



**TCM  
Rocks!**

**460+  
pages  
PDF**

# Chinese Medicine Made Easy

Created by Clara Cohen





**An illustrated guide to Chinese medicine foundation & diagnosis**

**TCM  
Foundation**



**TCM  
Diagnosis**

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# The Yin Yang Theory Made Easy



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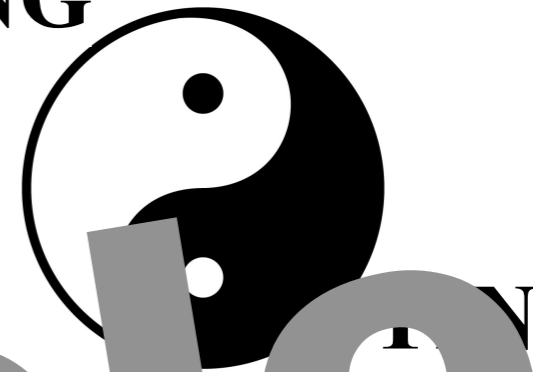
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# The Yin Yang Theory

Slope      Slope  
YIN    阴    阳    YANG  
         Shady      Sunny

YANG



The Chinese characters for Yin and Yang

The Yin Yang symbol (Taijitu - Ultimate Supreme)

The first symbol for each of the characters represents a **mountain or a slope**, and the second character represents the **shady side** of the mountain (Yin), and the **sunny side** of the mountain (Yang).

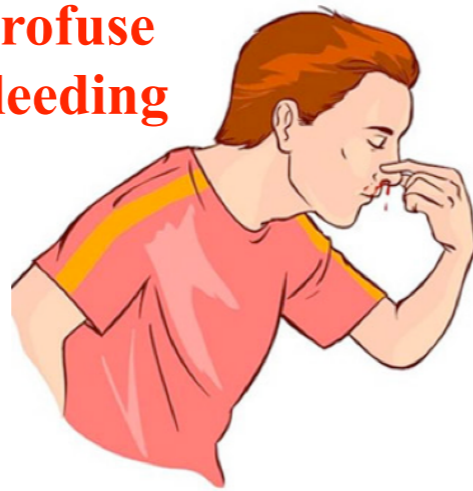
The symbol represents **2 opposites which form a whole** and exist in harmony. And on each side, they **carry the seed of the opposite within**, because nothing is totally Yin and nothing is totally Yang.



**Excess Yang**



**Profuse Bleeding**



**Constipation with Abdominal Pain**



**High Fever**

**Feeling Hot all over**



**Flushing**

**Infection**



**Anger**



**Thirst for Cold Drinks**



**Red Rashes**



**Sample**

**Yang**

**Yin**

**Excess Yang produces Heat symptoms**

**Yin**  
Deficiency

**Red  
Cheeks**



**Hot Flashes**



**Feeling Hot at Night**



**Small Dry  
Stools**



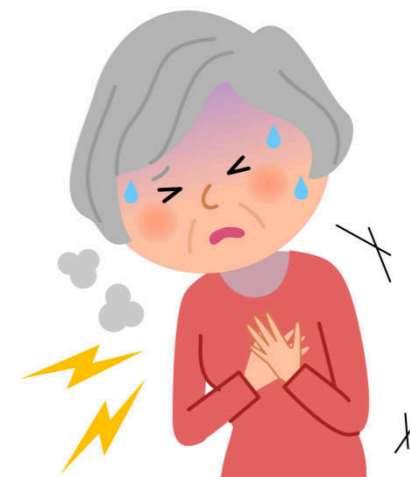
**Toss & Turn  
at Night**



**Night Sweats**



**5 Centre Heat**



Sample

**Yang**

**Yin**

**Decrease (deficiency)  
of Yin produces Heat  
symptoms**

**Anxiety  
at Night**





# The 5 Elements Theory Made Easy



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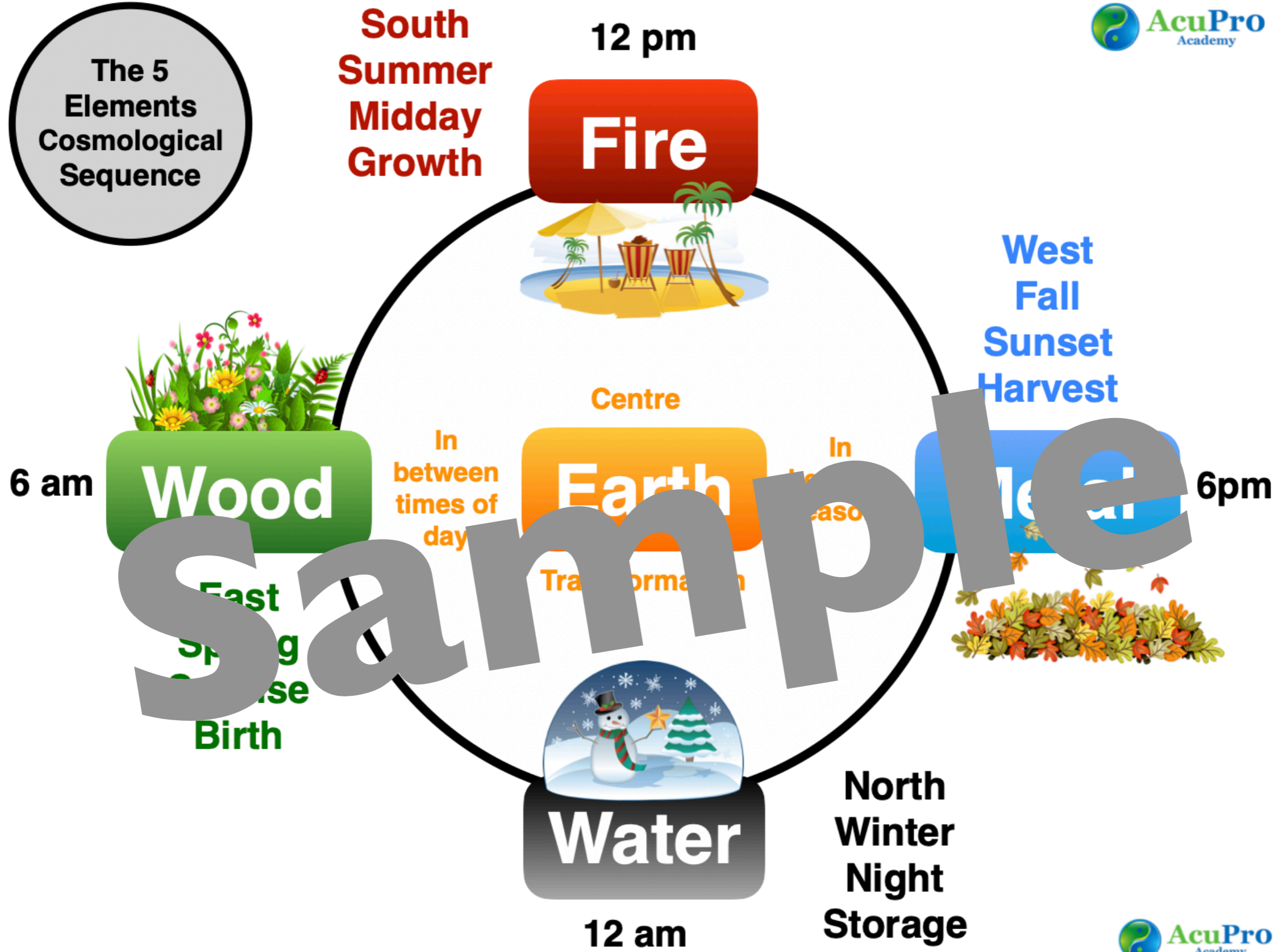
## The Cosmological Sequence

# The 5 Elements Theory

The Cosmological sequence in the 5 Elements Theory is not often mentioned, yet it's such a meaningful sequence in clinical practice.

- **Earth (SP & ST) and the digestive system are at the centre of our health,** affecting all other systems (being the root of post-heaven Qi). They correspond to the transition of seasons and time of transformation (from childhood to adult, biologically the 30-40 years).
- **Fire & Water** are the opposites but cannot exist without each other (the basis of Yin & Yang). HT Mind needs to go down to be calm, while Fire goes up. KD Qi needs to go up to keep from sagging (due to aging), while Water goes down. If Essence is weak, the Mind will be weak. Fire is summer & growth, while Water is winter & storage.
- **Wood and Metal depend on the balance of the other 3 elements.** Wood is birth, new beginnings, spring and sunrise, while Metal is harvest, wrap-ups, fall and sunset.

The 5 Elements Cosmological Sequence



Sample



# The Zang-Fu Theory Made Easy



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## The TCM HEART

# The Zang-Fu Theory



- **Heart governs blood** (responsible for blood circulation)
- It controls **blood vessels**, including the **pulse strength**
- It houses the **Mind (Shen) & the spirit**: all mental activities, memory, consciousness, thinking and the ability to sleep (control in dreams)
- It is responsible for **happiness & joy**
- It manifests in the **complexion (face colour)**
- It opens into the **tongue (especially the tip)**
- It affects the **speech**
- It controls **sweat**

Correspondences

Smell is scorched.  
Colour is red.  
Taste is bitter.  
Climate is Heat.  
Sound is laughing.

# HEART Functions in Chinese Medicine

**Controls Blood circulation**



**Opens in the mouth  
affects speech**

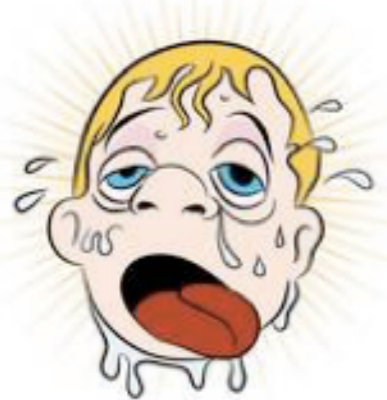
**Manifests on the face**



**Controls Blood vessels & pulse strength**



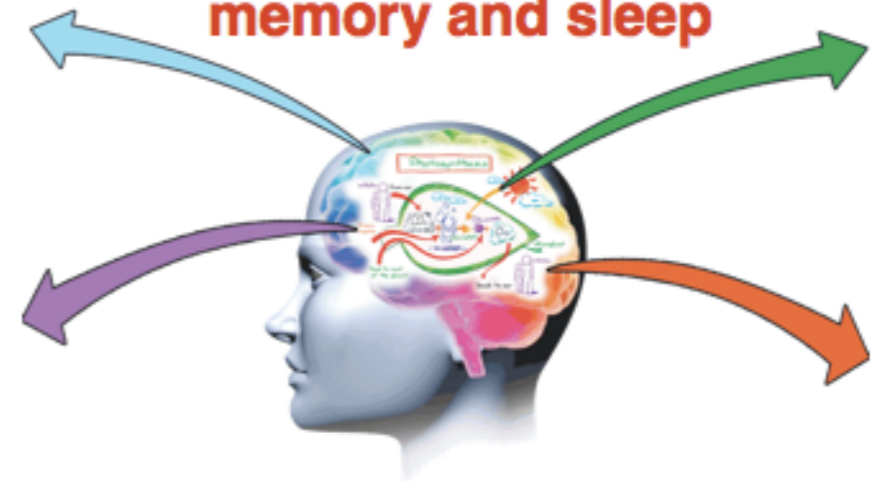
**Controls sweat**



**In charge of happiness & joy**



**Houses the mind, mental activity, memory and sleep**



## The TCM Stomach

# The Zang-Fu Theory

- **Stomach receives food & drink, and keeps them down.**
- It controls the **rotting and ripening of food**, preparing them for the Spleen to transform and transport.
- Stomach is the **origin of fluids**, helping digestion and providing a good appetite & a good sense of taste.
- It **manifests on the lips and opens into the mouth** (the beginning of digestion).
- It gets affected by **manic behaviour**.

## The Stomach & Spleen connection

- Stomach Qi ascends (which is a Yang movement), and Spleen Qi descends (which is a Yin movement). Spleen Qi ascends to transport nutrients (Yang in name).
- **Spleen Qi ascends** (which is a Yang movement), and **Stomach Qi descends** (which is a Yin movement).
- **Spleen likes dryness, and Stomach likes dampness.**
- **Stomach rebels up when out of balance, and the Spleen sinks down.**
- Stomach often suffers from Yin deficiency, and Spleen suffers from Yang deficiency.



# STOMACH Functions in Chinese Medicine



Opens into  
the mouth

Ripens food  
and controls  
digestion with  
the Spleen



ST is the origin  
of fluids

Manifests  
on the lips

# STOMACH & SPLEEN



ST Qi  
descends



Heat &  
Dryness  
affect ST  
more



ST rebels  
and gets  
excess more

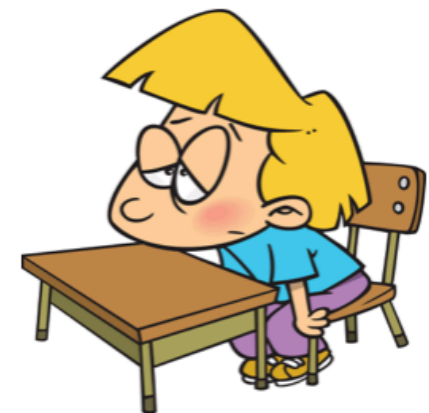


SP Qi  
ascends



Cold &  
Damp  
affect SP  
more

SP sinks  
and gets  
deficiency more



# The Causes of Diseases in TCM Made Easy



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# Causes of Diseases

Medications



Lack of Exercise



Diet



Over Exercise



Excessive Sexual Activity



Overworked



Trauma Injury



Drugs

sample



External Pathogens



Wrong Treatment



Weak Constitution



Emotions



# TCM Diagnosis Made Easy



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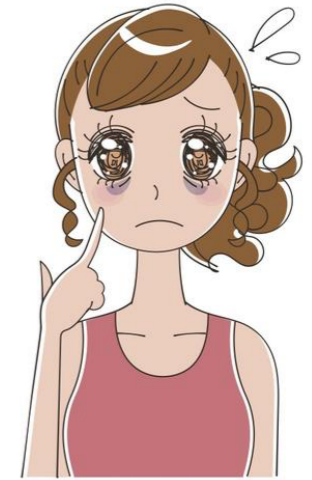
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Temporal  
headache?



# Inquiry - TCM Liver



Blurred vision?  
Floaters?

Moving rib  
pain?



# Sample

Depression?



Are you  
frustrated?  
Irritable?



Do you feel  
stressed?



PMS?  
Tender breasts?  
Bloated?  
Moody?  
Clumsy?



Shoulder  
tension?



# TCM Liver - Pattern Differentiation



## *LV Qi Stagnation*

Rib pain, sighing, mood swings, nausea, sour taste, acid reflux, belching, feeling of lump in throat, PMS (breast distention, cravings, irritable).

P: wiry T: pink



## *LV Yang Rising*

Temple headaches, angry, dizzy, tinnitus, dry mouth & eyes, insomnia, red face.

P: wiry rapid

T: red sides



## *LV Fire*

Temple headache, very angry, red face & eyes, bitter taste, thirst, constipation, dark urine, nosebleed, tinnitus, dry mouth, red eyes, rapid pulse, yellow coat

These 3 patterns are examples of Liver patterns.

- **LV Qi stagnation** shows symptoms of moodiness, PMS, and rib pain, affecting the ST (Wood controls Earth) with symptoms of acid reflux, belching and nausea.
- **LV Yang rising** stems from LV Qi stagnation. It rises from excessive stress, creating anger, temporal headaches, insomnia (waking up between 1 & 3 am) and red sides of the tongue.
- **LV Fire** is worse than LV Yang rising with red eyes, bitter taste in the mouth, constipation, and nosebleed (Fire symptom).



# Inquiry - Women's Health

What's your cycle length?



How old were you when you had your first period?



What's the color of the blood? Any clots?

How long does your period last?



Any abnormal vaginal discharge?



Any menses cramps? Prior? During?



Sample

## Inquiry - Women's Health

### Menarche onset

- **11 years old and under:** SP Qi def.
- **15 years old and later:** KD Qi def.

### Cycle length

- **Shorter than 25 days:** Blood Heat or SP Qi def.
- **Longer than 33 days:** Blood def. Blood stasis or Cold in Uterus
- **Irregular cycle:** LV Qi stagnation, LV Blood stasis or SP Qi def.

### Amount of bleeding

- **Heavy bleeding** (or long-lasting period, more than 7 days): Blood Heat or SP Qi def.
- **Scanty light** (or short period, less than 3 days): Blood def., Blood stasis or Cold in Uterus





# TCM Diagnosis



# Observation



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# Observation - Face Mapping



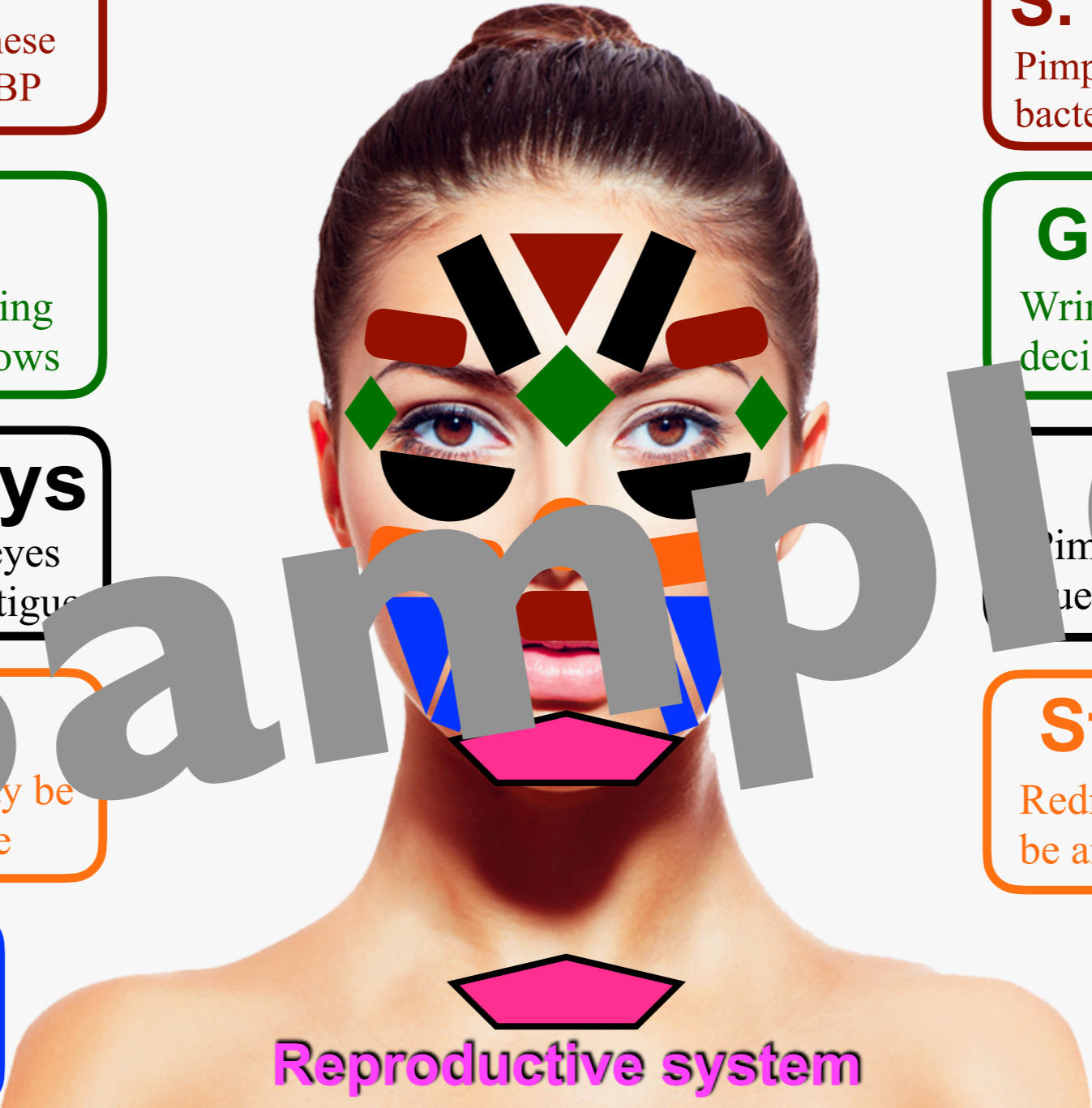
**Heart**  
Wrinkles or redness in these areas may indicate high BP

**Liver**  
Anger may cause frowning lines between the eyebrows

**Kidneys**  
Dark circles under the eyes may indicate renal fatigue

**Spleen**  
Pimples on the cheeks may be a blood sugar imbalance

**Lungs**  
Dryness here may be a lung issue



**S. Intestine**  
Pimples may indicate bacteria overgrowth

**Gallbladder**  
Wrinkle lines may indicate decision-making issues

**Lac**  
Pimples here may be due to dehydration

**Stomach**  
Redness on the cheeks can be an overactive Stomach

**L. Intestine**  
Dryness shows colon issues

Reproductive system



# Observation - Lips



**Pale & very cracked:** pale shows **Qi, Yang or Blood deficiency** depending on other symptoms/clues, and cracked lips indicate a **Body Fluids deficiency**.

**Diet:** eat easy-to-digest foods such as yams, salmon, eggs, squash, and hydrating (broth) & lubricating foods (such as flax oil, walnut oil, and chia seeds)



Sample



**Bluish tint/purple lips:** excess **Cold** (blue) & **Blood stasis** (purple).

**Diet:** take warm foods such as soups & stews, and spicy foods such as garlic, turmeric & cinnamon, which increase blood circulation.





# Practicing Tongue Diagnosis



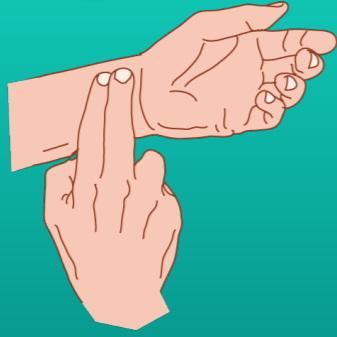
He has a purple tongue with a long crack from the root to the centre, strawberry prickles, and a yellow coating

*Diagnosis:*

**Blood stasis,  
toxic Heat which dries  
the fluids, and  
excess Heat in the ST  
& lower Jiao**



# TCM Diagnosis



# Palpation



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# Pulse Locations

## 5 Elements View

Positions	Left hand	Right hand
CUN (front)	Heart Small Intestine	Lung Large Intestine
GUAN (middle)	Liver Gallbladder	Spleen Stomach
CHI (rear)	Kidneys Bladder	Pericardium San Jiao

# PULSE POSITIONS

ACCORDING TO  
THE 5 ELEMENTS





# Symptoms Differentiation in TCM Diagnosis Made Easy

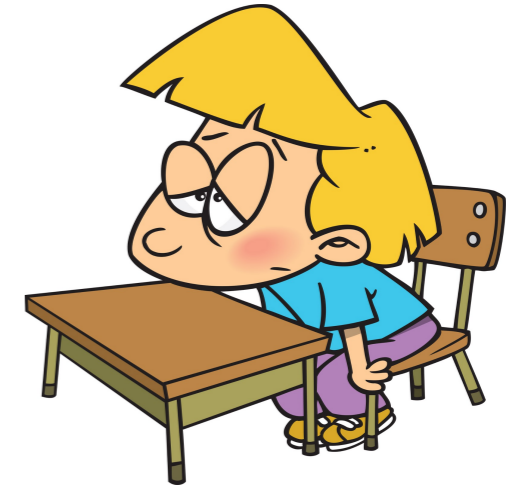


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# Differential Diagnosis



‡ **Qi deficiency** pattern differentiations: Qi deficiency symptoms are fatigue, a weak pulse and a pale tongue.

**SP Qi deficiency symptoms:** poor appetite, bloating after meals, loose stools, fatigue, weak pulse, pale tongue.

**LU Qi deficiency symptoms:** catch cold & sneeze easily, environmental allergies, a weak voice, shortness of breath, fatigue, weak pulse, pale tongue.

**HT Qi deficiency symptoms:** palpitations, anxiety, sweating when nervous, fatigue, weak pulse, pale tongue.

**KD Qi deficiency symptoms:** incontinence, enuresis, seminal emission, lower back & knee aches, frequent urination, fatigue, weak pulse, pale tongue.



**SP Qi  
Deficiency**

**Loose  
stools**

**Short of breath**

**Poor  
appetite**

**LU Qi  
Deficiency**

**Catch  
colds &  
flu easily**



**Fatigue**

**Bloated  
after meals**



**Environmental  
allergies**



**TCM  
Diagn  
Qi  
Deficiency**

**Sweating  
when  
nervous**



**Palpitations**

**Incontinence**



**Anxiety**

**HT Qi  
Deficiency**



**Frequent  
urination**



**Chronic low  
back ache**

**KD Qi  
Deficiency**





# Intake Form Mock up



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## New Patient

Today's Date: *February 19th, 2021*  
 First Name: *Marie*  
 Last name: *Smith*  
 Date of Birth: *July 14th, 1991*  
 Address:  
 Cell Phone:                      Work Phone:  
 Email:  
 Emergency contact (name & number):  
 Relationship:  
 Regular Physician:

## Today's Visit



List of prescription medications:  
 List of supplements:  
*Vitamin D, CoQ 10 and Fish oils*  
 List all allergies:  
*Dust & cat dander*  
 Do you use the following:  
 Smoke                      How often:  
 Alcohol                      How often: *2 glasses of*  
 Marijuana                      How often: *wine/week*  
 Other drugs                      How often:  
 Exercises: *None*



## Heart System



- do you take a long time to fall asleep
- do you toss & turn all night
- do you wake up between 1 & 3 am
- recurring dreams or nightmares
- night sweat - hot at night
- do you sweat when anxious
- palpitations - chest tightness

*Overthinks and worry at night, so it takes her 45 min to 2 hours to fall asleep. An achy all over, which doesn't help!*



## Lung system



- Shortness of breath
- breathing difficulties, asthma
- environmental allergies *Dust & Cats*
- do you catch colds & flu easily
- does it take a long time to recover
- any cough, dry or phlegmy
- sinus issues, post nasal drip
- sleep apnea



## Chief Complaint

Reason's for today's visit: *7 years of pain*  
 Since when: *Diagnosed in 2016*  
 Main symptoms:  
*Pain all over since 2016. Started when she was on vacation in Mexico. Was very stressed for year due to doing a master degree in care of her younger sister. Both parents were in car crash in 2013.*



## History

List of surgeries with date:  
*Appendix removed 1999*  
 Do the following apply to you:  
 Haemophiliac  
 Serious heart or lung condition  
 Wear a pacemaker  
 Epilepsy  
 taking anticoagulant medications  
 Contagious illness  
 Cancer

List any disorder you had in the past:  
*Urinary tract infections: a few times/year in her late teen.*

## Head



Sleep level: *1-2-3-4-5-6-7-8-9-10*  
 Alert level: *1-2-3-4-5-6-7-8-9-10*  
 poor short term memory  
 poor long term memory  
 can't retain information  
 poor focus, poor concentration  
 worry - overthink - oversensitive  
 irritable - frustrated - angry  
 feeling stuck  
 depressed - sad - feeling blue *Before her period*  
 can't make decision  
 self doubt - low self esteem  
 envious - jealous of others  
 difficulty in letting go

*Years of anxiety. Had panic attacks in the past, but not for 6 months now. She feel stressed and worry constantly. She chews her finger nails all day.*



## Vision & Hearing



- tinnitus high pitch - comes & goes
- tinnitus low pitch - constant
- ear pain
- ear feeling stuffy
- blurred vision
- floaters - spots
- Poor night vision
- dry eyes
- tearing on wind or crusty eyes
- eye twitch *Comes & Goes*
- dizziness

## Health Care Providers

List of all health care providers name & phone number:  
*Massage Therapist: Robert Rock*  
*Chiropractor: Anne Star*



# Case Studies in TCM Diagnosis Made Easy



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# Case Studies - Amenorrhea



CASE  
1

Female: 21 years old

- **Chief complaint:** Amenorrhea, no periods for about 14 months.
- **History:** she was on birth control pills from 16 yrs old to almost 20 yrs old, to help her cycle get regular. Since has stopped the pill, there has been no period. When she was on the pill, the period blood was pale-red and scanty, with clots (especially at the end of the period).
- **Other symptoms:** she contracted mononucleosis (glandular fever) when she was 13 yrs old and never fully recovered from it, suffering from post-viral fatigue ever since. She has poor memory or focus, depression, dull headaches often, poor appetite, soft stools, and insomnia (can't fall asleep).
- **On observation:** she spoke in a very soft weak voice, and her face & nails were pale.
- **Tongue:** a thin pale tongue with a scanty coat.
- **Pulse:** choppy (especially on the front & middle left side position), weak on the right.

*Continued...*

# Case Studies - Amenorrhea

CASE  
1



## Symptoms differentiation:

- **Amenorrhea** for the past 14 months. The birth control pills always cause Blood deficiency or Blood stasis. In this case, because her periods were scanty with pale red blood, it shows a LV Blood deficiency
- **Dull cramps** (Def.) at the end of the period (Def.). Dull headaches (Def.)
- **Post viral fatigue** since the external pathogens depleted her Wei Qi. This shows now as a LU Qi deficiency. A soft weak voice & depression are also LU Qi def.
- Other symptoms of **Blood deficiency**: Pale face & POOR memory, poor focus (or SP), poor (c) fall sleep, HT & SP Blood def., pale face (HT), pale nails (LV)
- **Poor appetite** and soft stools are symptoms of SP Qi deficiency
- **Pulse**: choppy (left front & middle position): HT & LV Blood deficiency. Weak on the right (LU & SP Qi def.)
- **Tongue**: Thin pale (def.) with scanty coat (Blood def.)

**Causes:**  
External Pathogens  
depleting the Wei  
(Defensive) Qi

and

Lu Qi deficiency (due to  
the effect of  
birth control pills).

**Diagnosis:**  
LU & SP Qi  
deficiency with  
HT & LV Blood  
deficiency.

**Treatment Principles:**  
Nourish HT & LV Blood,  
tonify LU & SP Qi,  
raise Qi for better energy,  
and regulate the period.



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