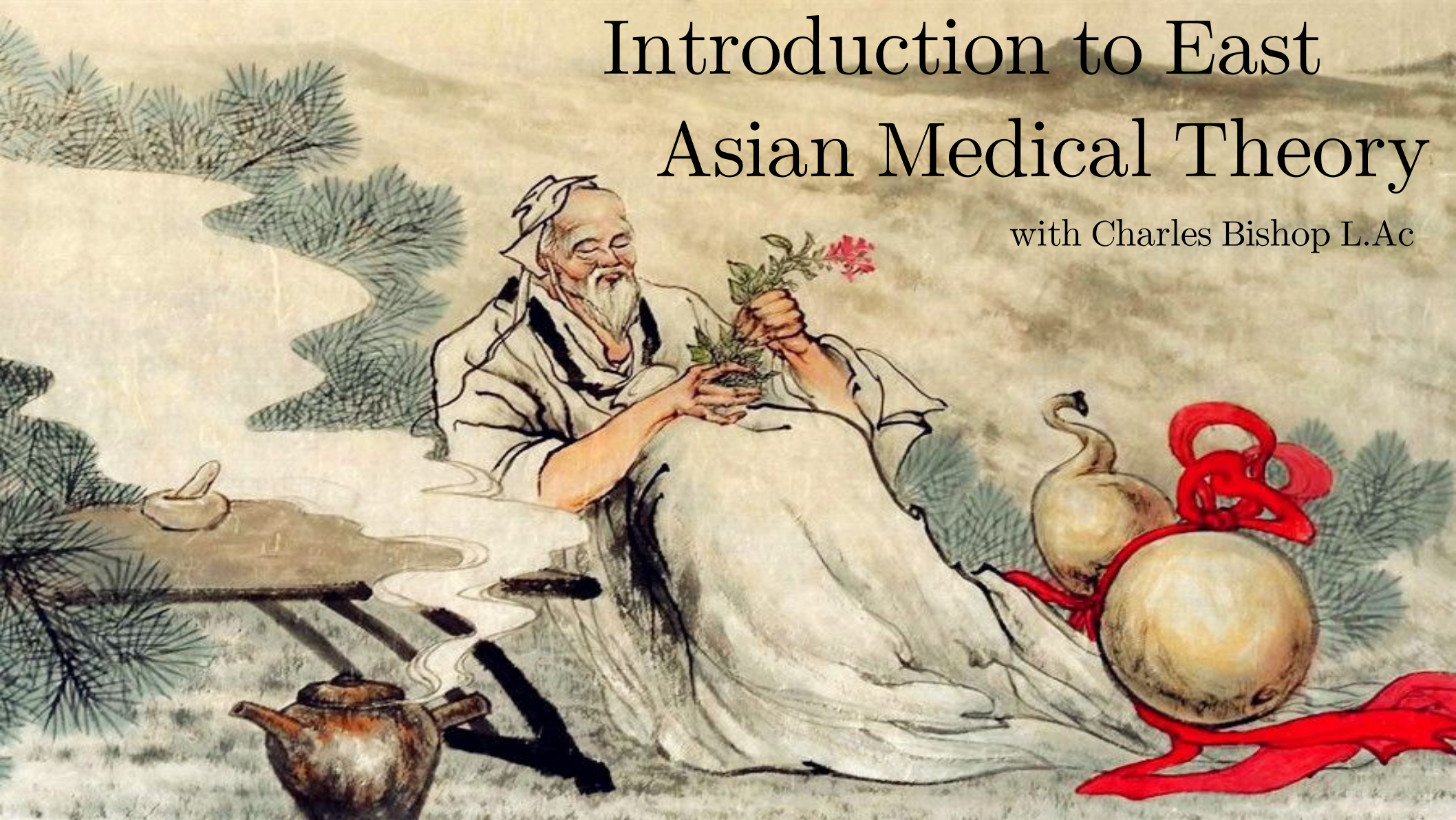


# Introduction to East Asian Medical Theory

with Charles Bishop L.Ac



# An Unfamiliar Name

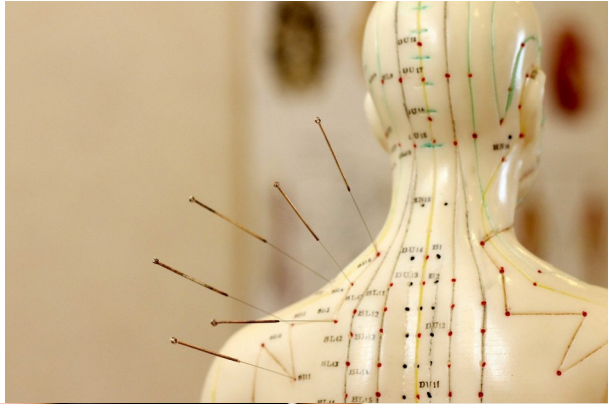
Why I use the term “Traditional East Asian Medicine”

- It has less baggage than commonly used terms like “Traditional Chinese Medicine”, “TCM”, or “Oriental Medicine”
- It’s inclusive and respectful
- It makes great acronyms, TEAM or TEA Medicine





# What is TEAM?



# This Medicine is SO much more!

- TEAM is a dynamic, non-linear, systems theory medicine based on our interaction with nature and the balance of motive forces and physical substances in our bodies
- TEAM evaluates the flux of manifestation rather than searching for a material cause of illness



# TEAM Worldview

- Nature based
- Cyclical movements of energy
- Interconnectedness and resonance
- Adaptation

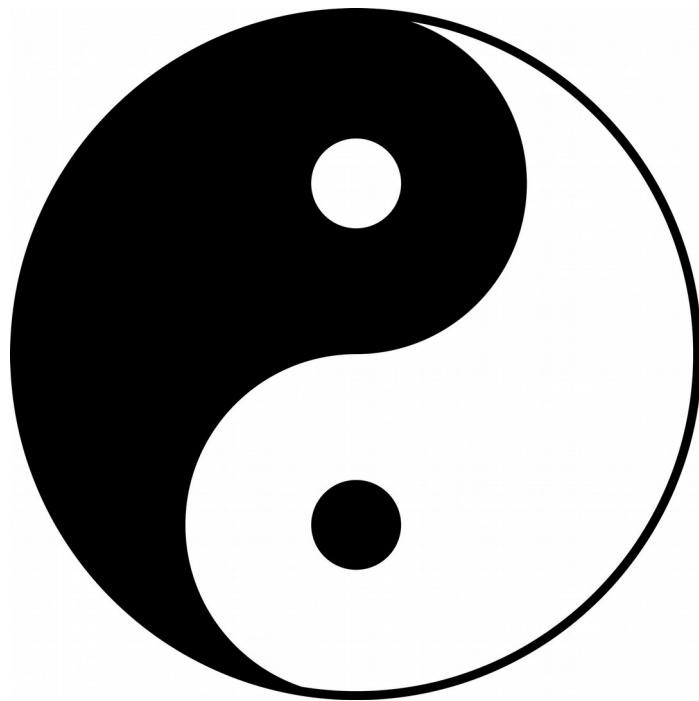


# Quick Caveats

- Anatomical Organs vs TEAM Organ Systems
- Diseases vs Patterns of Disharmony
- Clinical Experience informs Theory which provides a framework for Clinicians
- In TEAM Theory everything is relative

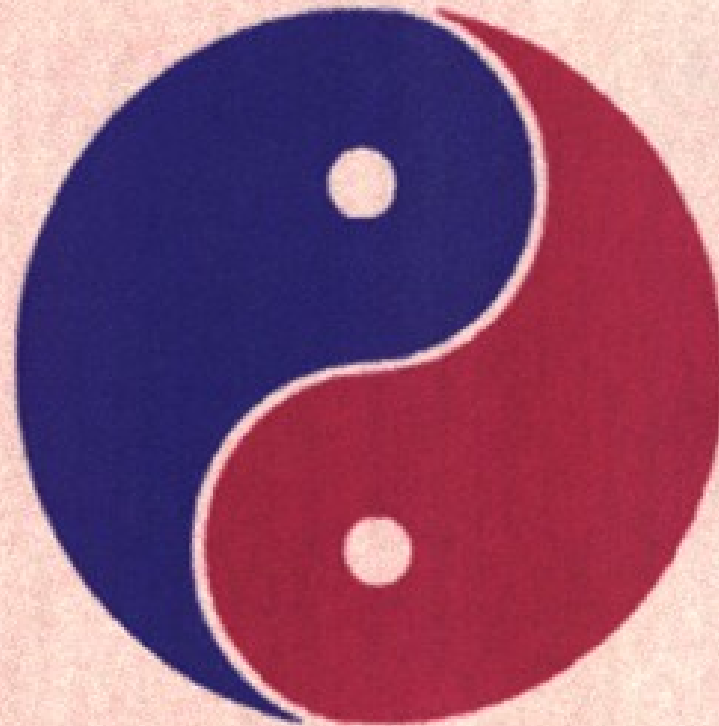


# Yin and Yang are the Root



# Yin

night  
dark  
cold  
negative  
passive  
female  
solid  
liver  
heart  
spleen  
lungs  
kidney



# Yang

day  
light  
warm  
positive  
active  
male  
hollow  
gall bladder  
small intestine  
stomach  
large intestine  
urinary bladder



# Four Principles of Yin Yang

- 1) Yin and Yang oppose each other
- 2) Yin and Yang are interdependent
- 3) Yin and Yang mutually support and consume each other
- 4) Yin and Yang transform into each other (especially at extremes)



# Vital Substances of the Body

- Mind/Shen
- Energy/Qi
- Body Fluids
- Blood
- Essence/Jing



# Organ Systems in TEAM

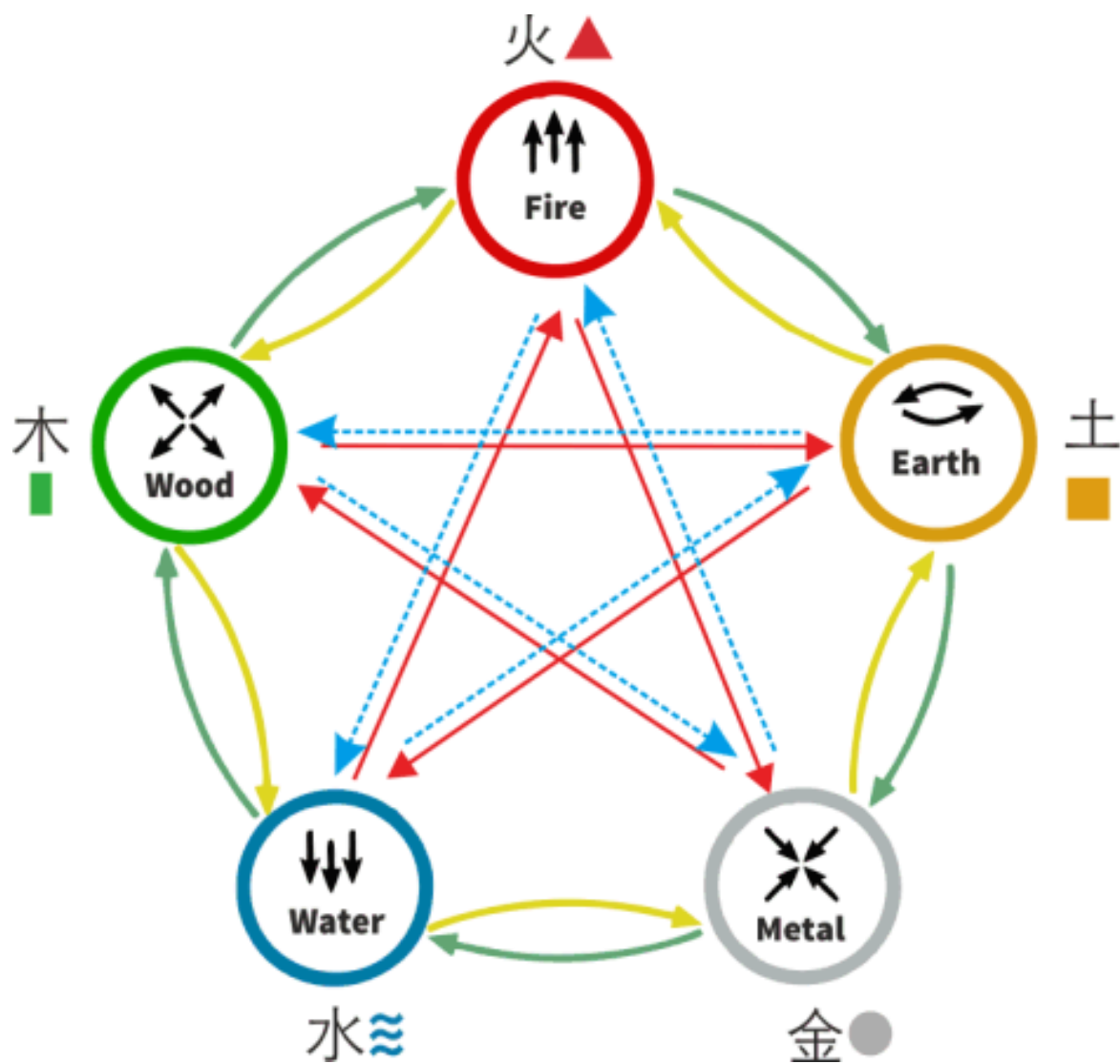
(ZangFu)

- Yin Organs (Zang) “store” the vital substances and govern their distribution
  - Kidney, Liver, Spleen/Pancreas, Lungs, Heart, Pericardium
- Yang Organs Digest and Process
  - Urinary Bladder, Gallbladder, Stomach, Large Intestine, Small Intestine...Triple Warmer/San Jiao



- Yin organs are paired with Yang organs
  - Kidney and Urinary Bladder (Water)
  - Liver and Gallbladder (Wood)
  - Spleen/Pancreas and Stomach (Earth)
  - Lungs and Large Intestine (Metal)
  - Heart and Small Intestine (Fire)
  - ...Pericardium and San Jiao (...also Fire)



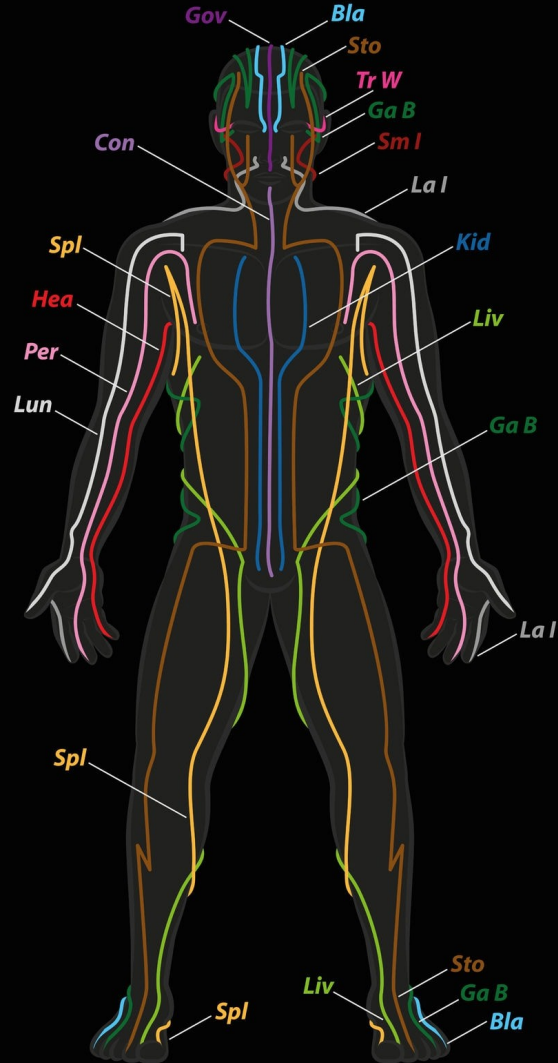


### 五行 wǔxíng

- Generating 生
- Controlling 克
- Insulting 侮
- Weakening 洩



# The Body Meridians



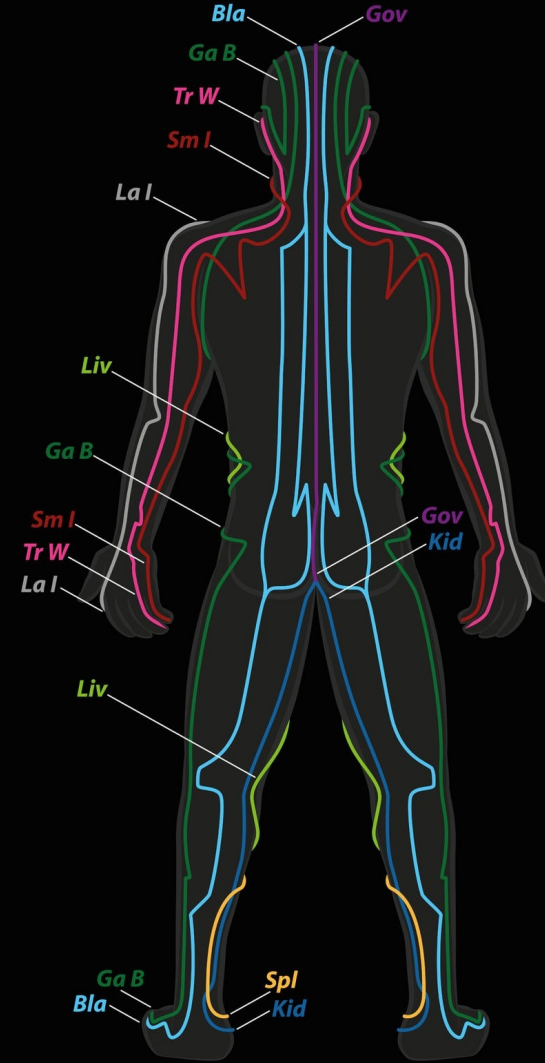
anterior view

## Two Centerline Meridians:

Conception Vessel  
Governing Vessel

## Twelve Principal Meridians:

Stomach Meridian  
Spleen Meridian  
Small Intestine Meridian  
Heart Meridian  
Bladder Meridian  
Kidney Meridian  
Pericardium Meridian  
Triple Warmer Meridian  
Gall Bladder Meridian  
Liver Meridian  
Lung Meridian  
Large Intestine Meridian

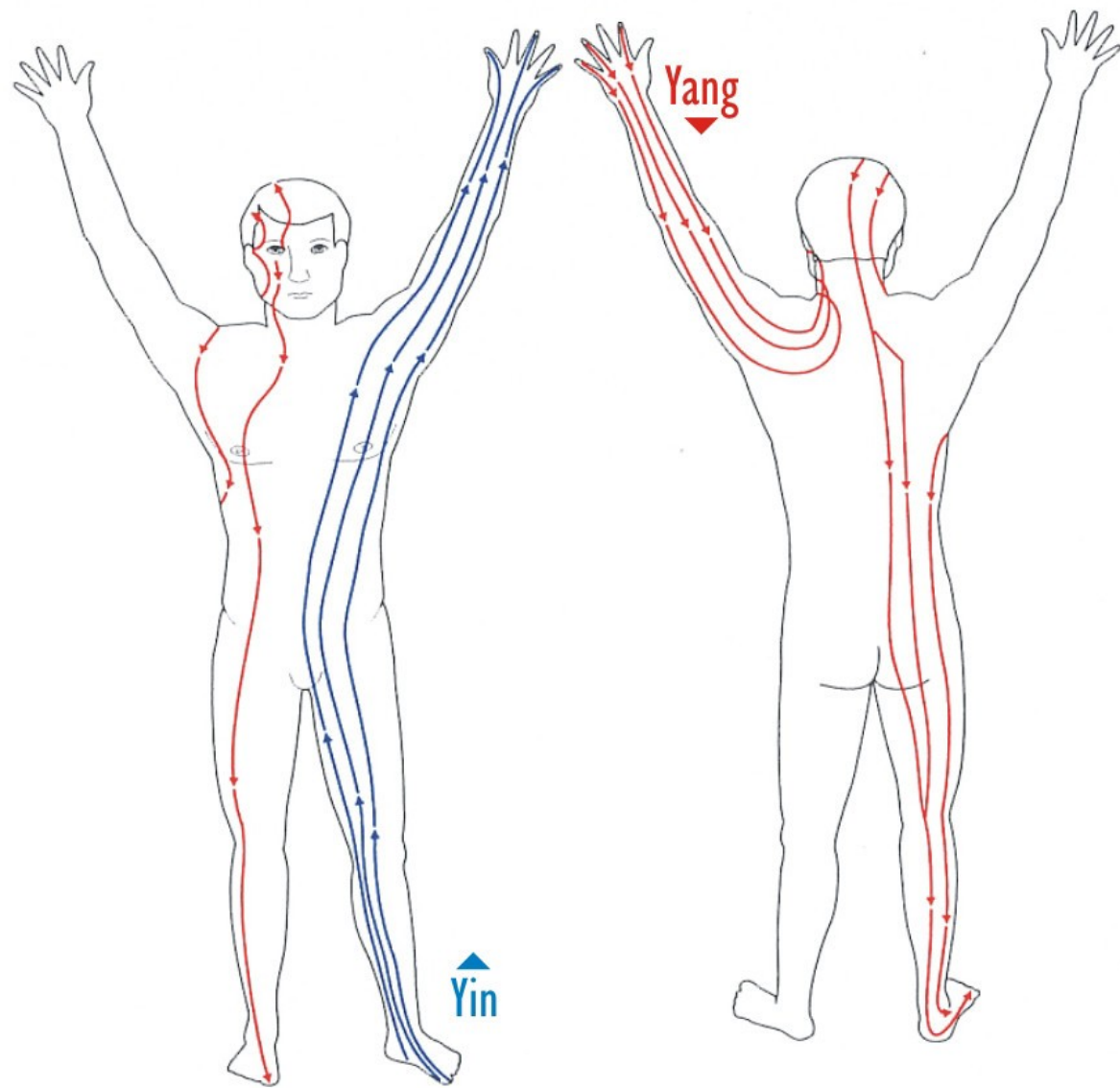


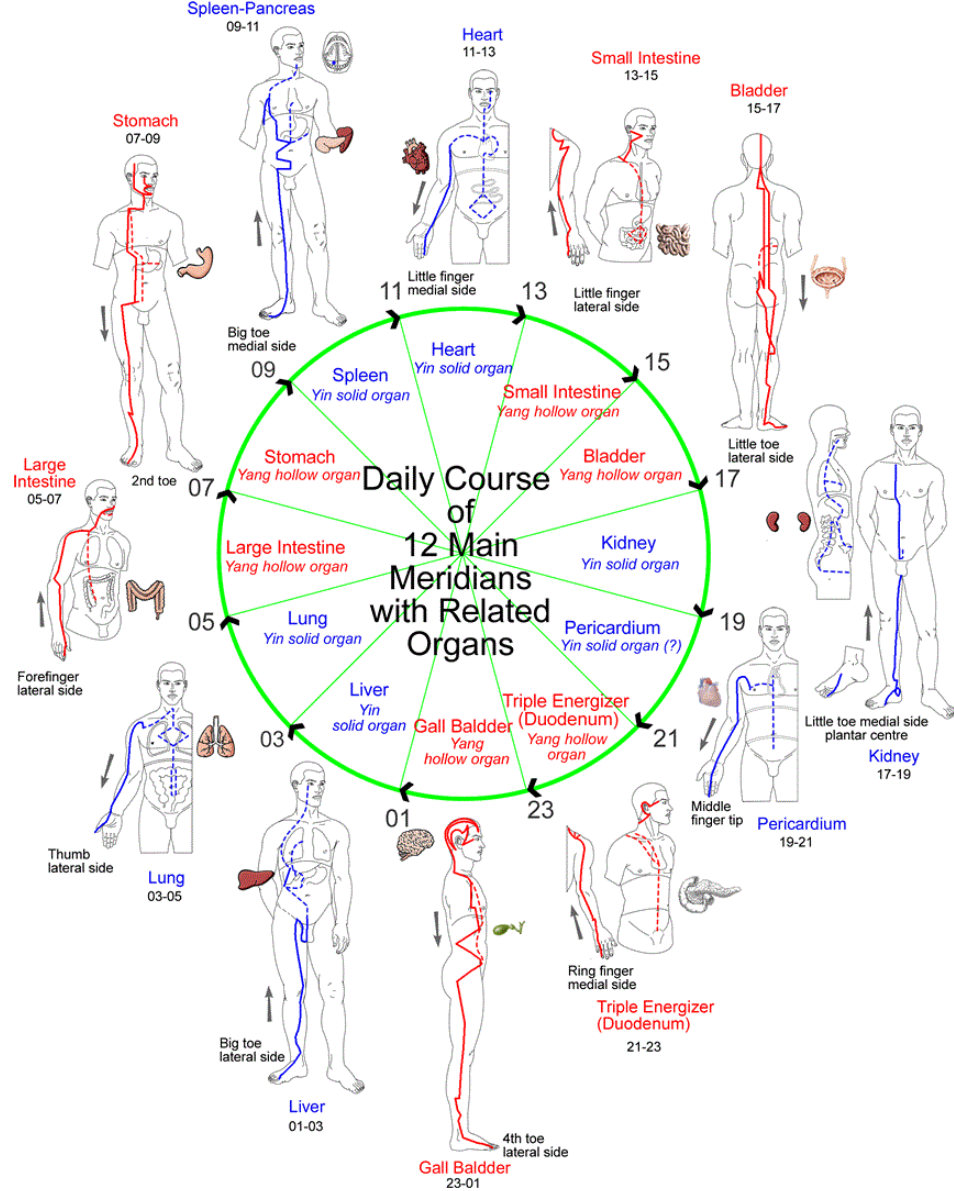
posterior view

# Channels or Meridians

- “Rivers” of distribution and interaction, both within the body and between the body and environment
- Each Meridian corresponds to a single ZangFu organ and is in essence an extension of it







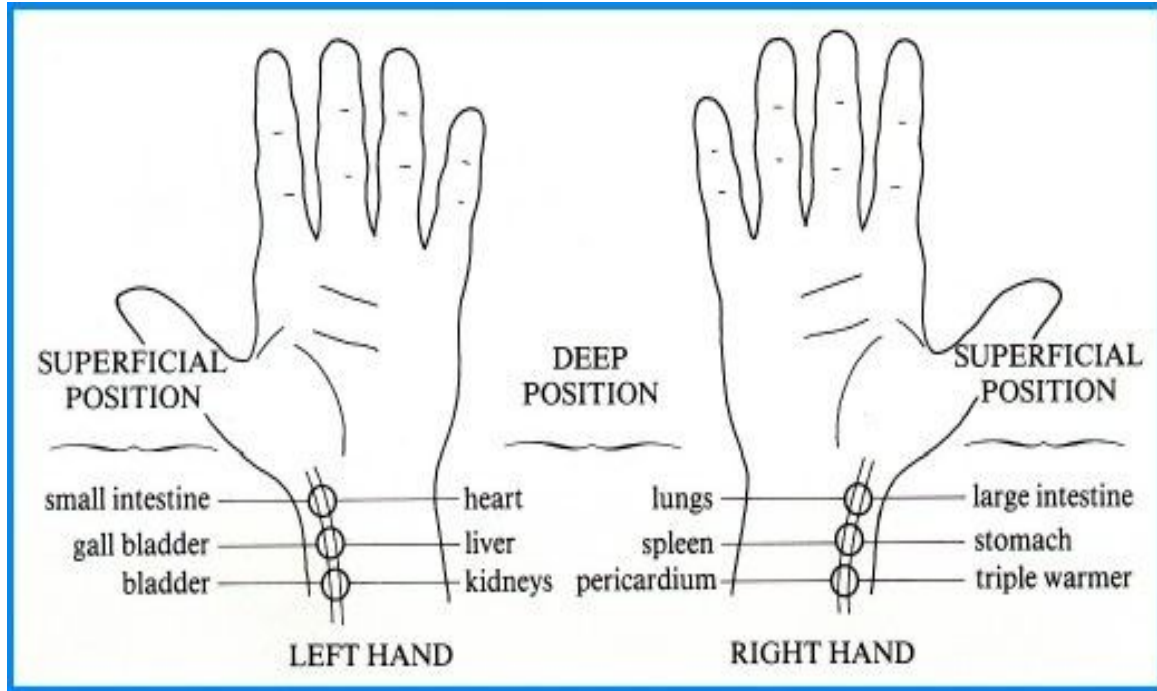
# Channel System

- Used in all external therapies in TEAM
- The channels are not a real “thing” in that there is no corresponding anatomical structure
- And yet the channels can both provide discrete diagnostic data (skin, swelling, heat, palpation) while simultaneously acting as a powerful route of therapeutic intervention
- Rivers are an excellent metaphor

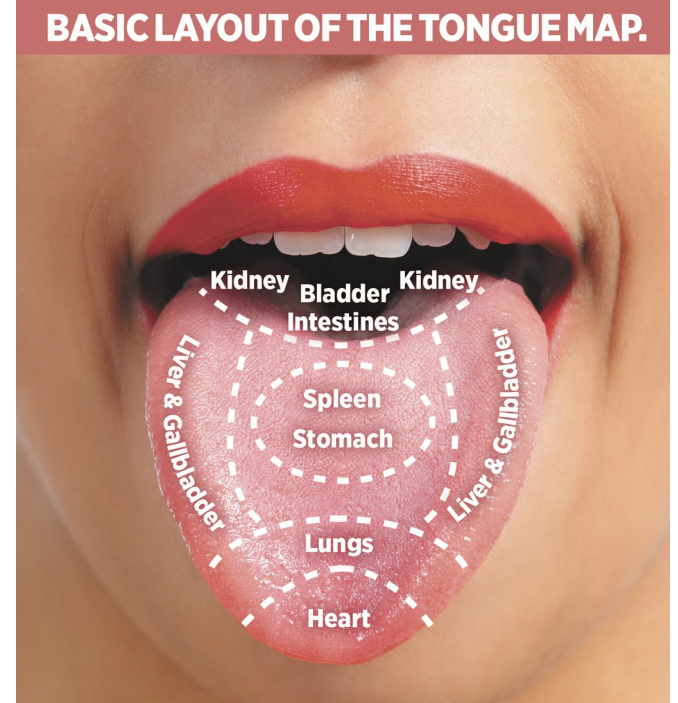




# Diagnosis




Pulse(s)



Tongue Changes

# Diagnosis

## The 8 Principles

 <b>Yin</b>	 <b>Yang</b>
<b>Deficiency</b> ↓	<b>Excess</b> ↑
 <b>Cold</b>	 <b>Heat</b>
<b>Internal</b> 	<b>External</b> 

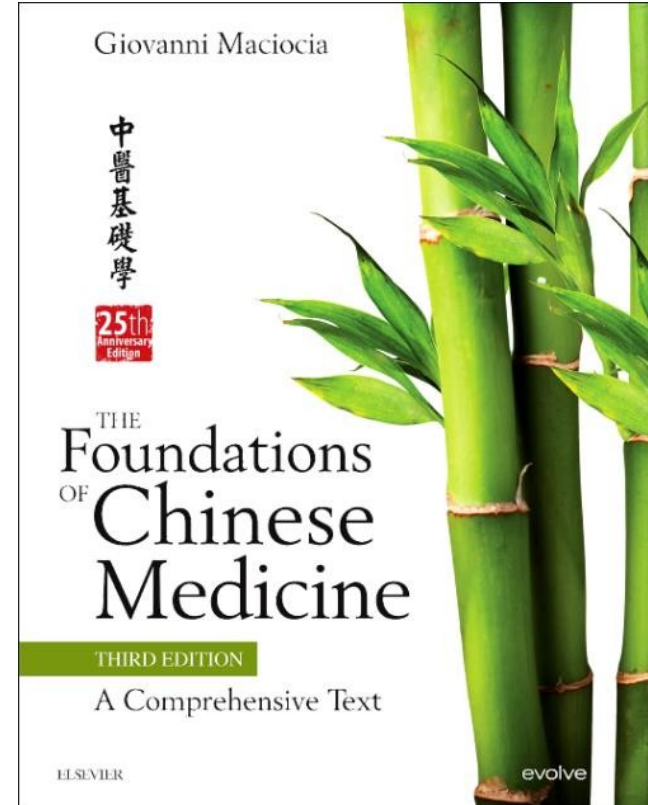
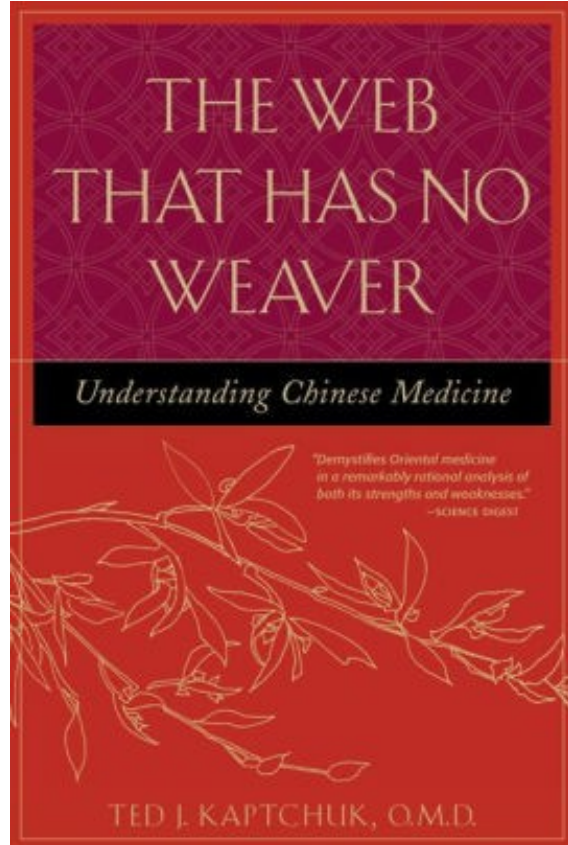
# Treatment with TEAM

Treatment can involve one or many modalities within the TEAM tool belt

Treatment is always also diagnostic as it often reveals new information as to the root causes of a patient's illness or uncovers aspects of the illness that were overshadowed by more obvious symptoms



# Further Reading





# Thank you for your time!

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with any questions about this class