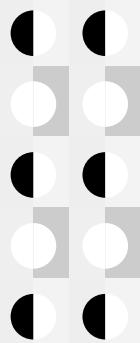


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The 911 Patient Assessment with Chinese Medicine



In today's talk we're going to explore some new concepts relating to Patient Assessment.

- Concept: Quantum Healing - Inner / Outer Traditions
- Concept: Expressions Of Chinese Medicine
- It's connection between Practitioner and Patient.
- Systems
- Take Home Actions
- Method: Healing Mantra



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To understand Chinese Medicine assessments,
We need to understand the origins of Chinese medicine.

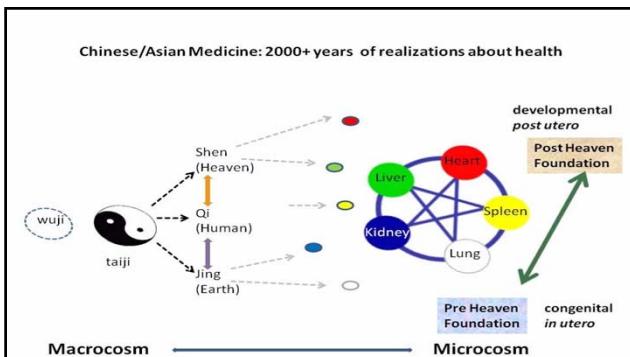
To appreciate the inner nature of Chinese medicine, we must first understand how early Chinese thought about the world.

—
The ways of knowing in ancient China focused on understanding the movements of the dao - The ultimate principle - the creative influence - As it's manifested externally in the universe and internally in us.

Dao gives birth to one,
One gives birth to two,
Two gives birth to three,
Three gives birth to the ten thousand things.

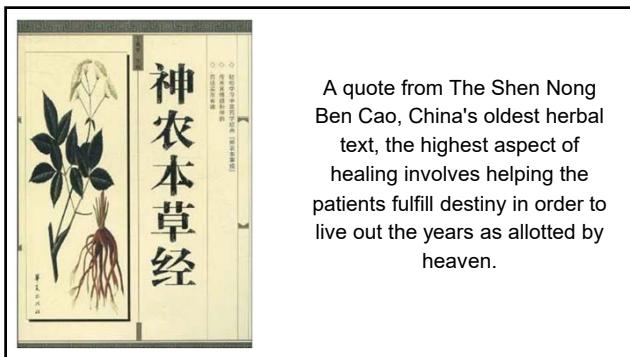
- Dao De Jing

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The term "inner tradition" refers to the practice of Chinese medicine in a way that places primary emphasis on the use of medicine as a tool to aid spiritual evolution.

The inner tradition is most explicitly concerned with the psychospiritual basis of illness and the views of physical symptoms and signs as superficial manifestations for underlying constitutional issues.



A quote from The Shen Nong Ben Cao, China's oldest herbal text, the highest aspect of healing involves helping the patients fulfill destiny in order to live out the years as allotted by heaven.

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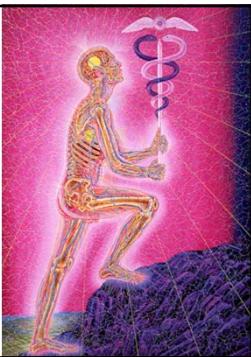


The upper class of medicines ... govern the nourishment of destiny and correspond to heaven ... If one wishes to prolong the years of life without aging, One should use these.

The middle class of medicines Govern the nourishment of one's nature and correspond to man ...If one wishes to prevent illness and to supplement the depletions and emaciations, one should use these.

The lower class of medicines ... Govern the treatment of illness and correspond to earth. If one wishes to remove cold, heat and other influences from the body, to break accumulations and cure illness. One should based ones efforts on these.

The master practitioner must be able to take the therapeutic action most appropriate in the moment for the individual patient. This entails being able to access patients on many levels ranging from their depth of spirit to the most superficial aspects of their physical being.



One of my master teachers reminds us always:

"You transmit all of your knowledge as consciousness through every needle." he further said, and all of your garbage too.

Dr Mikio Sankey - founder of Esoteric Acupuncture

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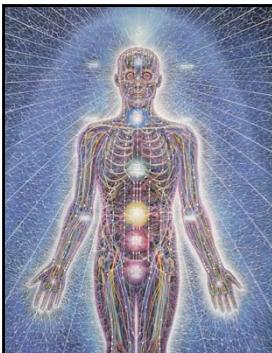
Your beliefs become your thoughts, Your thoughts become your words, Your words become your actions, Your actions become your habits, Your habits become your values, Your values become your destiny.

~Mahatma Gandhi



"You cannot see yourself without a mirror; Look at the Beloved, He is the brightest mirror" Rumi~

The Dao sends us this perfect mirror to help us remember our exquisite and divine nature and to become the practitioner we were intended to be.



Chinese medicine views the body as an energetic system in dynamic balance.

Qi, energy or life force, flows in a regular pattern through a system of channels — or meridians — to all parts of the body.

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Yin is also the basis of all fluids, Such as blood, saliva, in the fluids they keep all the mucosa my membranes moist And healthy. *Yin* comprises the physical substrate of the body.

Our inherited endowment of *yin* must last a lifetime.

Signs that one store of *yin* is becoming depleted are very and include hot flashes, He and the palms and the soles of the feet, Night sweats, excessive thought, restless spirit, heart palpitations, a peeled tongue



Yang is the sun shining down on the ocean of *Yin* drawing life ever out of it. *Yang* is the fire toward which all beings strive in their evolutionary path. It's the impulse that's sparse all physiological activity and movement. In us, *Yang* represents the activating influences on the mind As it works through the nervous system. Thus our *shen*, The heart fire that activates and initiate all action, is an emanation of *yang*.

Yang deficiency Include symptoms of coldness and the physiological processes Slowing down due to the deficient yang's inability to initiate and sustain activity.

精氣神

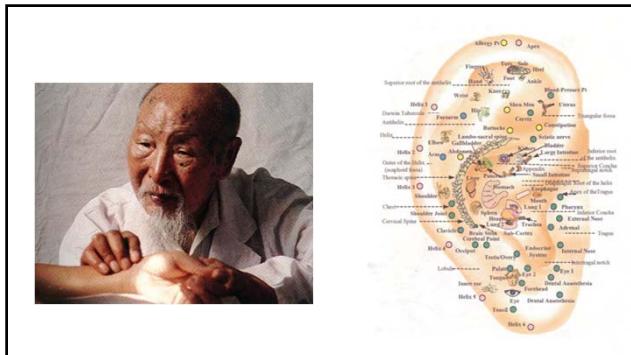
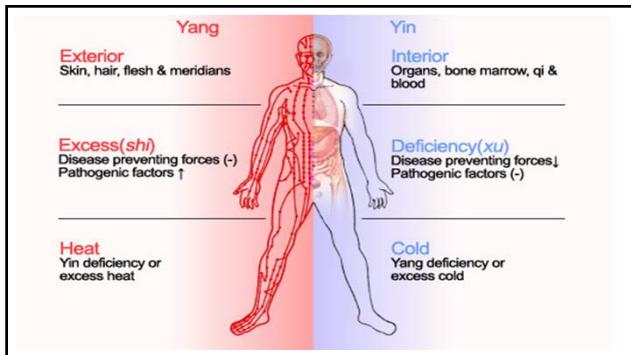
"Three Treasures" are the essential energies sustaining human life:

Jing 精 "nutritive essence, essence; refined, perfected; extract; sperm, seed"

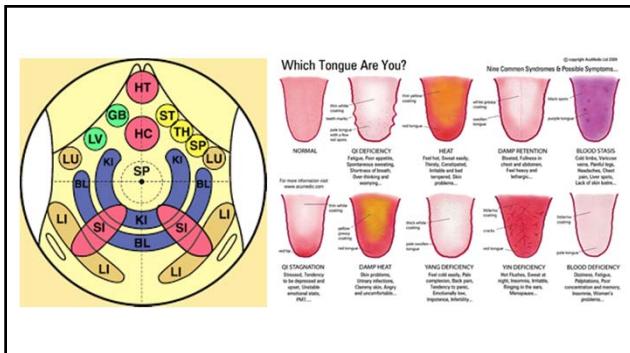
Qi 氣 "vitality, energy, force; air, vapor; breath; spirit, vigor; attitude"

Shen 神 "spirit; soul, mind; god"

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Questioning or interviewing a patient during intake covers many topics, including:


 Past medical history
 Origin of the current problem
 Living and environmental conditions
 Current and past emotional issues, including family relationships, partner relationships, work issues etc.
 Eating patterns and Diet
 Specific questions relating to bodily systems

Foods that support the Liver in Chinese Medicine fresh / green / sour

- Alfalfa
- Algae
- Asparagus
- Basil
- Broccoli
- Celery
- Citrus (esp. the peels)
- Collard Greens
- Cucumber
- Fennel
- Fermented Food
- Ginger
- Kale
- Lettuces
- Radish and its leaves
- Seaweed
- Small amounts of vinegar
- Sour Pickles
- Sprouts
- Sprouts (seeds, Seeds, Grains)
- Watercress
- Wheatgrass

Questions About Temperature, Hot, Cold and Fever, Chills

Questions about temperature are common ways of finding both the level of a particular disease as well as whether it is an internal or external problem.

External Wind-Cold, for example, is essentially the common cold but before a fever or other heat signs such as yellow mucus have begun. This is an important distinction as the treatments for wind-cold and wind-heat are quite different.

Questions About Sweating

Questions about sweating can provide valuable information regarding deficiencies that may exist in the body. Night sweats, for example, are an important indicator of Yin deficiency - a TCM diagnosis which may involve such conditions as insomnia and anxiety.

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<p>Foods that support the Heart in Chinese Medicine</p> <p>bright / red / spicy</p> <ul style="list-style-type: none">BasilBlack PepperBrown RiceCatnipCayenneChamomileChia SeedChrysanthemumDillFruitFresh GingerLemonLettuceMintMulberryMushrooms (all types)Oatstraw TeaQuality Dairy ProductsRed and Hot PeppersSulcaperValerian RootWhole Wheat	<h2>Questions About The Head and Face</h2> <p>Questions surrounding the head and face help to assimilate a broad range of information including Headaches, Dizziness, Eye and Ear issues.</p>
	<p>There are many types of and treatments for headache, for example, and questioning the patient is an important component in coming to an appropriate TCM diagnosis.</p> <h2>Questions About Pain Related Issues</h2> <p>Finding the nature and causal factors involved in pain conditions is an important part of an effective treatment. While treatment of the local area is important, without an understanding of the conditions underlying the pain, the long-term effects may be limited.</p>

Questions About Elimination of Urine and Stool
Questions about stools and urination are usually the ones considered most unrelated by patients. As an example, it is often difficult to understand how the quality of one's stools can be related to their knee pain.
Asking questions about the elimination system provides important indications about the functioning of the Kidneys and the digestive system. Weak kidneys, for example, are often related to lower back and knee pain in Chinese medicine and a poorly functioning digestive system can lead to internal dampness which can also settle in the joints and cause pain.
Questions About Digestion,Thirst, Appetite & Tastes
Questions about appetite and tastes are helpful in understanding the quality of the digestive system as well as whether a person has an underlying cold/deficiency syndrome or a heat/excess one. The relationship of tastes to certain conditions are drawn from the five element

<h1>Lung</h1>		Questions About Sleep Quality and Habits
in Chinese Medicine		Sleep is an important part of a person's overall health. The inability to get a good night's rest usually involves TCM diagnoses which would indicate other issues as well. Heart Blood Deficiency, for example, may involve other symptoms which affect the person during the day such as poor concentration and anxiety.
fragrant / white / acrid		
<ul style="list-style-type: none">-Apple-Barleygrass-Broccoli-Daklon Radish-Flaxseed-Jicama-Ginger-Green Onion-Horseradish-Kelp-Kombu-Mungo Mallow Root-Sesame Leaf-Mustard Greens-Nettles-Oats-Pear-Radish-Slippery Elm-Tofu-Turnip Greens-White Pepper		
Questions About the Thorax and Abdomen Area		Pain may arise in the thorax and abdominal areas in physical conditions involving the heart, lungs, digestive system and liver. From a TCM perspective, however, pain may also arise in these areas due to psycho-emotional issues. A western medical diagnosis is usually helpful in these conditions, however, pain in these areas does not always involve an underlying physical problem. Pain in the hypochondriac region, for example, may be related to a physical liver problem or - from a TCM perspective - is indicative of some LV Qi Stagnation issues. LV Qi Stagnation may present with hypochondriac pain and symptoms of

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Foods that support the Kidney in Chinese Medicine grounding / black / salty	Questions Regarding Gynecological Issues
<ul style="list-style-type: none">-Aloe Vera-Avocado-Black Bean-Black Sesame Seed-Bone Broth-Cinnamon-Coconut-Dried Ginger-Eggs-Fish-Kidney Beans-Lamb Cooked on the Bone-Melon-Millet-Miso-Onion-Oats-Seaweed-Walnuts-Water Chestnut-Wheat germ	<p>The status of a woman's menstrual cycle is an important indicator of her overall health. Whether you are diagnosing a gynecological condition such as irregular menstruation or a non-gynecological related condition, the information from the questions is extremely valuable in forming an appropriate diagnosis.</p> <p>Medical History Questions, Lifestyle and Habits</p> <p>A complete view of a person's medical history, diet, lifestyle and habits is an important part of the overall diagnostic procedure. There are many questions that can be asked and the value of their answers depends on the conditions you are trying to treat. Most practitioners have a lengthy section of their intake form which covers this information in detail.</p>

Take Home Actions

Feel Your Qi - Breathe - Move Your Qi

Take Self Assessment see your imbalances

Feel Your Heart How Does It Feel to See Itself

When You See The Imbalances In Yourself You See It In Others

A vibrant, abstract painting of a couple in a romantic pose, with a central glowing heart, set against a background of peacock feathers and a blue ocean. The painting is signed 'ALEX GREY' at the bottom.

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Form