overworking the body. Overeating beneficial foods will also do the same. Avoiding harmful foods may reduce the food choices, but many varieties are still available. The lack of nutrients should be of no concern. Antioxidants, vitamins, fiber, trace minerals, and other spectrum of nutrients are all necessary for the proper functioning of human body. Our bodies know how to utilize the nutrients in foods as long as the body is comfortable with the whole food that is being ingested. So the food items are just as important as the nutrients

Gluten intolerance is often associated with irritable bowel symptoms and is solely found in Lesser Yin body types. The best solution is to avoid it. Gluten is a cereal protein mainly found in wheat, rye, barley and to a lesser degree in oats. Most common is an autoimmune system reaction that leads to mal-absorption in the intestines and cause irregular bowel movement. Other reactions are fatigue, foggy memory, slurred speech, and arthritic pains. Gluten intolerance is more prevalent in females than in males.

contained within. Foods for the body type enhance the vital role in health, which includes memory, longevity, mood, circulation, maintenance, homeostasis, recuperation, and immune responsiveness.

Detoxification and Weight Control

Excessive eating and accumulation of harmful substances necessitate routine detoxification. The overload burdens the body's normal functioning and defense mechanisms. Many of us need to release the excess from flesh, circulatory system, and organs. Those with intractable diseases such as diabetes, fibromyalgia, and cancer notice improvement, while others with lesser discomforts can use a detoxification diet for prevention. On average, a detoxification diet every three months for a period of one week should be sufficient.

The detoxification diet consists of fruits and vegetables. The kinds are different for each of the four body types. Combining two of the four food categories listed below works best because every person is composed of two body types. Or you can choose to do a combination of the two, which works as well or even better. The symptoms of improvement are more energy, curved appetite, and improvement of diseases.

Lesser Yin Body Type

cayenne pepper, garlic, soy, maple syrup, apple, orange, pomegranate, lemon and cabbage.

Greater Yin Body Type

pears, plums, carrot, turnip, parsnip, radish, onion, other low calorie root vegetables, nuts, legume, pumpkin and squash.

Lesser Yang Body Type

watermelon, honey dew, cantaloupe, cucumber, celery, eggplant and strawberries.

Greater Yang Body Type

white grapes, cherry, kiwi, kale, lettuce, and leafy greens.

Avoid meat, greasy foods, and grains while on this diet. The amount should be similar to regular meals. They can be prepared raw or cooked in a combination that is tasteful to you. Do not continue if you experience dizziness, severe weakness, or allergic symptoms. If these food selections are too limited for you, then the regular avoidance of harmful foods is still sufficient to gently detoxify. It will eliminate the need for routine detoxifying diet. In addition, consuming low animal protein and sticking to mainly fruits and vegetables will add quality years to your health and life.

Chapter 2 Body Type Diagnosis

Importance of Body Typing

There are differences in the physical frame, physiology, and psychology that make us uniquely individual. There are also common threads in the diverse genes that make some people respond in identical ways to certain stimuli. The word constitution, or body type, is a term used to group together and to distinguish a pool of individuals according to certain relevant and recurring similarities in the inherited qualities.

Each constitution progresses toward and responds to each identical disease differently. For this reason, the one-size-fits-all approach cannot be applied in medicine. Side effects attest to the fact that human physiology is not identical across the population. While many will improve, others will slightly improve, and still others will experience no improvement with severe side effects. Therefore, there is a need to provide individualized treatments while treating the diseases. Medicine evolves to better recognize and to deal with the human variation. It strives to understand the disease etiologies, to avoid the unnecessary applications, and to apply the correct treatments.

Constitutional medicine is the missing link that helps to understand the response variations to diseases and treatments. It takes the inborn variation as the chief consideration into account before deciding on the treatment of the disease. Identifying the normal states and the congenital imbalances of the individual provides customized treatments. As a result, the desired outcome is easier to achieve and is more reliable.

Body Typing in Four Constitutional Medicine

Each of the four body types in the Four Constitutional Medicine has distinctive traits from another physiologically, pathologically, and psychologically. These traits manifest in the outer physical appearance, body functions and personalities.

The conditions listed in the following information are designed for an easy determination of the body type. You may find items on one list more strongly reflecting you than the other. If so, they may be your body type. First, match yourself against the Greater Yang and Greater Yin body type. After identifying the one that is overall more similar to you, go onto the next two lists, which are Lesser Yang and Lesser Yin body type. The two lists with the most running total may be your body type.

Any body type traits can occur in all the constitutions, but it is more likely to appear in its pertaining body type. Everyone can develop the symptoms on the list at one time or another. It is because we all have varying propensity to manifest these symptoms. Instead of linking the

traits to one or two specific incidences, observe yourself across many situations by placing you in the third person and measuring yourself against the general population. Then decide where your tendency lies. If unsure, do not mark the boxes.

Influences of cultural, social, and personal background make some on the list difficult to understand, vague, or misleading. However, the number of questions is expansive enough for you to be able to determine your body type. The detailed explanation of the questionnaire in the next section is helpful in clarifying the meaning of the questionnaire. Comprehensive examination by an experienced Four Constitutional Medicine practitioner helps to confirm body type diagnosis.

Greater Yang and Greater Yin body types are opposite to each other in physiology and in mental processes. Lesser Yang and Lesser Yin body types also have opposite characteristics. Although all people are the same, the way an individual's body works is different. Try to understand your body type in relation to your healthy state, not when you were sick or had an illness.

There are no preferable or advantageous body types. Each has strengths and weaknesses. Like two sides to a coin, each constitution has positive traits, while having undesirable characteristics. Human bodies and relationships are complex and dynamic. What can be disadvantageous in one scenario can be highly profitable in another situation.

Some descriptions of constitutional characteristics are stereotypical to convey a clearer illustration. Objectively observe yourself as you compare yourself to the constitutional characteristics and see where you have tendency towards. As a rule of thumb, remember that most of the descriptions in the questionnaire apply to about half the population. So each description reflects correctly to roughly 50% of people and the other 50% has its opposite characteristic.

Greater Yang (a) vs. Greater Yin (b) Body Type Questionnaire

note: Assume that the following descriptions from 1 to 20 are correct in 100% of the population. If you do not fit in one description, then you are the other. You need to check one of the two choices and do not leave them blank.

Often, the answers can be both depending on specific situations, but determine which description relates to you more accurately. Exception of 22b, the following descriptions are conditions based on your healthy state in absence of any disease or ailment.

- 1a. I find steaks to be heavy and take long time to digest. My bowel is often easily affected. I do not like the sensation from high protein diet, which makes me feel heavy, tired, and bloated.
- b. I do not find steaks to be heavy. I digest them quickly and my bowel does not change. I benefitted from high protein diet resulting in weight loss, and increase in energy, focus, and clarity.
- 2a. I find greasy or fried foods to be heavy and take long time to digest. My bowel is often easily affected.
- b. I do not find greasy or fried foods to be heavy. I digest them quickly and my bowel does not change.
- 3a. I get motion sickness easily, such as on a boat or an airplane. I cannot read a book in the car as a passenger for more than 5 minutes.
- b. I do not get motion sickness easily, such as on a boat or an airplane. I can read a book in the car as a passenger for more than 15 minutes.
- 4a. I am lactose intolerant or allergic to milk products. I experience increased nasal discharge, bloating, or change in bowel after drinking a glass of milk.
- b. I am not allergic to milk products. I do not feel bloated or have change in bowel movement. I can drink two glasses of milk every day without ill symptoms.
- 5a. My sense of hearing is stronger than the sense of smell.

- b. My sense of smell is stronger than the sense of hearing.
- 6a. I feel lightheaded or dizzy with strong mint, such as a mint flavor gum when it is in the mouth for more than 10 minutes.
- b. I do not feel light headed or dizzy with strong mint when it is in the mouth for more than 10 minutes.
- 7a. I do not like perfume or strong odor. I get dizzy, headache, or nausea.
- b. I am not allergic to perfume or strong odor. I prefer to wear them.
- 8a. Regardless of the quality of my voice, my voice is middle to high pitched.
- b. Regardless of the quality of my voice, my voice is mild to low pitched.
- 9a. I prefer the heat of summer more than the cold of winter.
- b. I prefer the cold of winter than the heat of summer.
- 10a. I have low pain threshold. I tend to avoid physical pains and they can be a large deterrent for me.
- b. I have high pain threshold. I can take much pain and working through pain can be invigorating.
- 11a. I feel congested wearing a scarf or a turtleneck around my neck even in the cooler weather. I do not use it, unless it is a fashion statement.
- b. I feel comfortable wearing a scarf or turtleneck around my neck in cooler weather. I often wear them for fashion statement.
- 12a. I do not have preference to wearing a hat. I get bothered if I wear it all day.

- b. Wearing a hat makes me feel comfortable and snuggled. I can wear a hat all day long.
- 13a. I do not like to talk or to sing for a long time because my voice tends to get hoarse easily.
- b. I can talk or sing for a long time. My voice does not easily get hoarse and my throat is not easily affected.
- 14a. I do not like sports that require strenuous activities. Or I like sports, but I have to put in extra effort to be good at it.
- b. I am natural at sports or at activities that require strength and stamina.
- 15a. My shoes tend to last a long time and I can keep it in a pristine shape.
- b. My shoes tend to break down easily, especially on the sides.
- 16a. I cannot stay awake all night to finish a project.
- b. I can stay up all night to finish a project.
- 17a. I have a tendency to first look for a seat and do not prefer to stand for a long time.
- b. I can stand for a long time and do not have an instinct to look for a seat.
- 18a. I am a night person. I tend to sleep late and get up late.
- b. I am a morning person. I go to bed early and get up early.
- 19a. I tend to act first and plan as I go along.
- b. I tend to think through thoroughly and plan before acting.
- 20a. I am easily afraid of heights and it takes time for me to get used to it.

- b. I am not afraid of heights and can work on high places with relative ease.
- 21a. I am allergic to nuts. I have one or more symptoms of scratchy throat, throat swelling, itchy skin, sneezing, and post-nasal drip if when I continue to consume them.
- b. I have allergies to shellfish (shrimp, clam, mussel). I have one or more symptoms of scratchy throat, swelling in the mouth, and itchy skin.
- 22b. I have/had gall stones.

Lesser Yang (c) and Lesser Yin (d) Body Type Questionnaire

note: Assume that the following descriptions from 1 to 18 are correct in 100% of the population. If you do not fit in one description, then you are the other. You need to check one of the two choices and do not leave them blank.

Often, the answers can be both depending on specific situations, but determine which description relates to you more accurately. The following descriptions are conditions based on your healthy state in absence of any disease or ailment.

- 1c. I find myself almost never skipping meals. If I skip a meal, then I get easily agitated and irritated.
- d. I often find myself forgetting to eat meals. I skip meals regularly and do not feel strong hunger on empty stomach.
- 2c. I cannot eat slowly. In a group of 10 people, I am one of the first three to finish a meal.
- d. In a group of 10 people, I am one of the last three to finish the meal.
- 3c. I am not picky with foods. I tend to try new dishes and flavors.
- d. I am finicky with foods. There are many food items or dishes I avoid.
- 4c. I like mint flavored gum or candy more than cinnamon.
- d. I like cinnamon flavored gum or candy more than mint.
- 5c. Generally, I find myself rushing to accomplish at the last moment, instead of step-by-step increments.
- d. Generally, I do my tasks on step-by-step increments.
- 6c. It is always challenging to keep a regular diary.
- d. I do keep or can keep a regular diary.
- 7c. I would rather live without an organizer.

- d. I cannot imagine smooth life without an organizer.
- 8c. It is cumbersome to keep track of detailed information, and I am not detail oriented.
- d. I am good at attention to minute details and I do not mind it being my career.
- 9c. My room is often disorganized but I can find what I need easily.
- d. My room is often organized and I cannot think clearly if it is messy.
- 10c. I am usually the first to try something new, rather than using someone else to be a guinea pig.
- d. I would rather have somebody else try something new (ex. food) before deciding. I am usually not the first to try.
- 11c. I am diagnosed with ADHD, Attention Deficit Hyperactive Disorder. Or I have a mild form of it.
- d. I am diagnosed with obsessive compulsive disorder. Or I have a mild tendency for it.
- 12c. When I was an infant/baby, I mostly slept through the night.
- d. When I was an infant/baby, I woke up often in the middle of the night.
- 13c. I can sleep anywhere and do not sleep lightly.
- d. I am finicky about where I sleep and my sleep tends to be light.
- 14c. When I am extremely tired, I fall asleep very easily.
- d. When I am extremely tired, I find it difficult to fall asleep.
- 15c. Caffeine generally does not affect my sleep.
- d. Caffeine will cause insomnia if I drink it past 3:00 pm.

- 16c. Even in cold weather, I cannot sleep with blanket over my face. I feel congested.
- d. In cold weather, I often like to sleep with blanket over my face.
- 17c. My hands and feet are most of the time warm. When they get cold, they quickly warm back up.
- d. My hands and feet get cold easily and tend to stay cold.
- 18c. Drinking iced water does not cause cramps or bloating. I can drink it all day.
- d. Drinking iced water causes cramping or bloating. It occurs immediately or after a few days of consistently drink it.
- 19c. I had soy allergy as an infant or as an adult skin itching or life threatening reaction.
- 20d I have gluten intolerance. Wheat products make me . bloated or cause irritable bowel symptoms.
- 21d I always had thick set of hair. I have many follicles in my . scalp which contains two or three hair roots. My hair density is in the top twenty percentile of the population.
- 22d I have a history of being anemic (mild to severe) or am . prone to anemia.

	total count		total count
Greater Yang	<input type="text"/>		Lesser Yang <input type="text"/>
Greater Yin	<input type="text"/>		Lesser Yin <input type="text"/>

Now that you have marked the boxes that apply to you, tally up the numbers. Two lists with the most count may be your body type combination. If the differences of the total count are four or less, then you may want to consult with constitutional practitioner to confirm the diagnosis.

You are one of the four combinations:

Greater Yang- Lesser Yang

Greater Yang- Lesser Yin

Greater Yin - Lesser Yang

Greater Yin - Lesser Yin

Your next step is to test yourself against the effects of the harmful and beneficial foods by trying them one at a time. Consume a harmful food item with every meal for 3 days and see if your body responds with negative reactions. Negative effects of harmful foods are easier to discern than the positive effects of beneficial foods. The beneficial foods cannot cancel out the effects of the harmful foods. If the harmful foods are constantly exposed in your body, then the body will continue to struggle with health and well-being.

Greater Yang and Greater Yin Description

Questions 1 and 2

These are related to the body's ability to detoxify itself from heavy foods through liver function and cellular metabolism. Heavy foods are highly concentrated and take longer to break down. Such are fried foods, nuts, meats, dairy, eggs, and beans. Avocados and olive oils are popular alternative heavy foods. Although bodies can get used to eating heavy foods over time, there is still an innate difference in the amount that can be consumed between the Greater Yang and Greater Yin body types.

One extreme end of the population can handle a high protein diet well. Those who tout a low caloric diet consisting mostly of meat, dairy, nuts, and beans have a positive experience of weight loss, increased energy, focus, and clarity. If these same people eat foods consisting mostly of vegetables only, then they find their bodies becoming sluggish, harder to focus, and less in stamina. Many of these Greater Yins since early childhood dislike green leafy vegetables or vegetables in general. Young children's bodies more easily communicate through hypersensitivity to taste and smell of particular foods. You may remember as a child which food ingredients were particularly helpful to your sense of being.

At the other end of the population are Greater Yangs who can handle low animal protein diet for a long period. They feel emotionally good, bodies light, and very healthy. They are comfortable with diet consisting mostly of vegetables and fruits. They only need small amount of meats, eggs or dairy to supplement their bodies' needs. Even Greater Yangs who are not vegetarians still find heavy foods take longer time to digest and even a larger amount can be quite taxing. The abdomen is bloated and there is heavy sensation in the whole body with sluggishness, difficulty focusing, and sleepiness. Hamburger and fries, or a breakfast of sausage, eggs, and bacon can ruin the whole day.

An ability to handle heavy foods is directly related to an ability to detoxify chemicals in general. Greater Yins tend to accept prescription medications well and have the desired effect with less noticeable side effects. Their bodies can handle strong and forcefully acting medical substances. Also, they can handle surgical procedures more easily than the Greater Yangs because of their high pain tolerance. For these reasons, Greater Yins tend to find the western medical care to be effective. Many Greater Yangs are very sensitive to many over the counter or prescription medications. Some react well with less than the recommended amount. They are more easily susceptible to over dosages and side effects.

Question 3

This has to do with motion sickness. Common symptoms are dizziness, fatigue, and nausea. It is a disorder caused by repeated speeding up and slowing down movements. Simple ways of testing if you are easily prone to motion sickness is to consult a map or to read a book in the car as a passenger while moving over smooth, straight roads. Since susceptibility for motion sickness is an inborn nature, it is helpful in differentiating the body type. For some Greater Yangs, slight random movements can immediately trigger the uncomfortable symptoms of motion sickness. Even if they train their bodies to adapt and to reduce the symptoms, the conditioning can be quickly lost. Those who remember getting motion sick in the back of the car as a child but seem to have grown out of it are still likely Greater Yangs.

The triggering mechanism in the brain and the inner ear's sensitivity to movements may be less responsive in the Greater Yins. Greater Yins naturally have higher strength in the abdominal and the intercostal muscles, so this additionally makes it easier for them to hold steady. Many Greater Yins can read a book in a moving vehicle for more than 15 minutes at a time. Most Greater Yangs have difficulty reading for more than five minutes not without some motion sickness symptoms.

Those who are comfortable with high heels and prefer to wear them all day are also Greater Yins. The reason is the same as with motion sickness in that they are better able to hold themselves steady and stable.

Question 4

Milk intolerance tends to occur in the Greater Yang body types. There are two main ingredients identified that trigger intolerance symptoms in the milk: sugar lactose and protein casein found in cow, goat, sheep, and human milk. Some Greater Yang babies at infancy display intolerance to mother's milk, manifesting as incessant crying, diarrhea, and rashes. The majority of Greater Yangs begin to develop intolerance after the age of 5. The tolerance can be maintained through life but its effect will quickly be lost if the dairy is removed from the diet.

Lactose is more commonly known as the culprit that causes indigestion, gas, bloating, and change in bowel habits. Lactose free milk is popular with those who are lactose intolerant. But both lactose and casein go hand in hand in that a person with intolerance to one is very likely intolerant to the other. Any dairy removed of lactose still has casein. Casein is present in milk, cheese, and yogurt. So, Greater Yangs do not do well with lactose free dairy products. A removal or minimizing dairy altogether from the diet and finding a replacement source for calcium is necessary for Greater Yangs.

Many Greater Yangs are not aware of the intolerant symptoms with dairy products and nuts but have chronic hay fever that is found to be triggered by environmental allergens such as dander, odor, mold, dust, and pollen. The constant presence of dairy or nuts makes the body's immune system hypersensitive and makes otherwise harmless environmental irritants become the triggering mechanisms.

Many Greater Yins do not develop deficiency in the enzyme lactase, which help breakdown the lactose sugar in milk, even into adulthood. By the age 5, 90% of the enzyme lactase is not present in the digestive tract for most people but those who quickly regain enzyme lactase with regular consumption of dairy is likely a Greater Yin.

Question 5

Greater Yins have a stronger sense of smell both physically and mentally than the Greater Yangs. They seem to be more hard wired with the olfactory nerves to the brain. The subtlety of taste discrimination is in the nose picking up the odors and working in conjunction with the tongue. Many are comfortable in the field of food connoisseurship. They are cooks and critics of fine foods and drinks.

Greater Yins tend to associate memories and mental processes with the sense of smell. They often use the smell related words to describe situations, events and people. They are comfortable in expressing with the smell related words to describe the odor, aroma, scent, and flavor that they sense. As an example, the figurative expression "I can smell a pig from a mile away," indicates the person placing values and importance into the process of thought.

On the other hand, Greater Yangs tend to have a keen sense of hearing and can hear a "pin drop." They have difficulty falling sleep at night if there is a small noise such as water dripping or if their partner makes noise during sleep.

If you have both senses keen or dim, then try to determine which is relatively stronger.

Questions 6 and 7

These relate to an influence by a strong or stimulating odor. Many Greater Yangs find mint flavored candies and gums easy to handle for no more than a few minutes. They get dizzy or headachy if these are kept in the mouth for too long. The spicy flavor from the mint is not the cause, but it tends to affect the olfactory nerves too strongly and creates an overwhelming sensation in the head. Perfumes and colognes also have the same stimulating effects. An exposure or a small whiff can cause

extremely sensitive Greater Yangs to react with additional symptoms of hay fever and difficulty breathing.

Greater Yins can handle odors more easily and many prefer strong aromatic fragrance. They can chew mint gums often and never find them causing a headache or a dizzy sensation. They often wear perfumes or colognes in an amount normal to them but others find it overpowering.

Question 8

All constitutions can have a high voice quality and sing well but the ability to carry a certain pitch range suggests a body type. An ability to maintain an extreme pitch at one end or the other makes body type distinguishing easier. Greater Yangs tend to have naturally high-toned voices and therefore can sing alto or soprano. Many Greater Yins have a naturally deep, bass tone with the ability to sing baritone or bass. A person with middle pitch, such as a tenor, can be either constitution.

There are many factors that influence the tone of the voice and can make distinguishing body type not so straightforward. Sickness can temporarily change the voice or can permanently damage it. Exercise can develop muscles in the neck, making voices deeper. Or a growth spurt can make the voice high pitched and break. Or some people develop a bass-like deeper voice for social status or for leading a group of people, such as being in the military.

Question 9

This is about sensitivity to ambient temperature. Anyone can get accustomed to cold or hot temperatures over time, but there is still an innate preference between the Greater Yangs and Greater Yins. Generally, Greater Yangs get chills easily, whereas Greater Yins can handle or prefer cooler climate better. The Greater Yins tend to have thicker skins that retain heat better and therefore help to withstand cold temperature more easily. For this reason, they can overheat easily and have difficulty functioning in the heat of the summer. Those who habitually wear T shirt and shorts in the frigid weather are likely Greater Yins. Greater Yins can take room temperature shower or can get quickly adjusted to wading in the cold water.

Many Greater Yangs cannot function well and find it hard to be physically motivated when the environmental temperature is low, especially during the winter season. They find themselves wearing extra clothing compared to the average population. Some find it difficult to wear light clothing in the evening or in the early morning when the temperature drops. Before taking a shower, Greater Yangs make sure the water is warm to hot before getting in. Although many Greater Yangs

like to swim, they often avoid swimming because of the initial shock in contact with and of the difficulty getting used to the cold temperature.

Question 10

Thicker skin can take on more pain and therefore has higher pain threshold. Because Greater Yins generally have thick skin, they can normally handle more pain than Greater Yangs can. They seek and enjoy jobs that involve physical labor and exposure to extreme weather elements. Athletic sports that involve pain are part of their normal active life. For some Greater Yins, pain is a stimulant and they do not mind the high-risk activities.

Some Greater Yangs have high pain threshold, but more Greater Yins can handle pain better. A person especially with high touch sensitivity or high pain response is likely a Greater Yang.

Questions 11 and 12

Both questions are similar in that the body likes to be snuggled. Although scarf, turtleneck, caps, and hats are warming and should be preferred by the Greater Yangs, the Greater Yins have more affinity for them. Greater Yangs feel congested and with extra accessory on the body. They find them to be bothersome and in the way.

But many Greater Yins feel comfortable with them on. They have a favorite thinking cap because they can actually focus and concentrate better. Some have a habit of wearing extras on their bodies, such as rings, wristwatches, bands, and necklaces because of their intrinsic value suggesting a sense of power. Lesser Yins tend to wear them for relationship or romantic reasons, such as a wedding ring or a wristband that reminds him/her of a special person.

Questions 13-17

These refer to a person's strength, stamina, resilience, and recovering ability. Physical athleticism is representative of these qualities. Greater Yins generally are more stoutly built. They have bigger muscles, stronger bones, and better physiology to recover. They tend to be top athletes, or the recovery from injury or surgery is relatively quick. Being able to stand for a long time without needing to lean, sit, or hold onto an object is a reflection of mid-trunk muscle coordination and whole body strength. Ability to sustain the note when singing or to give a long speech also reflects muscle strength and stability. Many orators and vocalists are Greater Yins. Although some Greater Yangs are legendary athletes, they generally have to work harder to get to that level.

Physical athleticism also manifests in the amount of quality sleeping hours one needs. Many Greater Yins sleep only a few hours each night but can function normally and are productive throughout the day. If required, they stay awake many evenings to work on a project or to meet a deadline.

Greater Yangs may be able to stay awake through one night but probably will not be able to stay up through the second evening. They tend to tire easily so resting the body and giving plenty of recovery time is essential. Greater Yangs can be very productive as long as they are consistent in listening to and abiding by the body's needs at appropriate times.

Question 15

Greater Yins generally have greater body mass index, bigger bones, and bigger muscles. The feet taking the weight and the strong muscles in the lower legs and feet cause the shoes to weaken quickly over time. The outer sides of the shoes breakdown as quickly as the cushioning in the soles. The lifespan of the shoes are short. With heavier usage, some Taiyins change shoes every few months.

Some Greater Yangs use up their shoes frequently, mainly because of wearing them out by dragging them. The shoes slide along the floor from relatively weaker legs. Otherwise, many Greater Yangs can keep shoes for years.

Question 18

Greater Yins generally find it easier to get up in the early mornings and make a habit of doing so. They are the early risers. Their minds work better before the afternoon and like to get things done before the full break into day. Sleeping early and getting up early helps them to be more productive.

Greater Yangs have difficulty getting up in the mornings and tend to sleep in. It takes them longer to transition from sleep to wake stage, so their mornings are longer spent in getting up into gear. They feel more revived after the sunset, and are often more productive until later in the evening. Because they often catch the second wind in the evening, their productivity is maintained until late into night.

Question 19

This refers to strategizing. It is a similar question to Questions 5-11 for Lesser Yangs and the Lesser Yins. The difference is not about the cautious nature as a motivating factor, but in the desire to keep track of information. Greater Yins like to strategize and to know the step-by-step

plan to get to the goal before acting. It is their way of keeping on track toward the destination. Writing down thoughts and ideas help to visualize better and to have a concrete guide to refer to. For this reason, many Greater Yins are avid collectors and keep good record of them. They enjoy the history, minute details, and trivia of their collection.

Greater Yangs tend to act before thinking through all possibilities and then deal with events as they unfold. They are good at keeping ideas in the head and are quick to respond to changes. They can easily feel restricted with the notion that their life is run by plans. Both body types dislike chaos and want a sense of order in their lives. The difference between both is that Greater Yangs are less strict on themselves, while Greater Yins find more comfort in order.

Question 20

Being comfortable and able to work in high places has two components. One is that the Greater Yin is naturally more physically able to hold steady. The body's ability to keep a stable posture reduces the fear of falling. Greater Yin's sure footedness assures less likelihood to lose balance and fall.

The other is that Greater Yins generally have less instinctual response to fear. So it is easier for the Greater Yins to rationally overcome the height discomfort, and fear in general. Their interest tends to lean toward the arena of conquering, of thrill seeking, and of pursuit to be at the top. They have less sensitivity to criticisms and can better handle stressful situations.

Greater Yangs experience more jitters and prefer avoiding high places. Because of their sensitivity to heights, there are more Greater Yangs who have had bad experiences. Although the fear of height can be overcome, the training takes longer and the conditioning can quickly be lost without continual exposure to high places. Because the fear of height is related to fear in general, Greater Yangs can be more easily startled in frightening situations.

Being more cautious and tending to take a safer route are not related to constitutional body types. They depend on the situation and the individual assessment of the moment. The social environment and its cues often dictate how we act or what we decide in our minds.

Question 21

For Greater Yins, eating shellfish can cause minor symptoms of skin rashes, or more serious symptoms of anaphylactic shock with closing of the air passage and difficulty breathing. Not having any negative reaction

with shellfish does not indicate the person is a Greater Yang because it is not a common occurrence. Skin rashes or immune system reaction with release of histamines strongly indicates a Greater Yin constitution. If you do not have an allergy, skin reaction or anaphylaxis but have stomach cramps with shellfish, then this may indicate that you are a Lesser Yin type.

People with allergy to peanuts and tree nuts are almost always Greater Yang body types. Itchy throat and itchy skin within half an hour of consumption are common reactions. Anaphylactic shock is a very strong indicator of a Greater Yang. For many Greater Yangs, direct and immediate reactions are infrequent, but the unexplained skin rashes, chronic sinus congestion, and hay fever are often the result of subtle and delayed negative reactions to nuts. They are symptoms of hyper-reactions caused by eating nuts and seeds in many cases.

Skin and blood serum allergy tests to nuts can be useful, but they sometimes may not correctly reflect the true response occurring in the body. Many Greater Yangs have negative test results but they still have bad experiences with them. Chemicals in consumer products, dander, pollen, and dust may be identified as the culprit but the nuts make the body hypersensitive to these otherwise harmless substances. Even if one or a few nuts are identified as allergenic, that person still is allergic to all nuts.

Question 22

Having gall bladder stones can be considered an almost exclusive event for Greater Yins. The excess proteins are filtered into the liver, which in turn converts them into bile and dumps them into the gallbladder. The sudden increase will make them aggregate. Increased concentration of bile causes precipitation, forming tiny sand-like crystals that grow over time until they block the passage way.

Gall stones can develop when a Greater Yin loses weight quickly from sickness or from fasting because of the sudden loss of the body mass, which directly are transported to the liver. Since Greater Yins tend to be heavier set and consume greasy foods more than the Greater Yangs, the liver excretes more bile into the gall bladder. Excessive bile production continues the growth of stones causing a blockage of the bile duct. A sudden and severe spasm necessitates the removal of the gall bladder.

An atrophy of or sludge in the gallbladder on the other hand, does not indicate a Greater Yin or a Greater Yang body type. Hypoactivity can cause the gallbladder to deteriorate, rendering it functionless. Gallbladder infection also does not indicate a body type because infections occur in everyone.

Lesser Yang and Lesser Yin Description

Questions 1, 2, and 3

These relate to foods and the manifestations are multifold. Hunger sensation is slower in the Lesser Yins than in the Lesser Yangs. The reason may be that the Lesser Yangs digestive system can break down foods easier and the metabolism in general is higher. Usually, once the food empties from the stomach into the small intestine and then to the large intestine, the hunger sensation sets in. The Lesser Yangs are more efficient with this digestive process, so naturally the hunger sensation is quicker and stronger.

The hunger sensation in the Lesser Yins does not register in the mind as quickly. When the Lesser Yins are occupied with a project, they may skip meals or forget to eat. The hunger pangs are not strong enough to remind them. Lesser Yangs rarely go without eating even if they are busy. Lesser Yangs also have relatively unaffected appetite when they are sick, such as catching a cold or when depressed. They can still eat normal amount of food. When the body does not feel well, Lesser Yins may experience lowered appetite or may vomit. Those who catch stomach flu easily are Lesser Yins.

The Lesser Yangs tend to eat faster. The Lesser Yangs can digest foods well and so are not as concerned about the content that may lead to indigestion. Or they may be physically able to swallow easier with less gag reflex. Whether a person is small or larger framed, the ability to swallow is a built-in reflex independent of the size of the person. Eating competitors are Lesser Yangs. Many Lesser Yins have strong gag reflex. If a taste is strange, then this can easily trigger nausea or vomiting. Or a simple act of brushing with accidental slip of the toothbrush into the back of the mouth can trigger a gag reflex. Many Lesser Yins develop a habit of chewing at least twenty times before swallowing to make sure the foods are broken down enough for the sensitive stomach to handle. Also, Lesser Yins tend to eat with more emphasis on taste and texture, taking time to savor these qualities and therefore taking time to swallow.

Although it may be true for anyone, Lesser Yins more so tend to have a narrow list of foods that they will only eat. They are often particularly picky with foods and will eliminate many common foods from their diet for the reasons of not seemingly appetizing, being unclean, having strange texture, and having repulsive flavor. Trying new dishes is not easy for them. They may vomit foods they do not like. They would rather see others try prior to putting them in their mouth.

Question 4

Lesser Yins tend to avoid spicy foods because of their sensitive stomach and the tongue but the spicy foods are beneficial to the stomach and the rest of the body. Lesser Yins have “coldness” in their abdomen and counteracting with warming foods brings relief. Mild discomfort to chronic digestive diseases such as irritable bowel and acid reflux syndromes can be treated with spicy foods. Helicobacter pylori are considered the cause of stomach ulcers, but the person’s stomach also creates an environment for them to thrive. Spices help maintain the digestive environment favorable to the Lesser Yins. The Lesser Yins get significant relief with common spices such as cinnamon, black pepper, ginger, and cayenne pepper.

Although spicy foods do not match well with the Lesser Yangs, they tend to be fond of spicy foods because their stomach is not as easily sensitive as Lesser Yins and they like the stimulation. So they may mistake spices as beneficial. However, Lesser Yangs have “heat” in their stomach so spicy foods actually harm their body over time. The easier way to see if spicy foods are beneficial is to keep cinnamon flavored candies or spices in the mouth for a long time. Some Lesser Yangs experience raw, tender sensation at the tips of tongue or a vague discomfort in the head.

Questions 5-11

These are related to a cautious nature, which has many facets. Lesser Yins are more cautious than the Lesser Yangs. Not all Lesser Yins have cautious nature as described in this section but some strongly stand out. Lesser Yins are more detail oriented and make sure tasks are done on a step-by-step basis to make sure the end is achieved as expected. As a cautionary measure, they double check as they go along. They start early and do not like to begin projects at the last moment. For this reason, some are consistently early for appointments or meetings.

Some Lesser Yins are deliberately slow, and speeding up tends to make unforced mistakes. They may know answers to the examination questions, for example, but still finish slower. They are not easily bothered by jobs or tasks that involve repetitive tasks. Paying attention to detail is part of their personality and so jobs that require minimal changes or slow transition is preferable for them.

Many Lesser Yins take note taking to an art form. The pages are neatly written and well organized. There are hardly cross-outs or erase marks, and the handwriting is clearly legible. Files are habitually kept in order and are marked properly. Self-report and reinforcing thoughts in a form of diary are common.

Lesser Yangs are not as cautious. They tend to wait until the last minute to do a task because it is difficult for them to stay on something

that takes a long time to work on. They would rather not stretch out additional time to work on the project if they do not have to. They see the end first and become impatient if the process is slow. They thrive on jobs or careers that are dynamic and require attention to quick changes. They are often late to appointments or meetings because they tend to assume the travel will be quick and do not factor in unforeseen delays.

To Lesser Yangs, taking notes is a hassle and they often view it as unnecessary. They are aware that keeping an organizer to keep life in order is a good idea but it is not practiced consistently. Maintaining an updated schedule is not in their personality. They will abandon a diary or a schedule book after a while.

Lesser Yangs seem to thrive with a messy desk or in a disorganized room. It is because the Lesser Yangs shift from one interest from another frequently, so many tasks get undone. They move on to other activities assuming they will get back to it later. Although any body type can be untidy during their teenage years, some Lesser Yins keep their rooms uncluttered and do not need to be asked second time to clean up.

The extreme cases manifest as disorder. The ones with obsessive compulsive disorder with the excessive need to constantly place things in the right places or to keep things clean are Lesser Yin. This often accompanies anxiety and depression because of the constant strife for perfection. At the other end, the Lesser Yangs tend to be hyperactive with attention deficit disorder. They are very active and quickly move on to another object when it catches their interest. The extreme form is a disorder with an inability to stay on a task, to sit still, to not touch things, and to be organized.

Questions 12-15

These are sleep related. Lesser Yins have more sleep problems than Lesser Yangs. Lesser Yins are particular about their surroundings and take time to get used to them. A new place away from the familiar home environment can set off uneasiness. This leads to difficulty falling asleep or staying asleep. A minor worry in the mind or an extreme fatigue can also prevent restful sleep. In extreme cases, some have insomnia without an apparent reason other than as a family related symptom. Tendency for insomnia can manifest at an early age for Lesser Yins, waking up more often than other babies. Because they tend not to sleep deeply, they fret in the middle of the night. For adults, stimulants such as caffeine can set off disturbance and ruin that night's sleep when consumed in an early afternoon.

Questions 16 and 17

These are related to the ability to produce physical heat. The Lesser Yangs with higher metabolism will burn off calories more readily and this will keep bodies and extremities warmer. For this reason, Lesser Yangs tend to be hungry easily and eat frequently. It is uncharacteristic for the Lesser Yangs to habitually have cold hands and feet. Their warm bodies, exhalation of heat from the mouth, and emanation of heat from the face make it uncomfortable to place a blanket over their faces for a length of time.

The Lesser Yins have slower metabolism and do not run as warm as the Lesser Yangs. When there is not enough heat produced, the body tries to conserve heat within the trunk, so the extremities are the first to show signs of coldness. When the hands and feet of Lesser Yins become cold, it takes longer before they warm back up. Lesser Yins in cold weather attempt to conserve heat by wearing socks to bed. Some wear socks every night to bed through the whole winter, or even cover the face and the head with a blanket. An extreme case for a Lesser Yin is a Raynaud's phenomenon, where the skin becomes smooth, tight, pale, and constantly cold to the touch. Abdominal skin coldness to the touch does not help to distinguish the body type because it can occur in both Lesser Yins and Lesser Yangs.

There is also temperature consideration between Greater Yangs and Greater Yins which is on the emphasis of the ability to retain heat. Greater Yangs feel chills more easily than the Greater Yins because the Greater Yangs have thinner skin, which releases heat more readily. Also, the thicker skin in the Greater Yins allows for the dampening of the nerve endings and therefore lessens cold sensitivity. The individuals with the Greater Yin and Lesser Yang combination have the warmest bodies and feel hot most easily. Conversely, the individuals with Greater Yang and Lesser Yin combination have the coldest bodies and feel chills most easily.

Questions 18 and 19

These are related to the cold foods and drinks having effect on the digestive system. Lesser Yins have both quantity and quality cold.

Quantity cold is the lowered physical body temperature. Many Lesser Yins find ice cold drinks cause stomach cramping or lessened ability to digest foods. Warm or hot water with meals helps to aid digestion. If an individual is sure about the negative effect of ice cold water on the digestive system, then the person is likely a Lesser Yin. Many Lesser Yins can take cold drinks throughout the day and may not be affected at all. So a negative response is the only symptom that can be used to indicate a body type, which is a Lesser Yin. A positive response

or no negative effect with cold foods or drinks does not indicate a Lesser Yang.

Quality cold is a functional coldness in the digestive system of Lesser Yins, making them prone to indigestion. So cold-natured foods can cause digestive problems manifesting as stomach cramps, indigestion, bowel change and bloating. The strongly cold-natured foods are watermelon, cucumber and gluten, which is most prominent in wheat, rye and barley. Many Lesser Yins do not have trouble eating these foods regularly. And Lesser Yangs certainly do not develop problems with them. But the sensitive Lesser Yins show a negative response. Antibiotics are viewed as cold-natured in Asian medicine. So those who respond slowly to antibiotics or have allergic reaction are likely Lesser Yins.

Chapter 3 Diseases Treated with Eastern Medicine

The National Institute of Health's findings include changes in regulation of the brain, spinal cord, hormonal glands, blood vessels, immune system, and systemic effects. The National Institute of Health is a U.S. government agency that conducts independent health research and experiments. Currently, it recognizes acupuncture treatment for asthma, carpal tunnel, drug addiction, endometriosis, fibromyalgia, headache, menstrual cramps, muscular pain, nausea & vomiting from postoperative surgery and chemotherapy, osteoarthritis, low back pain, stroke rehabilitation, and tennis elbow. World Health Organization added diarrhea, constipation, and bronchitis to the list.

Here at this clinic, patients seek treatment for many types of ailments. Through many thousands of years, people in Asia relied mainly on acupuncture and herbs as primary methods of treatment for a wide range of illnesses from musculo-skeletal to internal problems. The rate of prevalence may have varied, but they had the same kinds of diseases and health concerns that we experience today. Many people in the United States are receiving Eastern medicine's benefit of significant relief from stubborn musculo-skeletal to internal conditions.

Because Asian medicine was developed independently, it has its own set of rules of disease differentiation. It uses the ancient philosophy of yin-yang and five elements to derive diagnosis and treatments for the conditions listed below.

Addictions	Immune system disorders
Asthma	Infections
Attention Deficit	Irritable Bowel Syndrome
Bronchitis	Lupus Erythematosus
Crohn's	Menopausal Symptoms
Cystitis	Musculo-skeletal Pain
Depression/Anxiety	Myasthenia Gravis
Diabetes Mellitus	Ovarian Cysts
Dysmenorrhea	Parkinson's
Eczema	Pneumonia
Fibromyalgia	Post-surgical recovery
Headaches	Prostatitis
Inflammation	Shingles
Hyperthyroidism	Sjögren's
Hypothyroidism	Ulcer- digestive tract

If you have these conditions and have not had success yet, then try Asian medicine. It may provide a lasting relief. The ultimate goal is to

provide a lasting relief without the need for constant maintenance to control the problem.

The following are descriptions of some of the frequent conditions being treated at this clinic. The rate of improvement depends on the individual responses and the patient's follow through with the treatments.

Addiction

Acupuncture helps to reduce the physical craving and emotional lows without side effects while you are tapering off the medication for pain or depression. Addiction is a serious issue and it needs your medical doctor's attention while working with other therapies to help the recovery process. Recreational drug addictions require social and family support in conjunction with counselors in a rehabilitation program.

Many patients pleasantly find the withdrawal attacks to be significantly less after 3 to 4 acupuncture visits and continue to improve with additional treatments at twice a week visit. The total treatment course lasts between 2 to 3 months with achievement of at least 80% improvement.

Allergy

More than 70 million Americans, or one out of five, suffer from various types of allergies. 17% of this population has allergic rhinitis, popularly known as hay fever. Allergic rhinitis is the single most common chronic disease experienced by Americans and the occurrence of allergies in developed countries is sharply on the rise. Hay fever is a mistaken immune reaction to airborne particles, which normally do not cause the body any trouble. These particles may be pollen, animal dander, dust, mold, food, insects and their feces. People with allergies inhale these and the body reacts as if it were being invaded by a pathogen. The symptoms are sneezing, runny nose, red, itchy, watering eyes, headache, panting, wheezing, and coughing.

Asian medicine views environmental allergens as aggravators to an already sensitive body. The causes are often irritant foods that cause the body's immune system to more readily react. Acupuncture can give immediate relief and help to confirm the body type diagnosis so that you may know which harmful foods need to be avoided. For others, foods are not the culprit. The body's imbalance causes an inability to deal with the allergens. Simply treating the imbalance with acupuncture and Asian herbs may resolve at least the majority of the condition. In both cases, there should be significant relief within 3 weeks with twice a week acupuncture visits. The total treatment period is up to 2 to 3 months.

Anxiety, Depression

From time to time, everyone feels sad, often for a good reason such as a setback at work or a tragic event. Most people cope with such feelings, and over time, shake off the sadness. Anxiety and depression

appears from long-standing stressors or without an apparent reason. They increasingly interfere with a person's ability to function.

Acupuncture can help balance and stabilize the mind. The person becomes comfortable with the self and can handle daily activities better. When the mental, spiritual and physical health is in tune, life is more enjoyable. Patients show significant improvement within 3 weeks of two to three times a week treatment. Total treatment is up to 2 to 3 months.

Asthma

Asthma is a condition with difficulty breathing. The air passages constrict to hinder the flow of air in and out of lungs. The bronchi become inflamed, and the membranes lining them secrete sticky mucus. The result is wheezing, coughing, and difficulty breathing. It occurs in conjunction with allergies or at young age. It occurs most often at young age or may develop in adults.

With Asian medicine, long standing and obstinate asthma may recover to the normal functioning of the lungs. The usual course of treatment is up to 3 months and one should notice significant improvement within 3 weeks of treatment at twice a week visit.

Carpal Tunnel Syndrome

Carpal tunnel syndrome encompasses a range of symptoms affecting the hands and wrists. It has been estimated that millions of Americans presently have the syndrome, due primarily to their occupations. Typical symptoms are persistent numbness, burning, tingling of the hands, stiffness, swelling, loss of hand strength and dexterity, fine movement difficulty, and worsening at night. Anyone whose job or hobby calls for repeating the same motions over and over is vulnerable to the syndrome.

Patients usually have immediate relief after 3 to 4 visits. In many cases, more than half of the relief is realized after a couple of weeks. Acupuncture visits are usually at twice a week and the total treatment period is up to 2 months, depending on the severity of the condition. If the carpal tunnel is related to on-going repetitive activities, then maintenance treatments may be required.

Chemotherapy Side Effects

Many patients discontinue the recommended course of chemotherapy and radiation therapy because of strong side effects of neuropathy, pain, fatigue, insomnia, hot flashes, nausea, and vomiting. Acupuncture visits at twice a week are very effective and there is significant relief after initial few visits.

For women diagnosed with certain cancers, estrogen is completely removed for five to seven years with medication. These patients can also minimize the effects of menopausal symptoms with acupuncture.

Chronic Fatigue Syndrome

Chronic fatigue syndrome is characterized with the main symptom of unremitting and disabling exhaustion. In some cases, the syndrome follows an infectious illness. In others, the symptoms appear during a time of unusual stress, or they may start gradually, with no perceivable cause. Possible connections are hormone deficiencies, allergies, improper foods, stress, the reactivation of a dormant virus, and damage sustained in previous illness.

Asian medicine treats chronic fatigue syndrome by enhancing the body's physiology and immune system, and by treating the infection, if it is in proliferation. In most cases, patients notice significant energy increase within 3 weeks, and the total course of treatment is between 2 to 3 months. The improvement is achieved without use of stimulants.

Cold Hands and Feet

Raynaud's disease is a circulatory disorder characterized by spasms of arteries that carry blood to the fingers and toes. Exposure to cold or emotional stress triggers the spasms. Typical symptoms are sensation of coldness, numbness, and tingling. There are pronounced changes in color, ranging from pale pink or white due to reduced blood flow, to blue because of insufficient oxygen reaching the affected tissues, and a deep red as extra blood rushes to the area. As the condition becomes more extensive, the skin of affected fingers and toes becomes smooth, shiny, and tight due to a loss of underlying tissue.

It takes at least one month of Asian herbal treatment to begin noticing improvement. Three months of herbal treatment and periodic maintenance visits afterwards are recommended for a lasting improvement.

Diabetes

Incidence of type II diabetes is on the rise. Overeating and lack of exercise is the single most cause. America has the highest rate of obesity. Dietary adjustment and Asian herbs can be an effective solution to help normalize the blood sugar by stabilizing the cellular metabolism. Some patients respond quickly within a few weeks and can be free of symptoms within 3 or 4 months. Others can improve significantly, necessitating less medication. As long as the patient is on a proper diet, continuing on Asian herbs is not necessary.

Female Health

Female health has been of long interest in Asian medicine because a healthy reproductive system strongly reflects the overall health of the females.

(a) Dysmenorrhea

Many women experience discomfort, usually abdominal cramps and a sensation of heaviness in the pelvic area, just before or during menstruation. Typically, symptoms subside after a day or two of menstrual flow. When cramps are severe and prolonged, however, the condition is called dysmenorrhea, which means difficult menstruation. Women experience significant relief within 2 months of acupuncture at twice a week visit and with Asian herbal treatments. Regularly scheduled treatments thereafter help further improvement.

A prolonged period and a very heavy flow can also be treated and may not have to lead to removal of the uterus.

(b) Menopause

The following symptoms are normal experiences going through menopause: physiological and psychological changes, hot flashes, dryness, heart palpitations, mood swings, and insomnia. Many women, however, have severe and unrelenting symptoms.

There is significant relief within 2 weeks of acupuncture. A maintenance program is scheduled after one month of treatment, ensuring maximum comfort and normalizing the duration of menopause. If unpleasant symptoms of menopause persist for more than 5 years, then acupuncture treatment can help to achieve closure.

(c) Pregnancy Issues

A pregnancy is sacred and must be approached with utmost care. There is no treatment rendered unless the mother is having difficulty or there is a threatened condition affecting the health of the baby. If the mother is having severe nausea, is vomiting, or has lower back pain, then acupuncture can be used for relief. If there is premature contraction even with medication, then acupuncture can help further reduce or eliminate the contraction to help achieve full term birth.

Fibromyalgia

Fibromyalgia syndrome is a common condition mostly affecting women between 20-50 years of age. It is chronic, widespread, and severe characterized by muscular ache, pain, stiffness, insomnia, fatigue, and depression. It is neither a rheumatic, inflammatory, progressive, or degenerative disorder. However, it is also not solely a psychosomatic or psychiatric disorder. Fibromyalgia can be differentiated from other chronic muscle-joint pain by the presence of pain or tenderness on pressure in at least 11 of 18 specific points on the body. 70-90% of fibromyalgia sufferers will also have one or more of the following: post-exertion malaise, sleep disturbances, headaches, swollen feet, numbness

and/or tingling, difficulty thinking and concentrating, dizziness, sensitivity to light, noise, smells, hyper-sensitivity to stress, painful menstruation, and dry mouth.

Asian medicine views fibromyalgia as a condition of faster build up of toxins than the body's ability to process them out. Reducing the toxin production allows the body to recuperate. The treatment consists of acupuncture, Asian herbs, and avoidance of foods that cause pain for the body type. The improvement can be dramatic within 2 weeks of treatment at 2 to 3 visits per week and the fibromyalgia continues to improve at 1 to 2 visits per week. The total treatment is up to 3 or 4 months and a periodic maintenance treatment thereafter is recommended.

Frozen Shoulder

Frozen shoulder begins as a slight pain and progresses to severe discomfort, which becomes worse when the shoulder is moved. Eventually, the shoulder stiffens to the point that it cannot be moved at all. It typically starts with a minor injury that leads to inflammation. A person's normal response is not to move the painful joint, thus allowing adhesions to set in. This provides opportunity for the constricting bands of tissue to form. Adhesions make it even more difficult and painful to move the shoulder, and a vicious cycle develops. Eventually, the capsule lining the shoulder joint shrinks because of scar tissue resulting from the adhesions.

If the care is delayed, then more extensive treatment is required. Patients have significant relief within 3 weeks and the total treatment is up to 2 or 3 months. Two to three times a week of acupuncture visits may be required.

Headache

A headache is any pain in the head, the discomfort of which can vary greatly. It may be dull or sharp, throbbing or constant, localized to a small area or engulfing the entire head. Some people suffer headaches only occasionally, while for others the problem occurs daily or several times a week. Some 75 million workdays are lost due to various types of headaches. Possible causes include stress, fatigue, blocked sinuses, allergies, irritated or inflamed blood vessels in the scalp, adverse reactions to substances, hormones, changes in the weather, and certain foods.

SIMPLE TENSION headache is the leading cause of headaches. CLASSIC MIGRAINE is heralded by a warning aura, of dizziness, mood changes, loss of appetite, and visual distortions such as flashing lights and blind spots. COMMON MIGRAINE develops suddenly when the blood vessels open up, thus resulting in expanded flow of blood and producing the throbbing pain. CLUSTER headaches are caused by

abnormalities in the blood vessels of the head. Cluster headaches are nicknamed suicide headaches because of their severity.

The goal of acupuncture is to reduce intensity, frequency, and duration to a very tolerable level. Often, the headaches are eliminated completely. The patient notices significant relief within 3 weeks of treatment at twice a week acupuncture visit, and a typical course of treatment is between 2 to 3 months.

Irritable Bowel Syndrome

Irritable bowel syndrome (IBS) is a motility disorder involving the intestines. Patients may experience varying degrees of abdominal pain, constipation, and diarrhea, which worsen as a reaction to stress. It is estimated that 10 to 20% of all American adults experience symptoms of IBS.

IBS may be treated with acupuncture, Asian herbal medicine, or a combination of both. In addition, your diet is adjusted. On average, patients experience significant relief after two to three weeks of treatment. Total treatment period is usually between 2 to 3 months. If the patient has Crohn's disease or ulcerative colitis, which are severe forms of an irritable bowel syndrome, the treatment period may last up to 3 to 4 months and a periodic maintenance treatment is recommended thereafter.

Low Back Pain

Low back pain means pain in the lower lumbar, lumbosacral, or sacroiliac regions possibly accompanied by pain radiating down one or both buttocks and legs. Low back pain is one of the most common complaints. It is present in at least 50% of all persons 60 years of age or older. It accounts for millions of hours lost from work. Low back pain may be either acute or chronic. It can be simply annoying or irritating or it can produce unbearable physical and emotional suffering.

Acupuncture visits are usually at two to three times a week for the first few weeks for chronic condition with tapering down the acupuncture treatment frequency as the low back inflammation, spasm, and pain improve. If there is an extensive physical involvement in joints, such as disc herniation, joint degeneration, and bone spurs, then a realistic expectation is a reduction in pain with acupuncture maintenance treatments to minimize flare-ups. For an acute low back pain, only several treatments may be enough for a speedy recovery.

Lupus Erythematosus

Systemic Lupus Erythematosus (SLE) is a serious autoimmune disorder that attacks the connective tissue throughout the body, resulting in inflammation and tissue damage. SLE most often harms the heart, joints, skin, lungs, blood vessels, liver, kidneys, and nervous system.

Acupuncture and Asian herbs can be helpful in not only relieving the symptoms, but can reduce the frequency and intensity of the autoimmune attacks. You should expect some good improvement within the first 4 weeks of treatment. The treatment course is up to 3 or 4 months, and maintenance visits are at once a month thereafter.

Neck Pain

Whiplash accidents, poor posture, excessive stress and harmful foods can cause chronic neck pain. When the body is stressed, the spasm of the muscles in the neck and upper shoulders show most often. There is also diffuse muscle tension throughout the body such as in the blood vessels, diaphragm, stomach, and intestines. Tight muscle cells inhibit proper body functions and may potentially lead to chronic problems if left prolonged and untreated.

Acupuncture, stress management, and avoiding harmful foods help to relieve tensions from the entire body. Patients notice significant lessened pain and increased range of motion after a few visits at 2 to 3 times a week visit initially. Regularly scheduled maintenance helps to ensure maximum comfort.

Neuropathy

Neuropathy, also known as peripheral neuropathy or neuritis, is an inflammation involving nerves that serve parts of the body outside the brain and spinal cord. Because the inflammation interferes with the transmission of messages along these nerves, symptoms may include pain, numbness, weakness, and tingling sensations. Neuropathy is related to repetitive motions, cramped position for long periods, nerve damage, infection, hardening of the arteries, chemotherapy, rheumatoid arthritis, scleroderma, lupus, shingles, and diabetes.

Acupuncture is one of the most effective methods for alleviating nerve pain. Treatments for both the cause and neuropathy can provide lasting relief. Visits may be at twice a week, up to two or three months.

Plantar Fasciitis

Plantar fasciitis is one of the most common causes of heel pain. It involves pain and inflammation of a thick band of tissue that runs across the bottom of your foot connecting your heel bone to your toes. Plantar fasciitis causes stabbing pain that usually occurs with your very first steps in the morning. Once your foot limbers up, the pain of plantar fasciitis normally decreases, but it may return after long periods of standing or after getting up from a seated position.

Acupuncture visits are at average two times per week up to 2 or 3 months. The expected improvement is about half within the first month of treatments and continual improvement afterwards.

Post-Surgical Recovery

Whenever a person goes under the knife, which involves extensive surgery and requires a minimum of a few weeks of rest, there will be significant inflammation while mending takes place. Acupuncture and Asian herbs help speed up the expected recovery time and help going back to normal daily activities easier. The usual acupuncture visits are at twice a week.

Prostate Enlargement

Prostatitis is an inflammation of the prostate gland, which is located just below the bladder. It wraps around a tube that carries urine from the bladder. Main symptoms of prostatitis are pain sensation when urinating, hesitant urination, urgent need to urinate, and frequent urination, particularly at night.

Benign prostate enlargement accounts for about 90 percent of all cases. With appropriate Asian herbal treatment, there is significant improvement usually within 5 weeks of treatment. Total treatment period is between 2 to 3 months.

Restless Leg Syndrome

Uncomfortable sensations prompt an irresistible urge to move one or both legs. The feelings are centered usually in the calf, although the thighs and feet are sometimes affected as well. Symptoms occur when sitting or lying down, and are especially noticeable when trying to fall asleep. Involuntary leg movements disrupt sleep. Stress and hereditary propensity are contributing factors. Acupuncture and Asian herbal treatments help to significantly reduce the jerking of the legs and to improve quality of sleep. The treatments are at twice a week visit and should be up to 2 or 3 months to have a lasting effect.

Sprain

A stretching or tearing of ligaments that bind bones together at a joint is referred to as a sprain. The surrounding blood vessels are also injured, resulting in bruising. Although ligaments are very strong, almost any fall or misstep that twists a joint into an unnatural position can result in a sprain. They can occur in any joints in the body- spine, ribs, fingers, hands, wrists, elbows, shoulders, hips, knees, ankles, feet, and toes. A sprained ankle is the most common of all sports injuries.

For both acute and chronic sprains, acupuncture is known to reduce a significant amount of pain and inflammation within one to three visits. A few more treatments help to recover at least twice as fast so that the patient can resume daily or athletic activities.

Chapter 4 History and Philosophy

Diseases and Body Types

Body typing, also known as Sasang Four Constitutional Medicine, was proposed in the late 1800s by an Asian medical practitioner Dr. Jema Lee. Body typing is based on the traditional Eastern philosophy of yin, yang, and five elements. He laid down a basic foundational work that is recognized as an important step in furthering Asian medicine's efficacy. It complements and advances the traditional Asian medicine. He identified each constitution through observation of the body shape, physiology, personality, food reaction, and disease process. His premise was that the treatment of diseases is more customized for the individual when the inborn nature of the person is identified.

A body type is a foundational set up of a person born with a set of circumstances at the psychological, physiological, and anatomical levels. The body type will always affect the mind and the body. Therefore, treating the body type treats both psychological and physical ailments simultaneously. There are four body types, each with own needs.

The four body types are:

Greater Yang and Lesser Yang combination
also known as Metal Yang or Earth Yin

Greater Yang and Lesser Yin combination
also known as Metal Yin or Water Yang

Greater Yin and Lesser Yang combination
also known as Wood Yin or Earth Yang

Greater Yin and Lesser Yin combination
also known as Wood Yang or Water Yin

It is essential to determine what is appropriate and inappropriate for the body type so that the individual and the practitioner can actively participate in the improvement, prevention and maintenance process. Rather than solely on a problem-focused approach, Asian medicine focuses on the body's ability to heal itself.

The patient not only has an improvement on specific diseases but the quality of life improves through better sleep, increased energy, less pain, and a sense of well-being. All these can be achieved without side effects. The purpose of acupuncture, Asian herbs, and dietary change is

to awaken the body's healing ability to strive to be in a healthier state. The benefits are holistic without side effects. There are good responses, from youths to elderly, from acute to chronic, and from simple to complex.

Many diseases begin with years of subjective discomfort. They later manifest fully as outward symptoms and are positive on diagnostic examinations. When the body's imbalance is not severe, there is often no measurable difference and this condition may lie low under the radar for a long time. The only measureable indicator may be the subjective discomfort or pain. And the telltale signs and symptoms are often ignored until an actual problem arises or until the problem hampers the quality of daily living.

Asian medicine focuses on both the person and the disease. Even without a disease diagnosis through Western medicine, treating the person's body type can be enough to bring the body back into balance and to resolve the complaints. The reason is that a person's body has the capacity to overcome diseases, especially at their beginning stage. The body has incredible innate ability to recuperate from illnesses and to stay healthy. Tapping into and supporting the body type enhances the individual's healing ability.

Western medicine has strength in treating acute and life threatening diseases. Many disease-focused treatments without addressing the body type result in control and management, but are not able to eliminate them. The reason is that allopathic medicine lacks framework to take consideration of individual differences. Unless the diseases spontaneously resolve on their own, they will continue to worsen with or without molecular medications. Even when the diseases are well controlled, the body is still in a dysfunctional state. The molecular medications only check the problem by managing the symptoms, and cannot resolve or reverse them.

Eastern medicine's strength is in treating chronic diseases. Asian medicine does not have answers for all chronic diseases, but its strength lies in being able to treat many intractable diseases. It is used as an adjunct therapy concurrent to other medical treatments, as a first choice treatment, or when there is no other modality to turn to. Having a western diagnosis is helpful in understanding the disease and its intensity but it does not affect Eastern medicine's diagnosis and application because it had developed independently in the last 3,000 years. It does not share the ideas of western medical approach although it treats the same common diseases that plague our modern world.

Origin and Development of Asian Medicine

The Asian medical system is coherent and well thought out, based on a philosophy virtually unchanged since its inception. Asian philosophy begins with a concept that all matters and movements in the universe have a common interaction. Just as electro-magnetism, gravity, strong nuclear force and weak nuclear force are the fundamental matter in physics, yin-yang is the pure form of any matter, movement, direction, and thought.

The unifying force of Tai-Chi (translated The Great Extreme) gives birth to two things, which are yin and yang. An old classical Chinese text¹ states that from one came two, from the two things came three, and from the three came the myriad of all things. The Chinese felt that all matter, in their complexity, can be reduced to simple, immutable laws as yin and yang.



The two things, also referred to as yin and yang, are the differentiating aspects. The above figures are symbols of yang as white and the yin as black. Yin literally means the shadowy side of a hill and yang literally means the sunny side of a hill. This binary point of view shows that there is always a counterpart, which is the direct opposite and at the same moment complementary. When one is in existence, the other resides also. A male does not exist without a female, brightness does not exist without darkness, elation does not exist without sadness, upward does not exist without downward, and so on.

¹ The Way of Ethics, *Tao Te Ching*

The following lists some examples of yin and yang.

Table 4

YIN	YANG
shady side of hill	sunny side of hill
dark	bright
slow	fast
low	high
left	right
back	front
heavy	light
anger	joy
tail	head
rough	smooth
deficient	excess

The items in the yin-yang categories are endless. There is nothing in the universe that does not have its fundamental component to yin and yang. All physical objects, directions, movements, thoughts, and health are subject to the binary laws of yin and yang. Our mental activities require comparison between the two opposing information to make sense of the world. Our physical movements require a fine balancing act between the opposing physical forces.

Since one complements the other, they are complete by being together as the following illustrates:

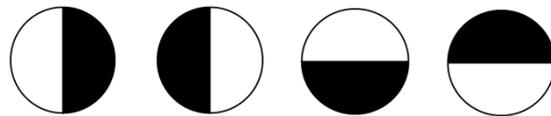


figure 2

Balance: equal amount of yin and yang

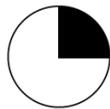
The above symbols illustrate the whole universe made of half yin and half yang. From two came three means that the third component of yin and yang is the middle line, or the point of differentiation. As can be seen in figure 2, there is a middle line that separates yin-black from yang-white. The circle represents whole and completeness, while differences exist within the confinement of the circle. The straight line within the circle means there is potential energy but there is no kinetic movement. Figure 3 illustrates the dynamic interaction between the two opposing forces:



figure 3
Active yin and yang

For example, if potential energy is night and day, then the transition from night to day and day to night is the active energy. The curved midline shows the existence of movement, yin and yang playing the tug of war. The two shapes inside the circle move in a clockwise direction, waxing, waning, and transforming into the other. The movement can also just as well be counter-clockwise, if the drawing is flipped.

There is nothing in the universe that does not have its essence to yin and yang. All physical objects, directions, movements, thoughts, and health are subject to the laws of yin and yang. Since the beginning of Eastern civilization, balance was an important aspect of health. The most authoritative ancient medical textbook², written over 2500 years ago, stresses the significance of being in balance and is still important today.



Too much yang
Not enough yin



figure 4
Too much yin
Not enough yang

There is no one who is born with perfect health because nobody has perfect balance of energies even at birth. We are healthy when the energies within the body are within normal range. One can develop sickness when there is too much yang, not enough yin, too much yin, or not enough yang. The goal of treatment is to bring the amount of yin and yang to the equilibrium as shown in figure 3. If there is harmony of yin and yang, then there is fullness of life. Grossly disproportionate yin and yang as illustrated in figure 4 is a state of disease. If severe, it can lead to a separation of yin (body) and yang (spirit). The result is inactivity and no life, as shown in figure 1.

The ancient medical practitioners may have had limited knowledge of the physical anatomy, but they developed medicine and its framework mostly through clinical observations with the knowledge of energetic anatomy. Although the concept of yin and yang is surprisingly simple, there are infinite variations as reflected on the diversity of health and diseases. A holistic approach to yin and yang can tackle the complexity and resolve multiple issues simultaneously.

² Yellow Emperor's Classic of Medicine, *Huang Di Nei Jing*

Ancient practitioners through meditative practices had learned to discern proper from improper. Inner looking is highly subjective and is therefore shunned from modern physical medicine. Asian medicine embraces both subjective experiences and objective observations. Trial and error was and still is part of medical evolution, but meditation and enlightenment had weaved the Asian medicine together as its own coherent system.

Meditation was a means to get to know oneself and the world better. They strived to wash themselves from influential factors that disfigured perception of the world. Those able to see the universe in its “true form”, were considered enlightened. Their wisdom and proper advice were sought by the masses regarding government, economy, daily living, and health.

Those who were accomplished in meditation saw the meridian energies flowing through the channels within the body. The emotional, spiritual and physical influence on the health of the human frame was visible to them. Stimulating the active points on the body with needles led to quicker recovery and over time these spots became known as acupuncture points. They were the first to identify and locate the acupuncture points, which have not changed for at least 3,000 years. The ancient people also matched energetic properties of herbs and substances with the body to bring about right balance and to normalize the physiology.

About Acupuncture

Acupuncture is an insertion of thin needles through the skin to stimulate pressure points, and to normalize a person’s physiology. Depending on the location, acupuncture needles can be inserted as shallow as 2 mm or as deep as three quarter of an inch. Acupuncture is not painful. There may be a slight pricking sensation up to 30 seconds and most of it subsides. The thickness of a needle is about one fifth of a millimeter. Only ultra-fine, pre-sterilized, pre-packaged, non-toxic, stainless, and disposable needles are used. In most cases, four needles are inserted at each treatment.

There is no side effect with acupuncture. There may be a slight bruising at the point of needle insertion up to a few days but it should heal completely. The result is an improvement or there is no change. Therefore, acupuncture is a very safe way to see if it can be effective for you.

Acupuncture needles are not placed on the pain or injured areas because acupuncture points used at this clinic are on the hands and feet that correspond to the body types. This demonstrates that acupuncture is

more than just stimulating the nerves or releasing endorphins to mask pain.

A good analogy of how acupuncture works is a computer. Let's say a computer's software is not working properly and needs reprogramming. Although the problem may be located at the central processing unit, the symptoms appear at the monitor. The computer programmer inputs commands on the keyboard to solve the problem. Acupuncture needles are placed on the hands and feet because these places are like a keyboard with keys as acupuncture points. The rest of the body is a central processing unit. When the correct keys are pressed, they work in unison to act as a command for the patient's physiology to normalize.

About Asian Herbs

Asian herbs are naturally occurring substances that have particular health benefits when ingested orally. Herbs used are plant parts consisting of roots, barks, twigs, leaves, and fruits. About 100 herbs are actively used at this clinic. Between six to 12 different herbs are combined to address the patient's body type and their complaints. Herbs are dispensed in the form of extract powder herbs, which dissolve in water and are taken twice or three times a day.

Diagnosis and Treatment

Chief complaints, symptoms, signs, and the body type are used to derive an Eastern diagnosis and to formulate a treatment protocol. The Western physical medicine diagnoses are taken into consideration but are in no way essential for establishing Asian medical diagnosis. Eastern medicine has its own set of rules and guidelines for establishing a diagnosis. For example, distinguishing a disc protrusion from a stenosis or a spondylolisthesis is crucial for orthopedists. Or hypothyroidism is opposite to hyperthyroidism. However, Eastern medicine does not have to make these differentiating diagnoses to provide proper treatments.

Finding out the holistic imbalance through the whole body, even if they do not seem to be related to the chief complaints, is also an important step toward successful treatment. The individual patterns such as the skin tone, tongue color, tongue coating, sleep, food allergies, sweating, motion sickness, bowel movement, and urination are essential in formulating treatments from a localized problem such as an acute sprain of the ankle to a systemic problem such as Addison's disease (adrenal insufficiency).

Length and Frequency of Treatments

Problems confined to only pain and inflammation respond quicker to treatments than systemic problems, such as abnormal functioning of organs. The rate of improvement depends on the individual response, the severity of condition, the length of the disease process, and the co-existence of other problems. The goal is to eliminate or to reduce the frequency, severity, and duration of the problem.

Many acute cases such as common colds or simple sprains may only require two to three visits. For chronic illnesses, average number of visits in the first few weeks is twice a week, and then the visits are tapered off as the patient shows significant improvement and stability. Total treatment period lasts from two to three months, but rarely for over three months, unless the condition needs to be at a maintenance phase.

Health Insurance Coverage

Most private insurance companies provide plans that cover acupuncture. Because the plans offered vary, be sure to find out if acupuncture is part of your benefits. Worker's compensation and personal injury are also accepted. If you are not sure about your coverage, the clinic will gladly verify it. Acupuncture is very cost effective compared to many other routes of treatments. Acupuncture may well be within the budget of those paying on their own.

David Lee Philosophy

Dr. David Lee has a unique approach toward health and medicine through acupuncture, Asian herbs, and dietary adjustment. Dr. Lee's medical system is based on the premise that the body has the capacity to heal itself. The body should be supported to improve on its own by addressing the disease and the body's healing ability simultaneously. Simply bringing the body type back into balance and stabilizing it helps the body to be healthy again. There can be healing at multiple levels. Just by nudging the body the right way, a person can experience marked improvement.

His theoretical framework holds to the idea that each person is born with one of four body types, which does not change over his or her lifetime. Body typing is based on the ancient philosophy of yin-yang and five elements. When the body type is out of balance, pain and disease follow.

David Lee's acupuncture clinic does not limit treatments to only conditions mentioned in this book. Many other conditions are also treated. If you have any questions about your conditions or for an

appointment, please feel free to call David Lee Acupuncture at 805-497-6200. We look forward to seeing other success stories. The website is www.davidleeacupuncture.com for testimonials and for more information.