JOIN US FOR THE 3RD ANNUAL VIRTUAL ACUPUNCTURE/TCM EXPERT FORUM!
OCT 29 & 30

THEMES

GERIATRICS  MENTAL HEALTH  ANTI-AGING & COSMETICS

SUMMIT HIGHLIGHTS

- Organized by Canadian Institute of Traditional Chinese Medicine (CITCM), Chengdu University of TCM (CDUTCM), The Alliance of Acupuncture and Chinese Medicine of Canada (AACMC) and CDUTCM North America Alumni Association (CDUTCM NAAA).
- 27 TCM Speakers/Experts from China, Canada, USA, and EU.
- Lecture in both Chinese & English Channels & Subtitles.
- CEU Approved by NCCAOM USA and CEU Eligible in Canada.
- Online Forum - Take it anywhere!
- Early Bird Registration Fee $150 before September 30, 2022.
  Regular Fee after Sep 30th is $250
  Acu/TCM Current Students $50

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OR VISIT AACMC.CA
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<th>10月29日 2022年Oct 29</th>
<th>演讲嘉宾 Speakers</th>
<th>卡尔加里 Calgary time MDT</th>
<th>北京 Beijing Time</th>
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<th>演讲主题 Topics</th>
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<tr>
<td><strong>开幕式 Opening Ceremony &amp; Remarks from Committee &amp; Special Guests</strong></td>
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<tr>
<td>10:00-11:00</td>
<td>Abbey Jo Shulkin</td>
<td>10月30日 Oct 30 00:00-1:00</td>
<td>18:00-19:00</td>
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<td>CITCM President: Dr. Xia Cheng 加拿大中医科学院院长 程霞 教授</td>
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<td>11:00-11:50</td>
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<td></td>
<td>1. CDUTCM Vice President: Prof. Fang Zeng 成都中医药大学副校长 曾芳 教授</td>
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<td></td>
<td>Henry Tarazona</td>
<td>11:50-12:40</td>
<td>19:50-20:40</td>
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<td>2. Chair of Acupuncture College of CDUTCM: Prof. Ling Zhao 成都中医药大学针灸学院院长 赵凌教授</td>
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<td>Changming Yang 杨常青</td>
<td>12:40-13:30</td>
<td>20:40-21:30</td>
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<td>3. AACCPC President (Dr. Guojian Huang) 加拿大中医针灸联盟主席 黄国健教授</td>
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<td>Guanyuan Jin 金观源</td>
<td>13:30-14:20</td>
<td>21:30-22:20</td>
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<td>4. CDUTCM NAAA President: Dr Youping Qin 成都中医药大学北美校友会主席 钦育平教授</td>
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<td>Azure Duan 段颖哲</td>
<td>14:20-15:10</td>
<td>22:20-23:10</td>
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<td>Other Guest Speakers: TBD</td>
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<tr>
<td>15:50-16:05</td>
<td>Yiling Liu 刘易琳</td>
<td>5:50-6:05</td>
<td>23:50-00:05</td>
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<td>以疏肝解郁助于安心安神法为主的针灸治疗老年失眠 Treatment of Senile Insomnia by Acupuncture and Moxibustion with the Principle of Soothing the Liver and Relieving the Depression Assisted by Tranquilizing the Mind (45 mins presentation 45分钟演讲)</td>
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<td>16:05-16:20</td>
<td>Chao Hu 胡超</td>
<td>6:05-6:20</td>
<td>00:05-00:20</td>
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<td>中医在预防二次中风中的应用 Application of Traditional Chinese Medicine in the Prevention of Secondary Stroke (45 mins presentation 45分钟演讲)</td>
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<td>16:20-16:40</td>
<td>Zhengqi Pan 潘政绮</td>
<td>6:20-6:35</td>
<td>00:20-00:35</td>
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<td>“火郁发之”重灸综合疗法治疗带状疱疹 Treatment of Herpes Zoster with the Theory of “Huo Yu Fa Zhi”—A Comprehensive High-Dose Moxibustion Therapy (45 mins presentation 45分钟演讲)</td>
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<td>16:30-16:50</td>
<td>Haiyan Wang 汪海燕</td>
<td>6:30-6:50</td>
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<td>艾灸干预老年轻度认知障碍的临床研究 Clinical Study of Moxibustion Intervention on Mild Cognitive Impairment (45 mins presentation 45分钟演讲)</td>
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<td>16:35-17:05</td>
<td>Yiwei Zeng 曾奕玮</td>
<td>6:50-7:05</td>
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<td>电针缓解精神兴奋剂戒断引起的负面情绪 Electroacupuncture Alleviates Negative Emotions Induced by Psychostimulant Withdrawal (45 mins presentation 45分钟演讲)</td>
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<td>17:05-17:30</td>
<td>Dong Dong Yang 杨东东</td>
<td>7:05-7:30</td>
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<td>探索中医在血管性认知障碍中的运用 Exploration the Application of Traditional Chinese Medicine In Vascular Cognitive Impairment (45 mins presentation 45分钟演讲)</td>
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<td>17:30-18:05</td>
<td>Fan Rong Liang 梁繁荣</td>
<td>7:30-8:35</td>
<td>1:30-2:35</td>
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<td>十大镇痛针法在老年病中的应用 The Key Manipulation and Clinical Application of Ten Analgesic Acupuncture Methods (45 mins presentation 45分钟演讲)</td>
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<td>18:35-19:20</td>
<td>Jie Wu 吴洁</td>
<td>8:35-9:20</td>
<td>2:35-3:20</td>
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<td>中医治疗焦虑，抑郁症——“阳、气、湿”三因调神 TCM Treatment of Anxiety and Depression - “Yang, Qi and Dampness” Three aspects to recuperate spirit (45 mins presentation 45分钟演讲)</td>
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<td>10月30日 Oct 30, 2022</td>
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<td>Shuaijiang Liu 刘帅江</td>
<td>10:00-10:15</td>
<td>00:00-00:15</td>
<td>17:00-17:15</td>
<td>中药核心药效骨架的设计修饰及其在肿瘤治疗方面的应用 Design and Modification of the Core-Scaffolds in Traditional Chinese Medicine and Their Application in Tumor Therapy (15 mins presentation 15分钟演讲)</td>
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<td>Tianhui Gao 高天慧</td>
<td>10:15-10:30</td>
<td>00:15-00:30</td>
<td>17:15-17:30</td>
<td>以蓬术“成分-药效”变化为例探讨中药剂型“增效减毒”对临床应用的影响 Exploration on the &quot;Increasing efficiency-Reducing Toxicity&quot; Effect of Vinegar-Processed Chinese Medicine in Clinical by Studying on the Changes of Chemical constituents and Pharmacological Effects of Curcuma Phaeocaulis Val. For Example (15 mins presentation 15分钟演讲)</td>
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<td>Lijie Wang 汪丽洁</td>
<td>10:30-10:45</td>
<td>00:30-00:45</td>
<td>17:30-17:45</td>
<td>代谢性疾病、肠道菌群与传统中药：对跨学科研究可能性的探索 Metabolic Diseases, Gut Microbiota and Traditional Chinese Medicine: the Exploration of Interdisciplinary Possibility (15 mins presentation 15分钟演讲)</td>
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<td>David Ip 叶伟杰</td>
<td>10:45-11:30</td>
<td>00:45-1:10</td>
<td>17:45-18:30</td>
<td>通过减少情绪反应来改善慢性病的治疗 Improving Treatment of Chronic Illness by Reducing Emotional Reactivity (45 min presentation 45分钟演讲)</td>
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<td>Dr. Yovenne Cheng</td>
<td>11:30-12:25</td>
<td>1:30-2:25</td>
<td>18:30-19:25</td>
<td>面部针灸，特别是面部的运动点以及LED光疗的好处 Facial Acupuncture, Specifically Motor Points of the Face and the Benefits of LED Light Therapy (45 min presentation 45分钟演讲)</td>
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<td><strong>欧洲，北美洲，EU, US, CA (5)</strong></td>
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<td>Dejiao Yao 姚德蛟</td>
<td>15:05-15:30</td>
<td>5:05-5:30</td>
<td>22:05-22:50</td>
<td>实例看中医治疗肿瘤优势——肾癌肝转移的病例分析 Advantages of TCM for Tumor Treatment: A Case Analyzing Kidney Cancer with Lung Metastasis (45 min presentation 45分钟演讲)</td>
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<td>Laiji Ji 吴来喜</td>
<td>16:35-17:20</td>
<td>6:35-7:20</td>
<td>23:35-00:20</td>
<td>从腰椎管的临床实践与思考 Clinical Practice and Thinking of Treating the Knee from the Waist (45 min presentation 45分钟演讲)</td>
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<td>Linpeng Wang 王鹏</td>
<td>17:20-18:05</td>
<td>7:20-8:05</td>
<td>00:20-1:05</td>
<td>针灸治疗情志精神疾病的临床研究进展 Clinical Research Progress of Acupuncture Treatment for Emotional and Mental Disorders (45 min presentation 45分钟演讲)</td>
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<td>Hong Zhang 张虹</td>
<td>18:05-18:50</td>
<td>8:05-8:50</td>
<td>1:05-1:50</td>
<td>针灸治疗脑病的临证思维及案例分享 Clinical Thinking and Case Study of Acupuncture Treatment for Encephalopathy (45 min presentation 45分钟演讲)</td>
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**休息十分钟 Break 10 minutes**
Keynote Speakers' Profiles (1/3)

Prof. Fanrong Liang (China)
Chief Professor and Doctoral Supervisor of Chengdu University of Traditional Chinese Medicine; Vice Chairman of the World Federation of Acupuncture-Moxibustion Societies; Chairman of the Sichuan Acupuncture-Moxibustion Society. Chief scientist of 2 national 973 Program projects and Qihuang project of the State Administration of traditional Chinese medicine and winner of various awards.

Prof. Laixi Ji (China)
President of Shanxi Province Acupuncture and Moxibustion Society, Former President of Shanxi University of Traditional Chinese Medicine. He is one of the national famous practitioners of TCM, the professor and doctoral supervisor of the College of Acupuncture-Moxibustion and Tuina, Shanxi University of Chinese Medicine, the Senior expert contacted by the Shanxi Provincial Party Committee, and the expert enjoying special allowances from the State Council.

Prof. Xia Cheng (Canada)
Professor, Founder and Executive Director of CITCM & BMSHC. PhD in Acupuncture & TCM from Chengdu University of TCM with specialty in gastrointestinal and neurological disorders. She practices as a registered acupuncturist and doctor of Traditional Chinese Medicine (TCM) in Calgary. With over 38 years of clinical experience, her practice expended into women and children’s health as well as skin disorders. She worked as a professor at several colleges and universities around the world and has translated several publications and is a published author of several TCM works.

Prof. Ning Liu (China).
Professor, Chief Physician of Chengdu University of Traditional Chinese Medicine; President of Huashen Medical Beauty Hospital, Chengdu University of Traditional Chinese Medicine. Professor Liu Ning has been engaged in medical cosmetology clinic practice, teaching and scientific research for more than 30 years. He has successively been the attending physician and reviewer of three field of cosmetology, including Sichuan Provincial TCM Cosmatology, Cosmetic Surgery, and Cosmetic Dermatology.

Prof. Guanyuan Jin (USA)
Director, International Institute of Holistic Medicine, USA. With a rich clinical and research experience of 56 years in both TCM and Western Medicine, Dr. Jin has authored and co-authored 27 academic books, including representative works such as Contemporary Medical Acupuncture – A Systems Approach (2007), Clinical Reflexology of Acupuncture and Moxibustion (First Edit, 2004; 2nd Edit, 2017), Principles of Systems Medicine (Chinese Edit., 2017; English Edit, 2019).

Prof. Linpeng Wang (China)
Dr. Wang is a Chief Physician and Professor in major hospital in China. Professor Wang Linpeng has extensive experience in neurology with acupuncture and integrated Chinese and western medicines. Dr. Wang specializes in acupuncture treatment for stroke, neuromuscular disorders, neuralgia, migraine and other pain disorders.

Register at aacmc.ca
Prof. Hong Zhang (China)
Chief Physician and Doctoral Supervisor, Chengdu University of Traditional Chinese Medicine, practice and research on acupuncture-moxibustion for senior dementia almost 40 years. She has done many science research and published 162 academic papers. She has also won many distinguished awards.

Prof. Jie Wu (China)
Professor and Doctoral Supervisor, Chengdu University of traditional Chinese Medicine Academic and Technical Leader of Sichuan Province, own the special government allowances of the State Council. She is also the executive director of the Sub-Health Professional Committee of the World Federation of Traditional Chinese Medicine, director of the Sichuan Geriatrics Association. She has published over 100 academic papers including more than 20 SCIE articles.

Prof. Changqing Yang (USA)
Well known for mental disease specialist. Ph.D. in Neuropsychiatry, M. Med., L. Ac., Dr. Yang graduated from Heilongjiang University of Chinese Medicine in 1984. He obtained a master’s degree in diagnostics of traditional Chinese medicine in 1987 and stayed on as a teacher.

Prof. Dejiao Yao (China)
Executive Director of the Classic TCM Formula for Cancer Treatment and Research Committee of the World Federation of Chinese Medicine Societies (WFCMS), Chief Physician of Cancer Department of Chengdu University of Traditional Chinese Medicine Affiliated Hospital. Prof. Yao has been dedicated to cancer treatment with Integrated Chinese and Western Medicine, and he supports the theory of “Correspondence of human body and natural environment” and “Wu-Yun and Liu-Qì”.

Prof. Dezhong Peng (China)
Prof. Peng is the Sichuan province outstanding specialist of traditional chinese medicine (Famous TMC practitioner); the academic leader of Tuina Discipline in key discipline of the State Administration of Traditional Chinese Medicine; the academic leader of Tuina Discipline of Sichuan Administration of Traditional Chinese Medicine. As an expert of acupuncture and Tuina, he was selected by the State Administration of TCM to promoting TCM culture when served in Switzerland for five years, and was well-beloved by the Swiss population.

Prof. Baisong Zhong (China)
Dr. Zhong is a member of diplomat of Pain Management by American Academy of Pain Management of U.S, and member of National Certification of Commission for Acupuncture and Oriental Medicine of U.S. He is a professor in American College of Acupuncture and Oriental Medicine (ACAOM), Chair of Research Committee, and dean of academic training in clinic of ACAOM, TX. U.S. He published 13 books and more than 30 papers in top journals and has done many researches.
Prof. Azure Duan (USA)
Experienced at TCM Acupuncture & Moxibustion with Qi Gong combination for mental disease treatment. Dr. Azure graduated with a Ph.D. in medicine in 2009 at Chengdu University of Traditional Chinese Medicine. Her advisor was Miqu Wang, senior researcher of CDTCM and the pioneer of TCM Psychology and TCM Genetics.

Prof. Dongdong Yang (China)
Professor, Doctoral Supervisor, and Director of Department of Neurology, Hospital of Chengdu University of traditional Chinese Medicine. She has participated in 20 scientific research projects, including the “12th Five Year Plan” science and technology support projects, the National Natural Science Foundation, and published more than 80 papers, including 20 SCI articles, 3 chief editors and deputy chief editors, and 1 deputy chief editor of teaching materials.

Prof. Ping Zhang (China)
Associate professor and master tutor of Hubei University of Traditional Chinese Medicine. Director of beauty branch of World Federation of traditional Chinese Medicine. Dr. Zhang has been engaged in clinical, teaching and scientific research of traditional Chinese medicine cosmetology and dermatology for nearly 20 years. She has published nearly 30 papers, and participated in the compilation of 8 beauty textbooks and books.

Dr. David Ip (Canada)
David Ip, D.Ac, D.TCM, HBScF, MScF, has been the principal practitioner and owner of West Lake Clinic in Regina, Saskatchewan, Canada, for 20 years. His Acupuncture and TCM practice has come to specialize in the treatment of chronic complex conditions. He has contributed to several TCM books and is currently writing a book summarizing his clinical approach to emotional reactivity in chronic health conditions. He has also published scientific papers in forest science in China, Canada and Europe.

Dr. Henry Tarazona (Canada)
Graduated from Tianjin University of Traditional Chinese Medicine in China. He has more than 10 years of clinical experience in Chinese Medicine and acupuncture in China. His area of expertise is internal medicine and the Jin Gu Tuina Abdominal massage technique on the treatment of neurological and gastrointestinal diseases like CFS, IBS, epilepsy, Parkinson, etc.

Dr. Yvonne Cheng (Canada)
In practice for almost a decade, she focuses on rejuvenating the skin and improving skin disorders using the unique approach of acupuncture and TCM modalities. Through her initial success in treating infertility, women’s health, digestive issues and pain conditions, she noticed her work also had a powerful impact on restoring skin integrity and vitality in her patients.

Abbey Jo Shulkin, L.Ac. (USA)
Abbey holds a Master’s Degree in TCM and has 20 + years in the health and beauty industry as a certified professional fitness trainer and owner of a wellness center in The Netherlands. Her specialties include cosmetic acupuncture, holistic weight loss and Acupuncture-Ozone therapy.

Register at aacmc.ca
Shuaijiang Liu

Shuaijiang is a Ph.D candidate who completed his MSc at the Chengdu University of TCM in 2021 and was awarded first-class academic scholarship, outstanding graduate and other honors, which published 3 SCI papers as the first author (total impact factor >12) and participated in 3 national Natural Science Foundation projects. His current interests are in the areas of synthesis and modification of effective constituents in TCM and the study of their structure-activity relationship.

Yilin Liu

Yilin studied under Zhou Zhichun, a famous doctor of traditional Chinese medicine in Sichuan Province, and now her main research direction is Traditional Chinese Medicine translation and TCM culture and communication. In 2021, the World Translation Competition of Traditional Chinese Medicine won the Excellent Award and published papers entitled Yesterday, Today and Tomorrow of Traditional Chinese Medicine in Australia-Interview with Professor Lin Ziqiang, President of the Federation of Australian Acupuncture and Moxibustion Societies of Traditional Chinese Medicines and Analysis of the Cooperative Dissemination of Taoist Culture and Chinese Medicine Health Concept in the Western World.

Zhuo Xu

Zhuo Xu, a doctoral student in the 2020 class of clinical Chinese pharmacy major at the School of Pharmacy, Chengdu University of Traditional Chinese Medicine, focuses on adverse reaction and rational use of traditional Chinese medicine. Her supervisor is Professor Wang Jian. During the period of doctoral study, the subject mainly focuses on the treatment of ischemic heart disease with traditional Chinese medicine. At present, as the first author, Xu Zhuo has published 2 Chinese core journal and 2 SCI papers.

Yiwei Zeng

Yiwei is a doctoral candidate who has participated in two projects of State Administration of Traditional Chinese Medicine of People’s Republic of China and one Major Research and Development Project of Sichuan Provincial Science and Technology Department. He is committing himself to the clinical research of acupuncture for the treatment of psycho-stimulants withdrawal, and has issued 6 papers, among them 4 indexed by SCI.

Lijie Wang

Lijie Wang, master student of School of Pharmacy, Chengdu University of Traditional Chinese Medicine, majors in Science of Chinese Pharmacy and is supervised by Professor Jing Zhang. In order to promote the utilization and development of resources of Traditional Chinese medicine and ethnic medicine, her research team of metabolic biology of ethnic medicine has carried out research and identification of Traditional Chinese medicine and Tibetan medicine by means of metabonomics and others.

Haiyan Wang

Haiyan is a PhD candidate in acupuncture and Tuina at CDUTCM. With a rich clinical and research experience of 10 years in TCM, she is specialized in treating Neurological diseases with acupuncture and moxibustion. Devoted to research, published 2 SCI paper and 6 core papers of Peking University as the first author. She also presided over and participated in more than 10 related projects, including 5 projects as project leader, 3 national natural science projects and 2 project of science and Technology Department.

Register at aacmc.ca
Rongyu Wang, Doctoral candidate in the specialty of integrated traditional Chinese and Western medicine at Chengdu University of Traditional Chinese. She is a member of the China Acupuncture Association, young member of the clinical professional committee of the Sichuan Acupuncture Association. She published two SCI papers as the first author. As a main researcher, she has participated in a number of national, provincial and municipal projects and presided over a provincial innovation project. She has focused on the acupuncture treatment of nervous system diseases and related mechanism research.

Zhengqi Pan is a Doctoral candidate who is mainly engaged in clinical research on acupuncture therapy for the treatment of suitable diseases. During his residency in West China Hospital of Sichuan University, he taught foreign interns; he served as chief resident doctor in Sichuan Provincial Hospital of Traditional Chinese Medicine. As the main researcher, he participated in provincial-level topics such as acupuncture for chronic fatigue syndrome and acupuncture for herpes zoster, and published 4 SCI papers.

Currently Chao Hu is a Doctoral candidate from CDUTCM who earned a Master's degree of Acupuncture and massage in 2016. He works in the Rehabilitation Department of the Affiliated Hospital of Southwest Medical University. From his work experience, he has treated a large number of patients with cerebral infarction or cerebral hemorrhage. In the traditional Chinese medicine treatment of apoplexy, he accumulated some experience.

Doctoral candidate of School of Acupuncture and Moxibustion, Chengdu University of Traditional Chinese Medicine. He has engaged in clinical and mechanism research of acupuncture for senile dementia. As the first author/co-first author, he has published 18 academic journal articles. He is also an associate editor for 2 book chapters.

Tianhui Gao, Doctor of pharmaceutics of traditional Chinese medicine, School of Pharmacy/School of Modern Chinese Medicine Industry, Chengdu University of Traditional Chinese Medicine. Ms. Gao has published nearly 30 papers in domestic and foreign journals, including 8 papers as the first author and corresponding author, with a total SCI impact factor of 20.385. Ms. Gao has 7 main research projects and 2 patents.

Complete and detailed speaker background & profiles are available in aacmc.ca website

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<th>Time</th>
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<th>Topic &amp; Abstract</th>
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| 11:00-     | Abbey Jo Shulkin         | **Topic:** Holistic Cosmetic Facial Acupuncture  
**Abstract:**  
History of FCA (facial cosmetic acupuncture)  
Difference between FCA and western facial rejuvenation methods  
In what way does FCA achieve results?  
TCM facial diagnosis techniques that can be used to diagnose the body  
Chinese face reading diagnosing according to color  
Chinese face reading diagnosis according to regions of the face  
Needling techniques for FCA, submission, lifting and pinning, threading  
Types of needles used for FCA  
Distal points commonly used in FCA  
Special Precautions  
TCM pattern differentiation and constitutional treatment for FCA  
Commonly used acupuncture points  
My personal protocol  
The business model of FCA |
| 11:30-     | Dr. Henry Tarazona        | **Topic:** Treating chronic fatigue syndrome with abdominal Tuina therapy, explaining the brain gut connection  
**Abstract:**  
**Objective**  
Some studies made at the Tuina Department in the first affiliated hospital of the Tianjin University of traditional Chinese medicine had shown that Jin Gu Zang Fu abdominal Tuina (津沽脏腑推拿) can treat effectively chronic fatigue syndrome (CFS/ME) and its related symptoms. But the treatment mechanism is not yet totally clear. The objective is To investigate the Jin Gu Zang Fu abdominal Tuina technique effects and mechanism of CFS/ME. Base on the fact that hippocampal HPA axial is the key treatment link and research hotspot of CFS, this study explains the preliminary relation of the Jin Gu Tuina Abdominal massage mechanism directing affecting the cerebral metabolisms with in the hippocampal region, to provide a strong scientific results and to prove that Jin Gu Tuina Abdominal massage technique can treat CFS patients effectively.  
**Methods**  
For this study we included a total of 66 patients that suffer from chronic fatigue syndrome (CFS) and fall into the criteria of the 2015. IOM for CFS. they were divided into 2 groups each one containing 33 patients respectively. We use a randomized trial study, And the subjects were assign into two different groups: a treatment group that used Jin Gu Tuina Abdominal Massage to treat CFS (total of 33 subjects) and a control group who received standard acupuncture recommended in the Acupuncture treatment manual (针灸治疗学), (total of 33 patients). Finally, 5 cases dropped from the treatment group and 7 from the control group, giving a total of 54 patients for this study, 28 for the treatment group and 26 for the control group.  
All the patients received treatment for four weeks period, 2 treatment courses each of 2 weeks. Before and after treatment patients were assess using the DePaul symptom questionary (DSQ-1) that is a Practical tool that is useful to help to diagnose CFS and can help to assess a wide variety of symptoms related with it.  
In the second part of this study, From the total of the patients that were include in this study 66 , 10 volunteers from each group were recruited to measure the biochemical changes in the hippocampal region of the brain using Magnetic Resonance spectroscopy (MRS) examination. All the volunteers that join the second part of this research did a MRS examination before and after treatment and the results were analyzed using a statistical method. The MRS had the purpose to explain the Jin Gu Tuina abdominal massage mechanism and the impact it has on the hippocampal region metabolites on CFS patients. The 2 groups of volunteers; 10 from the control group and 10 from the treatment group, were compared with an independent healthy group of 10 volunteers to determinate there was any significance difference in the metabolites found on CFS patients compared with the healthy group. |
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<th>Topic</th>
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Zihan Yin

**Topic:**
The comparative efficacy of multiple acupuncture for Alzheimer’s disease: a bayesian network meta-analysis

**Abstract:**
Alzheimer’s disease (AD) is a progressive neurodegenerative disease. Numerous cases have illustrated that acupuncture method could improve cognitive function and daily living ability of AD patients. However, the optimal acupuncture treatments remain controversial. Therefore, we aimed to conduct a systematic review to compare the efficacy of multiple acupuncture therapies for AD and identify the optimal acupuncture intervention for delaying AD progression. Methods. To select potentially concerned randomized controlled trials (RCTs), we searched in four English databases, four Chinese databases, and additional sources through 1st May 2021. Two independent reviewers conducted study screening, data extraction, and methodological quality assessment. Pair-wise and Bayesian network meta-analyses were performed to integrate direct and indirect evidence using STATA v15.0 and ADDIS v1.16.8. The Grading of Recommendations Assessment, Development, and Evaluation (GRADE) tool was used to assess the quality of evidence. Results. This study included 34 RCTs with 2,071 participants. Regarding global cognitive function improvement, the pair-wise meta-analysis confirmed that electronic acupuncture (EA) plus conventional medicine (CM), manual acupuncture (MA) plus CM, were statistically significantly different from CM; and EA plus CM ranked as the best combination in the network meta-analysis. In terms of response rate, MA outperformed CM statistically significantly; in the network meta-analysis, warm acupuncture (WA) ranked as the best. Regarding activity of daily living improvement, EA plus CM, MA plus CM, fire acupuncture plus CM, MA, scalp acupuncture, and WA were statistically significantly different from CM; and EA plus CM was ranked as the best combination in the network meta-analysis. Moreover, five acupuncture methods had acceptable adverse events. However, the evidences were ranked as low to critically low. Conclusions. Acupuncture, as a mono-therapy or an adjuvant therapy, may have a beneficial effect in efficacy and safety for AD. EA plus CM maybe the optimal acupuncture therapy for AD and should be administered to AD patients. It may aid and support patient, operative, and societal decision-making. Due to dearth of high-quality evidence, additional high-quality studies should be conducted to ensure these findings in the future.

Yilin Liu

**Topic:**
Treatment of Senile Insomnia by Acupuncture and Moxibustion with the Principle of Soothing the Liver and Relieving the Depression Assisted by Tranquilizing the Mind

**Abstract:**
Various studies have shown that sleep problems in the elderly are widespread, according to studies showing that sleep disorders increase with age, and it is estimated that 57% of the elderly over 60 years old have sleep disorders. With the increase of age, the quality and quantity of sleep of the elderly gradually decline, but the demand for sleep has not decreased. Although the bed time was long, the number of awakenings increased and the time prolonged. Because of sleep disorders, long-term use of sleeping drugs. Sleep disorders can cause patients to get up frequently and cause falls, while those who receive psychotropic drugs have a greatly increased risk of falling at night. In the elderly sleep disorders, depressive insomnia (DDI) and psychophysiological insomnia (PPI) are common chronic sleep disorders. It was found that the rapid eye movement sleep incubation period of DDI patients was significantly lower than that of PPI group, but the number of rapid eye movement sleep cycles was significantly higher than that of PPI group. Although there was no significant difference in sleep progression and sleep therapy evaluation between the two groups, DDI was treated with depressant drugs with sedative effect, and PPI was treated with hypnotic and limbic system neuronal activity inhibition drugs during treatment. In the acupuncture treatment of these two types of elderly sleep disorders, DDI is more inclined to soothing the liver and relieving depression, PPI is more inclined to calming the heart and tranquilizing the mind.

Chao Hu

**Topic:**
Application of traditional Chinese Medicine in the prevention of secondary stroke

**Abstract:**
1. Definition of secondary stroke
2. Risk factors for second stroke
3. Prevention of second stroke Song's theory of traditional Chinese medicine:
   (1) Five transport and six Qi
   (2) Symptoms and signs
   (3) Living and working Habituation
   (4) Living environment (coastal wind wood land, inland basin)
   (5) Prediction model of traditional Chinese medicine
4. Intervention measures of traditional Chinese medicine: acupuncture, moxibustion, Tuina, Traditional Chinese medicine (TCM)
5. Case

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Zhengqi Pan

Topic: Treatment of herpes zoster with the theory of “Huo Yu Fa Zhi” —— A comprehensive high-dose moxibustion therapy

Abstract:
1. Introduction to herpes zoster
   (1). Epidemiology (introduce incidence rates, age stages, etc.)
   (2). Modern medicine for herpes zoster treatment
   (3). Traditional Medicine for herpes zoster treatment
2. The theory and therapy
   1. Introduction to the Theory of “Huo Yu Fa Zhi”
   2. comprehensive high-dose moxibustion therapy for herpes zoster

Haiyan Wang

Topic: Clinical study of moxibustion intervention on mild cognitive impairment

Abstract:
Mild cognitive impairment (MCI) is an intermediate stage between normal aging and dementia. In MCI, there is an objective cognitive decline, but independence in daily activities is preserved. MCI represents a significant risk factor for the development of dementia and is the primary target for early detection and management of dementia. Currently, the main clinical drugs for MCI are acetylcholinesterase inhibitors (AChEIs). However, there is no convincing evidence that AChEIs have an effect on cognitive test scores or the progression of MCI. Moreover, in the AChEI groups, there were increased risks of adverse events. With the continuous development of medical science, the use of non-drug therapy to improve the cognitive function of MCI patients has become one of the current research hotspots. Traditional Chinese acupuncture, moxibustion, and Traditional Chinese medicine are also widely used in the treatment of delaying the progression of MCI. There is some evidence suggesting that acupuncture and moxibustion might be beneficial for patients with MCI. In clinical treatment, our team found that moxibustion has certain curative effects on MCI, so we selected GV20, CV8 and K1 to form “San Cai of Health of Brain” moxibustion method to intervene MCI, to evaluate the improvement of its cognitive function. We found that Moxibustion therapy based on Sancai therapy for brain health can improve cognitive impairment in patients with MCI and is thus an effective intervention method for improving the cognitive function of patients with MCI.

Yiwei Zeng

Topic: Electroacupuncture Alleviates Negative Emotions induced by Psychostimulant Withdrawal

Abstract:
Psychostimulant abuse presents a great threat to global public health and security. After discontinuity of the drugs, the addicts would suffer from severe physical and psychological disturbances, called withdrawal syndrome. Negative emotions, such as anxiety and depression, are typical symptoms of withdrawal syndrome, which could last from months to years, making the detoxification more difficult, and the addicts would be susceptible to relapse after detoxification due to these unbearable emotions. Since 2018, we have conducted two pragmatic randomized controlled trials to evaluate the effectiveness of electroacupuncture (EA) for protracted opioid and methamphetamine withdrawal, and have found that EA at Shenmen (HT7), Neiguan (PC6), Zusanli (ST36), and Sanyinjiao (SP6) could not only attenuate physical discomforts and reduce drug craving, but effectively alleviate anxiety in patients with protracted opioid withdrawal and anxiety and depression in those with protracted methamphetamine withdrawal. These findings indicate that acupuncture could be also effective for negative emotions induced by pharmacogenic factors, while the detailed mechanisms need to be further elucidated.

Dr. Dong Dong Yang

Topic: Exploration the application of traditional Chinese Medicine In vascular cognitive impairment

Abstract:
Vascular dementia (VaD) is the second common form of dementia after Alzheimer’s disease (AD), accounting for more than 20% of all dementia cases worldwide. In particular, VaD constitutes about 30% of the dementia prevalence in developing countries due to poorer control of cardiovascular risk factors. The incidence of VaD increases with age steeply, rising from 1.5% at the age of 70–75 years old to 15% at the age of 80 years old and above. VaD is caused by a reduced cerebral blood flow supplying the brain that may be associated with a stroke or its risk factors. The main risk factors include hypertension, cardiac diseases, diabetes, hyperlipidemia, genetic disposition, physical inactivity, and obesity. Currently, cerebrovascular diseases (CVDs) contribute to cognitive impairment that is receiving heightened attention because they are potentially modifiable factors for both VaD and AD. VaD patients generally suffer from not only cognitive impairment but also a progressive disturbance in memory, mood, and behavior. Currently, there is still no effective treatment available for VaD. Standard treatment mostly focuses on symptomatic management and prevention of additional brain damage.

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Anti-AD pharmaceutical agents, known as cholinesterase inhibitors, glutamate receptor antagonists, and N-methyl-D-aspartate (NMDA) receptor antagonists, have been used off-label for the symptomatic relief in people with VaD, exerting modest short-term (5-6 months) clinical benefits in improving cognitive function. However, the safety and the long-term therapeutic benefits of these interventions in VaD have not been validated. Given the absence of modified therapies, more and more VaD patients resorted to Traditional Chinese medicine (TCM). Chinese herbal medicine (CHM), as a pharmacological form of TCM, has been used for the treatment of aging-related disorders to improve memory function and increase longevity thousands of years ago in ancient China.

| 17:50-18:35 | Prof. Fan Rong Liang | Topic: The Key Manipulation and Clinical Application of Ten Analgesic Acupuncture Methods
| Abstract: | | Manipulation of analgesic acupuncture is the key for outcome. According to traditional Chinese medicine, pain is due to the blockage of Qi and blood in the viscera and meridians caused by various pathogenesis, and pain is caused by obstruction. Acupuncture and moxibustion can promote qi and blood circulation, and function as “dredging”. The key is to acupuncture with appropriate analgesia techniques. There are many brilliant expositions on the manipulation of analgesic acupuncture in ancient books of Chinese medicine. I will briefly introduce the main points of the manipulation and summarize the research review of analgesic acupuncture at home and abroad in recent years. The following 10 analgesic needling methods are mainly used:
① Qi-guiding and meridian-dredging needling (for visceral pain)
② Warming and dredging meridian and collateral needling (for cold pain)
③ Mind-regulating and pain-relieving needling (for intractable pain)
④ Long-round and sharp needling (for sciatica)
⑤ Blade needling (for various chronic neck pain and lumbago pain)
⑥ Cupping and collaterals let-bleeding (for Sequela pain after herpes zoster)
⑦ Turtle acupoint-searching needling method (mainly used for knee joint pain)
⑧ Dragon-tiger fighting needling method (for dysmenorrhea)
⑨ Wrist-ankle needling method (for various neuralgias)
⑩ Motion needling method (for acute sprain pain) |
| 18:35-19:20 | Dr. Jie Wu | Topic: TCM Treatment of Anxiety and Depression - "Yang, Qi and Dampness" Three aspects to recuperate spirit
| Abstract: | | 1. An introduction to anxiety and depression  
2. The definition and treatment of anxiety and depression in modern medicine  
3. The relationship between “Spirit” and anxiety and depression in traditional Chinese medicine  
   leads to the therapy of supporting yang, regulating qi, and eliminating dampness for the intervention of emotional diseases  
2. Fuyang therapy  
3. Regulating qi therapy  
4. Removing dampness therapy |

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<th>Time</th>
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<th>Profile/Topic/Abstract</th>
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| 10:00-10:15 | Shuaijiang Liu | Topic: Design and modification of the core-scaffolds in traditional Chinese medicine and their application in tumor therapy  
Abstract: Compared with infectious diseases, chronic non-communicable diseases, which mainly includes tumors, neurodegenerative diseases, and diabetes. NCD mostly features complex inducing factors and is associated with multiple therapeutic targets. Especially in recent years, the number of tumor cases is increasing rapidly, and it has become one of the major diseases affecting human life span. Therefore, drug discovery targeting tumor therapy has become an important and challenging research field. |

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In recent years, increasing attention has been paid to the treatment of NCD using Traditional Chinese Medicine. The most successful case is the drug discovery of Artemisinin by Prof. Tu Youyou. This drug can effectively cure malaria patients worldwide, and accordingly, Prof. Tu Youyou was awarded the Nobel Prize in 2015. Noteworthily, TCM shows advantages in treating NCD because of its structural diversity, low toxicity, and multiple therapeutic targets. Therefore, TCM can be regarded as one of the most valuable sources for drug discovery. For example, Indirubin and Ephedrine can be directly used as anti-tumor and adrenomimetic reagents, respectively. However, for most other active compounds, their chemical structure needs to be modified to achieve the purpose of clinical treatment. For instance, artemether obtained by reduction of artemisinin can be used as an antimalarial drug; chemical modification of Schisandra C can treat chronic hepatitis; and chemical modification of Huperzine A can treat Alzheimer’s disease. As a result, the active compounds from traditional Chinese medicine can become an important source for drug discovery. Therefore, the chemical modification concerning core-scaffold, functional group, and chiral center is a promising way for new drug discovery.

10:15-10:30

Tianhui Gao

**Topic:**
Exploration on the "Increasing efficiency-Reducing toxicity" effect of vinegar-processed Chinese medicine in clinical by studying on the changes of chemical constituents and pharmacological effects of Curcuma phaeocaulis VaL. for example

**Abstract:**
The vinegar processing method was recorded in the first drug-procceed monograph "Master Lei’s Discourse on Processing of Chinese Materia Medica". According to the traditional processing theory, traditional Chinese medicine can enter the liver meridian after vinegar processing, which can " Increasing efficiency-Reducing toxicity ". The research group took Curcuma phaeocaulis VaL. (CPV) from Sichuan province as an example to study the changes of " chemical constituents and pharmacological effects of " before and after vinegar processing. GC-MS and UPLC-MS were used to find that the types and quantities of various chemical components in volatile oil and curcuminoinds were significantly changed before and after vinegar processing. The average content of curcumin, gemaron and furandiene increased by 15.44%, 13.94% and 24.24%, while the average content of curcumol decreased by 12.59%. After vinegar processing, the total transfer rates of Pb and Hg were significantly decreased, the total transfer rates of Cd and Cu were slightly decreased, and the total transfer rates of As were slightly increased. This may be one of the important material basis for the efficiency change of (CPV) after vinegar processing. The results of pharmacological experiments showed that the teratogenic effect on zebrafish embryos could be significantly improved after vinegar processing, and the absorption of the components in the volatile oil could be delayed, and the blood concentration could be stabilized to slow down the strong medicinal properties. At the same time, vinegar processing method can improve the anti-angiogenic activity of zebrafish embryos while ensuring the normal development of zebrafish embryos. Therefore, the vinegar production of (CPV) is often used in clinical practice.

10:30-10:45

Lijie Wang

**Topic:**
Metabolic Diseases, Gut Microbiota and Traditional Chinese Medicine: the Exploration of Interdisciplinary Possibility

**Abstract:**
The incidence of metabolic diseases such as obesity, type 2 diabetes mellitus, and non-alcohol fat liver disease is increasing worldwide, which threatens quality of life and human health. Recent evidences have shown a common association between these diseases and the dysfunction of gut microbiota. An interplay between gut microbiota and host occurs mainly at the gastrointestinal mucosal barrier. The host movements influence the composition and abundance of gut microbiota, whereas gut microbiota in turn modulate the metabolic and immunological activities of the host. Traditional Chinese medicines (TCMs) have a long history of playing a vital role in disease prevention, symptom alleviation, and health improvement. They have also shown considerable effects in the treatment of metabolic disorders by regulating the gut microbiota and its metabolites. With increasing evidence indicating that the gut microbiota is important in host health and may be associated with the therapeutic activity of TCM components, it may now be possible to assess the effects of TCMs from the perspective of the gut microbiota. Here, we review the reported correlation between TCMs and metabolic diseases and elucidates the underlying mechanisms with a focus on the alteration in the gut microbiota. In future, further studies are required with more advanced experimental design in order to reveal the interactions between TCMs and the gut microbiota, and provide new insight into and guidance for TCM-based drug discovery.

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Abstract:
Patients with chronic illness show several common patterns: 1. They present one condition for treatment, but there are many other conditions. 2. Emotional stress makes the conditions worse. 3. Treatment helps only for a short time. 4. The stress connection is often ignored. A practitioner can treat chronic illness much more effectively if patterns of emotional reactivity can be reduced at the same time. Emotional stress when they are young leads to reactions that can repeat for years, becoming their ‘personality’.

After many years, their subconsciousness starts to realize that these reactions are unhealthy and tries to stop them. When the patient’s brain cannot balance these opposite situations any more, there is a health crisis, usually in the weakest part of the body, e.g., heart attack, disease, disability. Then they go to a doctor for that crisis. The brain’s unconscious reaction is too fast to stop it consciously. But if we can slow the reaction, we can solve the stressful situation without the unconscious fight. If this reaction is stopped enough times, a new brain reaction to the situation forms and the harmful reaction subsides. Then health improves rapidly. When the harmful reactions change, the patient has much more energy for maintaining and repairing chronic health conditions. Subsequent acupuncture and herbal treatments have much greater impact on the patient’s primary condition, and in much less time, often progressing from relieving symptoms to actual prevention. This paper describes the three-step approach that the author has found effective to change the harmful reaction, with examples of clinical application.

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For example, seniors are easier to infect by the virus, but they may also be witnessing increased illnesses, deaths, and supply shortages. In addition, patients admitted to the hospital with COVID-19 experience social isolation, physical discomfort, and fear for survival. These exposures increase the risk of developing Post-traumatic stress disorder (PTSD). In addition, the risk may further be enhanced during the subsequent weeks when these individuals may lack immediate social support due to the need to self-quarantine.

This presentation will focus on reviewing Chinese herb and acupuncture on the pandemics and help to treat senior PTSD of Covid-19. Participants will learn what the ancient and update information of TCM benefited to prevent and treat the seniors PTSD of Covid-19.

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<th>13:10-13:55</th>
<th>Dr. Xia Cheng</th>
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<tr>
<td>Topic:</td>
<td>TCM Antiaging roles and Applications</td>
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<td>Abstract:</td>
<td>The globe, especially the developed countries are rapidly moving into a high senior population society. Chinese medicine has abundance of anti aging, health maintenance practice in the history and present. This presentation introduce</td>
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<tr>
<td>1.</td>
<td>The concept from both TCM and modern science of aging and anti aging,</td>
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<td>2.</td>
<td>How acupuncture and Chinese herbal medicine play a role for anti aging</td>
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<td>3.</td>
<td>Protocols both acupuncture and Chinese herbal medicine that used for anti aging</td>
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<th>13:55-14:10</th>
<th>Zhuo Xu</th>
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<td>Topic:</td>
<td>Pharmacological effects and clinical application of Storax in cardiovascular and cerebrovascular diseases</td>
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<td>Abstract:</td>
<td>In recent years, the incidence and mortality of cardio-cerebrovascular diseases have been increasing year by year, which has become global burden and challenge. Based on the holistic thinking of “brain disease affects the heart” and “heart disease affects the brain,” as well as the characteristics of multi-target and multi-path effects of Chinese medicine, Chinese medicine is more advantageous in the treatment of cardio-cerebrovascular diseases. As a botanical medicine, storax is known for its resuscitation, filth avoidance and pain-relieving effects in the treatment of cardio-cerebrovascular diseases. By reviewing and collating the relevant domestic and international literature in the past 10 years, we have sorted out an overview of the medicinal parts, traditional uses and chemical composition of storax. For the first time, based on the idea of “cerebral and cardiac simultaneous treatment,” the pharmacological activities and mechanisms of heart and brain protection of storax for treating cardio-cerebrovascular diseases were summarized and analyzed, showing that storax has the pharmacological effects of anti-cerebral ischemia, regulation of blood-brain barrier, bidirectional regulation of the central nervous system, anti-myocardial ischemia, anti-arrhythmia, anti-thrombosis and anti-platelet aggregation. It mainly exerts its protective effects on the brain and heart through mechanisms such as inhibition of inflammatory immune factors, anti-oxidative stress, anti-apoptosis, pro-neovascularization and regulation of NO release. On the basis of the current findings and limitations, the future research strategies and perspectives of storax are proposed, with a view to providing a reference for further application and development of this medicine, as well as contributing new thoughts and visions for the clinical application of “treating brain-heart synchronously”.</td>
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<th>14:20-15:05</th>
<th>Prof. Dezhong Peng</th>
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<td>Topic:</td>
<td>Treating Cervical Vertigo by Traditional Tuina Manipulations</td>
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<td>Abstract:</td>
<td>Cervical vertigo, also known as “vertebral artery cervical spondylosis”, tends to be younger in recent years. The onset of cervical vertigo is characterized by more symptoms in the brain than in the limbs, and the effect on brain power is obviously greater than that on physical strength; the appearance and aggravation of clinical symptoms are closely related to the activities of the cervical spine, and there are many changes, so it is the most complicated type of cervical spondylosis. When the head is overflexed, overextended or turned to a certain orientation, symptoms such as positional vertigo, nausea and vomiting, tinnitus, deafness and blurred vision appear. Traditional Chinese medicine Tuina massage techniques, especially the wrenching method, can correct vertebral misalignment; pointing, pressing and kneading the corresponding acupoints can activate qi and blood, benefit marrow and stop dizziness, thus restoring the internal and external mechanical balance of the cervical spine.</td>
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<tr>
<td>15:05-15:50</td>
<td>Prof. Dejiao Yao</td>
<td>Advantages of TCM for tumor treatment: a case analyzing kidney cancer with lung metastasis</td>
<td>Successful treatment in a patient with lung metastasis from renal cell carcinoma shows the therapy of Traditional Chinese Medicine and the advantage of TCM, such as satisfactory curative effect, affordable price, and fewer side effects, especially no liver and kidney damage.</td>
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| 15:50-16:35  | Dr. Ping Zhang   | Precise application of external treatment technology with traditional Chinese medicine characteristics in detrimental skin diseases. | 1. Case studies of TCM precision external treatment for allergic diseases, such as cosmetic dermatitis, hormone-dependent dermatitis, adult eczema, infant eczema, contact dermatitis, chronic urticaria.  
2. TCM precision treatment techniques for skin neoplasm, such as flat warts, common warts, plantar warts, foreign body granulomas, hemangiomas, etc.  
3. TCM precision treatment techniques for pigmented skin diseases, such as chloasma, freckles, age pigment, leucoderma, etc. |
| 16:35-17:20  | Prof. Laixi Ji   | Clinical Practice and Thinking of Treating the Knee from the Waist   | The lecture is a combination of comprehensive case studies and in clinical practice and the treatment plans of different acupuncture methods. "Treatment the knee from waist" is proposed and further discussed. Then Anatomy of muscles in the waist, buttocks, thighs, and knees is reviewed and the pathogenesis is discussed. From the perspective of modern medicine, through the research of the modern “fascial chain” and “trigger points” theories, it has been found that treating the knee from the waist shares some similarities. From the perspective of traditional medicine, the Holism of traditional Chinese medicine and the theory of “Meridian sinew” guide the “treating the knee from the waist” which puts much emphasis on meridian examination to truly achieve “inferring” and “palpating”, and to observe the pathological changes of meridian sinews of the waist. After dealing with the sinew focal point of the waist, the circulation of qi and blood in the lower limbs is smooth, and the physiological state of the knee joint will be restored. |
| 17:20-18:05  | Dr. Linpeng Wang | Clinical research progress of acupuncture treatment for emotional and mental disorders | Chronic pain, indigestion, anxiety, insomnia, and fatigue are common clinical diseases which can be treated with TCM acupuncture. The etiology is usually closely related to mental and emotional disorders. The presentation will be focused on sharing clinical practice and case study of acupuncture treatment for physical dysfunction symptoms caused by emotional and mental disorders.  
1. Focus on the relevant clinical research progress in recent years.  
2. Introduce classical and effective acupuncture treatment methods based on his 40+ year’s clinical practice.  
3. Case studies. |
| 18:05-18:50  | Dr. Hong Zhang   | Clinical thinking and case study of acupuncture treatment for encephalopathy | Brain disease (encephalopathy) is a general term for a series of neuropsychiatric diseases, all brain dysfunction, or brain parenchymal damage caused by the disease, Chinese medicine can be collectively referred to as brain disease, including the nervous system, digestive system, psychiatric diseases, psychosomatic diseases and some pain, etc.. Acupuncture and Chinese medicine should be the preferred differentiation and treatment for many of these diseases.  
This lecture is based on the conceptual scope and clinical thinking of encephalopathy, comprehensive treatment and selection of acupuncture manipulation techniques for encephalopathy, clinical cases study and manipulation techniques for encephalopathy. Especially through the analysis of typical cases, demonstrates the theory and method of acupuncture and moxibustion to treat brain diseases. |
Topic:
Theory and practice of traditional Chinese medicine treatment of facial aging.

Abstract:
From the perspective of TCM's understanding of facial aging and the anatomy of facial aging. The presentation will further discuss the theory of facial anti-aging. It also introduces the methods of filiform needle, pestle needle, Acupoint Catgut-Embedding Therapy, and manipulation, as well as the clinical practice experience, perception and expertise in the past 30 years.