

Introduction

Dr. Shen repeatedly said, “Chinese Medicine in the life”. Even more specifically, he said, “In Chinese medicine, ten percent is treatment and ninety percent in the life”. What follows here is an extension of this conviction, based on his influence and on my own nearly fifty years of experience.

I consider the principal goal of all diagnosis – and the key to all healing – to be the identification of which aspect of the patient’s Lifestyle is the most directly or indirectly the etiology of his disabilities.

The subject should be nothing new to scholars since, according to the oft-quoted opening passages of *The Yellow Emperor’s Classic of Internal Medicine*, five thousand years ago ancient physicians were already struggling with Lifestyles lived out of harmony with nature.

When the Yellow Emperor, Huang Di, asked Qi Bo why people lived longer in ancient times, Qi Bo replied, “In ancient times, those people who understood Tao (the way of self-cultivation) patterned themselves upon the yin and the yang ... and they lived in harmony with the arts of divination. There was temperance in eating and drinking. Their hours of rising and retiring were regular and not disorderly and wild. By these means, the ancients kept their bodies united with their souls, so as to fulfill their allotted span completely, measuring unto a hundred years

Table of Lifestyle Abuses

overwork (physical or mental)	emotional repression
over-exercise	excessive self-control
stopping either of the above suddenly⁹	excessive sex or abstinence
excessive lifting	substance abuse recreational, pharmaceutical
repetitive physical activity	iatrogenic radiation; unnecessary tests, medication, and surgeries
excessive exposure to cold such as swimming in very cold water (especially women)	sleep patterns
sitting on very cold surfaces (again, especially women)	dangerous activities
working in cold environments food industry, ski lifts	work conditions unventilated, posture, temperature, repetitive motion
excessive exposure to heat from the sun or environment (walking or sitting on hot rocks or sand), working in hot kitchens without ventilation; dehydration	exposure to toxins work, home, environment, EMFs
eating habits such as eating irregularly, rapidly, poor grade food, overspiced food, excessive sugar, drinking very cold drinks (ice chewing), eating irregularly, eating disorders (anorexia, bulimia), emotional eating	fast pace of life and lack of rest

and pretzels. Diseases associated with elevated sodium are hypertension, stroke, heart attack, osteoporosis, asthma, and stomach cancer.

CAFFEINE

Caffeine, especially in the form of coffee, enters the food chain in levels that over-stimulate the heart, raise blood pressure, and increase blood cholesterol levels. In Chinese medical terms, there is an immediate increase in Blood Heat that I believe becomes sustained over years of caffeine consumption. This manifests towards a very Tense Full-Overflowing pulse quality, especially in the Left Middle (Liver) position. There are some acupuncturists who have also reported to me that many of their patients who have over-consumed coffee over long periods of time also seem to over-stimulate their adrenals and deplete their Kidney yang. The majority of said patients present with Deep, Feeble, or Absent proximal (Kidney) positions on their pulse. Caffeine is addictive since withdrawal often causes especially severe, intractable headaches. An entire world has become dependant on this stimulant to place into high gear the terrible monster called success. 'Studies' on the beneficial effects of coffee and, even more remarkably, its cousin chocolate have found favor in the public press.

There are 330 million people in the United States involved and affected by the 1950s plan of General Foods, and they have since been dependent upon large food chains, themselves an extension of the food corporations which have become increasingly consolidated. Recently, these corporations have lobbied the Congress that they own to re-write labeling laws so that they can call their chemical-laden foods 'organic'. This

PHYSICAL ACTIVITY

Overwork and Over Exercise

Any activity that exceeds the person's inherent and current capacity for work or exercise is contraindicated. This activity can be physical and it can be mental. A simple history will distinguish between labor and exercise, and the pulse will also help to separate the mental from the physical.

The work ethic brought by the Calvinist/Protestant Pilgrims, the concept of the American Dream in which every American can and should become a millionaire, and the Horatio Alger fantasy that everyone can and should succeed by "pulling themselves up by their bootstraps" overlooks that 'we are not all created equal'. Some can manage several businesses at a time with equanimity, but most eventually collapse physically and with severe depression (the mid-life crisis) with a combination of what Dr. Shen calls the 'push pulse' from physical overwork and the Hesitant pulse from mental overwork.

The acupuncture physician can read these outcomes on the pulse and also assess patients' terrain and overall conditions and energy. In so doing, he can inform the victims of these fantasies that they are not meant for such stress in the first place and as such are not failures. God in a sense did not intend them to be super-women and men. We were not all created equal.

We will discuss the physical first.

For practitioners of Oriental medicine, exercise is the one subject most likely to bring you into conflict with allopathic physicians (as well as with your patients). For the past fifty years, biomedicine has subscribed to the thesis that aerobic exercise,