

Lecture 2 of 4: Wellness n' Sickness: A New Concept of Health Preservation from Systems Medicine

This lecture contains clinical advices from the book **【Wellness n' Sickness ~ Novel Disease-Fighting Strategies】**, authored by Prof. Guanyuan Jin. Medical intervention is not always necessary or appropriate when a person is ill. Inappropriate medical intervention can make the original disease "worse". The development of modern medicine has recognized the serious harm of over-examination and over-intervention, including drug toxicity and adverse effects. When some chronic diseases such as hypertension, diabetes and cancer are entangled, hurrying to confront them often hinders the implementation of the strategy of "peaceful coexistence" with the disease, resulting in the worsening of the disease. In addition, the self-healing ability of the body to recover from illness is often neglected in clinical treatment, and there is a lack of caution in the application of various natural therapies. Correcting these wrong countermeasures to deal with diseases embodies the new health preservation concept of "wellness n' sickness". Everyone who cares about his / her health, especially the middle-aged and elderly patients, must grasp this new health preservation concept in the 21st century. Not only it can align the patient to the correct decision-making of the doctors, but also can help the patient to stay away from the bombardment of "magical medical cure" advertisements", and avoid traps of "black markets of health-preservation products".

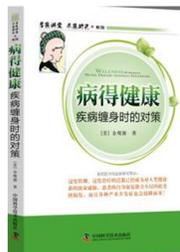
The book **【Wellness n' Sickness ~Novel Disease-Fighting Strategies】** published by China's Science-Technology Press in 2013, was republished partially on **【Beijing Morning Newspaper】** in several segments, and was warmly welcomed by residents of Beijing. The following is the outline of the lecture:

- Can you be healthy when you are ill?
- Health: the wisdom of the body
- The harm of over-intervention
- Strategies for fighting diseases

讲座提要

- 本讲座是围绕拙著**【病得健康】**（北京科技出版社，2013）一书展开的。该书从系统医学的角度，深入浅出地论述了疾病与养生的关系，曾在**【北京晨报】**连载三个月，深受广大读者欢迎。疾病与健康，通常认为是身体状态对立的两个方面，故病了就不可能健康。拙著的书名之所以选择“病得健康”，不是为了故弄玄虚、标新立异，而是通过近十余年的系统医学研究，我们越来越体会到对于疾病的本质要重新认识，对于疾病与健康之间的关系也要进行系统分析。该讲座将从三方面来介绍

- 一、健康：躯体的智慧
- 二、过度干预的危害
- 三、与疾病抗争的谋略



Prof Jin presented this lecture in Shanghai, PRC (2013), Hangzhou, PRC (2016, 2017) and Milwaukee, USA (2018)



Lecture 3 of 4: The Scientific Explanation of Medical Qigong & the Demonstration of "Guanyuan Qigong"

Qi is one of the classical concepts of TCM. In the theory of TCM, the expression and understanding of Qi are indispensable to the occurrence and treatment of diseases. As one of the three major components of TCM (Chinese herbology, acupuncture and Qigong), Qigong (including Daoyin) exercises are a direct experience and exploration of Qi phenomenon. However, it is the most confusing physiological phenomenon for modern people. What is the essence of Qi and Qigong? Has modern research brought them out of the altar? What is the importance of the three key elements of Qigong (regulating the mind, regulating the body and regulating the breath)? What changes have taken place in the body behind them? Why does Qigong practice produce a series of beneficial effects for health or prevention and treatment of disease? Why do some uncomfortable symptoms and even "the state of the mind possessed by the devil" appear in the improper practice of Qigong? As a TCM doctor, how can you combine Qigong to improve clinical effectiveness? This lecture for the first time ever, will try to interpret and systematically elaborate the above issues. All interested colleagues of TCM and Western medicine and Qigong enthusiasts are welcome to attend!

Overall, this lecture will scientifically explain series of core challenges facing medical Qigong from the perspective of human physiology, and demonstrate a set of "Guanyuan Qigong" which is easy to learn and can achieve a significant effect on health. The lecture was previously delivered at the Inaugural International Medical Qigong-Taichi Forum at Harvard University, USA in October 2018, and was greatly welcomed and praised by all the experts and participants. People's Web of China also made a special report.

- Symbols of Qi
- Hypothesis of Dantian
- Collection of Qi from the Universe
- The Mind: Quiescent State and "Possessed by the Devil"
- Concentration and Projection of the inner Qi
- The Key of qigong: Regulating the breath
- Therapeutic Mechanisms of Medical Qigong

ATCMA 全美中醫藥學會
首届哈佛国际医学气功与太极论坛
大会议程
第一天: 9月22日(周六)
07:30a-08:00a 大会签到, 登记
08:00a-08:45a 开幕式: (共同主持人: 贺德广医师, 陈锡群博士)
* 魏辉医师, 全美中医药学会执行长代表主办学会致辞
* 刘天君教授, 中国医学气功学会常务副会长兼秘书长代表学会致辞
08:45a-10:15a 刘天君教授 主题演讲: 何为气功? 何为医学气功?
10:15a-10:30a 休息, 合影
10:30a-12:00p 彼得·韦恩博士 主题演讲: "关心"我们的身体: 太极对中老年人平衡与认知影响的一些研究
12:00p-13:00p 午餐
13:00p-14:30p 赫伯特·本森博士与格雷戈瑞·弗里基奥内博士 主题演讲: 放松反应: 何时, 为何以及如何建议患者修练入静冥想
主持人: 金雷博士
14:30p-14:45p 休息
14:45p-16:15p 金观源教授 主题演讲: 医学气功真解
主持人: 邱玉露医师

人民网
people.cn
人民日报 微博

首届哈佛国际医学气功太极论坛召开

2018年09月25日 06:53 来源: 人民网·国际频道 作者: 刘倩

人民网纽约9月23日电 (记者 李晓宏) 首届哈佛国际医学气功太极论坛暨全中国医药学会医学气功太极专业委员会成立大会, 日前在哈佛大学附属麻省总医院举行。来自美国、欧洲、中国、日本等国的医学气功太极专家、学者、爱好者等十余人参加了会议。这是在美国本土首次举办国际性的大中型医学气功太极专业性会议。

该会议由全美中医药学会主办, 其旗下医学气功太极专业委员会承办, 特邀中国医学气功学会常务副会长兼秘书长、世界医学气功学会常务理事、北京中医药大学刘天君教授, 国际心身科学领域著名学者、太极与气功研究专家、哈佛大学得韦恩教授、赫伯特·本森教授、葛瑞格·弗里基奥内教授, 美国生理学家及医学气功研究专家金观源教授等做主题演讲。

本会议以医学气功太极的定义以及现代研究进展为主要讨论议题, 也涉及医学气功太极的临床应用。现场多位国际专家演讲与讨论, 彼得·韦恩教授演讲的题目是“关注”我们的身体: 太极对中老年平衡与认知影响的研究”; 赫伯特·本森教授与葛瑞格·弗里基奥内一同细致地介绍了“放松反应: 何时、为何以及如何建议患者修练入静冥想”。

(撰稿: 刘倩 实习记者: 吴昊)



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Lecture 4 of 4: Challenges and Strategies to Maximize Acupuncture Effectiveness ~ The Theory of Acu-Reflex Point Acupuncture & Its Clinical Applications

The lecture is a condensed version of Prof. Guanyuan Jin's two-day class "The theory and clinical practice of Acu-Reflex Point Acupuncture - ARPA". By exploring critical challenges facing practitioners in the clinic and clarifying the scientific essence (reflex zones) of the meridians, Prof. Jin will analyze the clinical strategies and present detailed techniques in treating somatic, visceral, and neural disorders. Beginning from the general principles of controlling process, Prof. Jin will systemically analyze best strategies in clinical acupuncture, including gathering the pathological information from the body surface, the characteristics and selection of acupuncture intervention, the feedback process of treatment, and various influencing factors of the effectiveness. Also, other aspects of the strategy to raise the effectiveness will be focused on how to increase the stimulating amount / intensity, how to optimally select and associate acupoints, how to alter the existing functional states of the patient, how to avoid and overcome patient's own acupuncture-resistance, and breakthrough any plateau in therapeutic efficacy of acupuncture, etc. This practical and advanced training is suitable for any acupuncturists and other medical professionals interested in raising the needling efficacy for their patients. The lecture was the first keynote speech at the Second International Conference on Traditional Medicine held in Vancouver, Canada in August 2018, and was greatly welcomed and praised by all the experts and participants. The overseas edition of People's Daily also made a special report.



健康時報 | 實事播報 | 社會廣角 | 資訊捷傳 | 2018年6月23日 第3版

第二屆國際傳統醫學大會

專家系列介紹 (4)

金觀源教授 國際著名針灸專家, 系統醫學針灸開拓者, 針灸專家和反射點針灸發明人

北美專業水平最高的第二屆國際傳統醫學大會將於2018年8月11-12日在溫哥華元素酒店舉辦。屆時, 來自世界中醫界的多位頂尖專家將為中醫從業者及大眾帶來內容豐富的演講、現場演示, 針對各種疑難雜症、養生保健、針灸手法、方劑配伍等進行深入探討, 尋找從腦神經吃著, 不啻為一場傳統醫學的頂級臨床學術盛宴。其中數位一流名醫在會後將開辦專業培訓班和面向大眾進行愛心義診活動, 慈善公益, 普惠民眾, 是廣大醫患者的福音。

本期介紹的與會專家金觀源教授, 金教授是醫學博士, 美國威州執照針灸師, 國際著名的中醫大師, 神經生理學家, 系統醫學專家, 心臟病科專家, 時間生物學家與系統醫學專家, 美國大芝加哥地區包括威斯康星州的著名社會活動家, 神經生理學家, 美國國家衛生研究院(NIH)醫學研究基金評審專家, 北京中醫藥大學特聘臨床中醫專家, 北京開封大學客座教授, 紐約中醫學院榮譽客座教授, 具有中西醫結合、國內外50年從事針灸臨床與科學研究的獨特經歷, 早年受師於焦樹德、鄭魁山、魏傳等針灸前輩, 深諳傳統的針灸技法與理論。

金教授1982年畢業於浙江醫科大學(現名浙江大學醫學院)醫學系本科及生理專業研究生, 後留校任教, 從事過大量有關針灸、針麻機理的神經生理學研究。1989至1992年在美國威斯康星州醫學院放射系完成博士學位。現任美國國際系統醫學研



金觀源教授

究所所長暨首席研究員, 曾任威斯康星州政府中醫針灸顧問多年, 美華學社(美國華裔教授科學家學社)創會會長, 應美中國科學家工程師專業人士協會會長等職。

他是迄今國際上率先論述氣功科學本質的先驅之一, 他的氣功尤其是入役師曾得到中國近代代理大針灸名家、氣功武術大師焦樹德的良傳。近年他與威斯康星州醫學院的教授們合作, 正在從事結合氣功與放療治療腫瘤的臨床研究。

金教授著作論文豐盛, 除100餘篇論英文外, 還有26部中英文專業、科普著作。其代表作為《針灸與控制論》、《臨床針灸反射學》、《全身反射區圖譜》、《Contemporary Medical Acupuncture》、《現代時間醫學》與《病得健康》、《系統醫學原理》。

請訪問網站:
www.ictabw.com, 收聽金觀源教授的微信講座《大道至簡的反應點針灸簡介》, 在大學演講的熱身講座, 請不要錯過8月的國際傳統醫學大會, 金觀源教授將做三小時的精彩演講, 定會讓你獲益匪淺。

註冊報名大會請訪問大會網站:
www.ictabw.com,
 或致電: 1 604 620 1908,
 電子郵件: iihacupuncture2017@gmail.com,
 微信公眾號: ICTMFW。



About the Lecturer: Professor Guanyuan Jin, MD, L.Ac.

Director, International Institute of Systems Medicine, USA
Chief Acupuncturist, Ace Acupuncture Clinic of Milwaukee, WI, USA

- National Board (NCCAOM) Certified Acupuncturist & Herbologist (One of the first 18 Diplomates of Chinese Herbology in USA)
- NIH Grant Reviewer, USA
- Past WI State Acupuncture Advisor, USA
- Professor of Doctoral Program of Acupuncture & Oriental Medicine, American Academy of Oriental Medicine (AAAOM), Atlantic Institute of Oriental Medicine (ATOM), University of East-West Medicine (UEWM), USA
- Guest Professor of Swiss Academy of Chinese Medical Sciences
- Honorary Visiting Professor, New York TCM College
- Inaugural Honorary Clinical Specialist, Beijing University of Chinese Medicine
- Honorary/Visiting Professor, Guangzhou Univ. of Chinese Medicine
- Member of the 5th Editorial Board of *World Journal of Acupuncture-Moxibustion*



In 1982, Prof. Jin graduated from Zhejiang Medical University, China, where he later taught Physiology and engaged in numerous researches on acupuncture. After coming to US in the late 1980's, Prof. Jin completed a post-doctoral fellowship of Radiology at Medical College of Wisconsin. With a rich clinical and research experience of over 50 years in both TCM and Western Medicine, Prof. Jin has authored and co-authored 26 academic books, including representative works such as *Contemporary Medical Acupuncture - A Systems Approach* (Springer Publishers & Higher Education Press-China, 2007), *Clinical Reflexology of Acupuncture and Moxibustion* (Beijing Science & Tech Press, 2004; Tsinghua University Press, 2017), *Acupuncture and Cybernetics* (Xihu Science-Technology Committee, 1978), *Principles of Systems Medicine* (China Science & Tech Press, 2017; World Book Inc, 2019 in press).

Research/Clinical Fields: Medical Acupuncture, Systems Medicine, Neurophysiology, and Chronobiology.

Professor Guanyuan Jin' s Selected Books

