Ask a Licensed Practitioner:

Would you like answers to your medical questions from a traditional Chinese Medicine perspective?

Send our practitioners your questions! Yo San Clinic has four licensed practitioners on staff available to see patients 6 days a week. Their specialties include: pain, orthopedics, gynecology, urology, internal medicine and facial rejuvenation. For biographical information, please click here. If you would like your question answered by a specific practitioner, please specify that in your request. Send your inquiries to: clinicianmanager@yosan.edu

We look forward to hearing from you!

Facebook

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Treat Yourself Fridays!
Extended by Popular Demand

This awesome offer is being extended to April 30th as a way to say "Thank You for making Friday nights a success!"

$25 treatments for New and Returning Patients every Friday from 6p.m. to 9p.m. until April 30th!

Meet our interns:

Yo San Clinic has an exceptional and diverse intern team. With various professional and educational backgrounds, our Traditional Chinese Medicine students bring a variety of experience, knowledge and care. In our monthly newsletter, we will introduce you to our new interns and tell you a little bit about what makes them exceptional healers.
Susan Wiggins

Susan Wiggins has always enjoyed working with people. She was born in Texas and moved out West to pursue a PhD in Literature and Environment from the University of Nevada, Reno. During graduate school and after, she taught writing and American Literature at several universities. As a professor, she especially liked helping students and getting to know them beyond the context of the classroom. After 10 years of teaching, Susan decided to change careers and pursue her long-time love of food and nutrition. She worked as a chef in professional kitchens before starting her own catering business in Long Beach. For two years, she operated a lunch delivery service, making seasonal, healthy meals with local ingredients. She found it to be such fulfilling work and she realized she was still educating people. Susan’s weekly menus included nutritional information about the ingredients she used and she often talked with her clients about their diets and how they might improve their energy throughout the day or curb cravings with simple dietary changes.

As an acupuncture patient at that time, Susan discovered the profound effects of Traditional Chinese Medicine (TCM). Her experience led her to research the study of TCM and it seemed like a natural way to broaden her approach to helping people in their daily lives. She was pleased to learn that much of TCM is based on dietary principles, and she chose Yo San for two reasons: the intense focus on herbal medicine and the Qi cultivation program, where students learn how to care for themselves in order to care for others. Susan’s passion still lies with nutrition and the healing power of good food. She intends to open a practice in Long Beach upon graduation where she will offer nutritional counseling, nutrition classes and even cooking classes, teaching her patients how to care for themselves once they’re off the table and back into the world. Susan will be graduating with the class of 2012, who chose her to give this year’s student speech, which further demonstrates the impact of her positive energy among her peers as well as her patients. You can see Susan in the Yo San clinic 4 days a week including Saturdays!

Patricia Tenyer

A life long Los Angeles native, Patricia has devoted over ten years to service in the healing arts. She graduated from Occidental College where she earned her degree in Art History, her focus on Asian Art and Asian philosophy. In 2001 she explored
acupuncture to treat a residual knee injury. After years of knee pain, she was pain free after only 2 treatments. She immediately wanted to know, “What is this medicine and why isn't everybody using it?” She pursued her bodywork certification thereafter. Patricia has owned her own bodywork business since 2004, offering professional services such as alignment technique, CranioSacral therapy, Thai and Prenatal massage, Pilates instruction as well as Yamuna Body Rolling instruction. In 2007 she worked as a research assistant to Dr. Lo at the Quantum Health Research Institute, where they documented the effects of qi gong on various health issues using infra red scans and live blood work. She has also worked in multi-disciplinary setting alongside doctors of chiropractic and physical therapists, allowing her to develop integrative technical and communication skills.

After years of study and practice, Patricia was finally ready to master one more healing art; it was time to study acupuncture. Patricia chose Yo San because of the Qi cultivation program. A long time Tai Chi practitioner, Patricia valued Yo San's emphasis on that invaluable aspect of Traditional Chinese Medicine. Patricia is interested in specializing in Geriatrics, in practice she wants to encourage and inspire her patients to "keep moving". Movement is essential for a healthy, self-empowered life.

To book an appointment with Susan or Patricia, call us at (310) 577-3006.

Did you know?

**Yo San Clinic is Open 7 Days a Week!**
Monday through Friday: 8a.m. to 9p.m.
Saturday: 8:30a.m. to 5:30p.m.
Sunday: 1:30p.m. to 5:30p.m.
Reproductive Health Clinic - Sunday: 8:30a.m. to 1:30p.m.

**Meet Our Second Doctoral Cohort**
Debbie Rodriguez is a Yo San graduate and a Licensed Acupuncturist with over 6 years of experience. Her practice, Heart of Healing: Acupuncture and Chinese Medicine, is located in Poway, North County San Diego. Debbie's predominantly female practice exposed her to a wide variety of gynecological disorders such as menopause, fibroids, as well as autoimmune disorders. Debbie offers regular community service talks at the local Curves where she educates women on the many benefits of Traditional Chinese Medicine. However, when it came to fertility cases, Debbie felt that specialized experience and education was necessary in order to offer her patients the highest
Yo San's Doctoral Students are Blazing Paths for Acupuncture Research:

In March of 2012 Yo San graduated its first Doctoral Cohort. Each student submitted a capstone project presenting initial research on a particular women's health issue and the effects of acupuncture and Chinese Herbs. These capstone projects are available on our [website](#) but our newsletters will feature abstracts for you to enjoy.

**The Impact of the Herbal Formula Qing Bao Zhu Yu Tang in the Treatment of Endometriosis**

By Elizabeth Ohm, L.Ac.

Retrospective chart review research method was employed to review 120 charts of women who were treated for endometriosis using an herbal formulation known as Qing Bao Zhu Yu Tang. The pain effectiveness level survey rating for the entire sample of 120 patient charts shows that 116 patients (96.7%) responded with indication of some level of effectiveness. From the total 3 sample of 120 patients, the satisfaction survey shows that 111 patients (92.5%) responded in the "satisfied" range. The cases were analyzed in three categories, as per the most common condition accompanying endometriosis. The three groups analyzed included those where endometriosis was associated with infertility (n=53), those with polycystic ovarian syndrome (PCOS) (n=7) and those with ovarian cysts (n=38). Data from the charts were analyzed in terms of the impact of the Qing Bao Zhu Yu Tang formula on endometriosis and the accompanying conditions. The results evidenced the positive impact of the formula. The results were discussed regarding implications or practice and recommendations were made for future related research.

When stress afflicts your digestion: An Introduction to the Impact of Traditional Chinese Medicine on Irritable Bowel Syndrome

By Kari Napoli, L.Ac, Dipl. OM, LMT
Irritable bowel syndrome affects 20 percent of the North American population. That means that 1 in every 5 Americans is suffering from uncomfortable digestive symptoms such as alternating constipation and diarrhea, bloating, and gas. While the cause of IBS is unknown, physiological components of the syndrome include irregular contractions of the large intestine. Intestinal contractions in a patient with IBS are either stronger and longer lasting than average causing diarrhea and gas, or they are slower than average causing constipation. Some conditions linked with possible causes of IBS include food allergies, hormonal fluctuations (more women are diagnosed with IBS than men), and possible genetic components (many IBS patients have family members diagnosed with IBS). There are no anatomical defects associated with IBS nor does it cause or stem from intestinal inflammation.

While not a cause, stress is a major trigger of IBS symptoms. One recommended intervention for IBS is psychotherapy in addition to dietary changes. In contrast to Western Medicine, Traditional Chinese Medicine (TCM) does not recognize unknown or unexplained etiologies. TCM theory states that all imbalances come from something or from somewhere; in the simplest form, all illness stems from an imbalance between Yin and Yang. According to TCM, there are several imbalances that can result in the symptoms associated with IBS. One of the most common causes is the Liver overacting on the Spleen. While TCM recognizes physiological functions of the liver, there are also specific emotions that are assigned to each major organ in the body. The organ most affected by stress is the liver. When the liver is bogged down by emotional stress, people experience symptoms such as irritability, frequent sighing and depression. The spleen - most affected by pensiveness and worry - is closely connected to the digestive system in TCM, and it is usually the victim of an overstressed liver that needs to unload. In TCM terms, a liver overacting on a spleen, or an overload of stress and worry, leads to alternating constipation and diarrhea as well as gas and bloating after meals.

Acupuncturists see their fair share of IBS patients since Western medicine has few remedies for this somewhat mysterious disorder. Relief from acupuncture and Chinese herbs is maintained best by patients who are willing to change their diets and improve stress management habits. Simple dietary changes such as not eating late at night can yield some aid, but bigger changes such as cutting out dairy products, reducing wheat (ruling out food allergies and sensitivities), reducing or better yet
eliminating processed foods will yield even better results. But what about stress management: modifying stress is not an easy task for most of us. For starters, sitting down and taking a break to eat our meals will help promote healthy digestion. Eating on the go, in the car, while working or while studying pits your sympathetic (fight or flight) and your parasympathetic (rest and digest) nervous systems against each other. All too often, your sympathetic wins, making it next to impossible for your food to digest properly. In regards to cumulative stress such as work, school and family (sure we love them but they are stressful at times), everybody needs an outlet. Exercise, nature walks, taking an art class are just a few examples of possible outlets that are accessible. Chose something that creates a sense of calm and promotes movement of your body while relaxing of your mind. Most people complain that they don't have time to relax or pursue an outlet, but what if your health depends on it? Create a schedule that allows time for these activities, 30 minutes of exercise just 3 times a week just might save your colon.

If you are experiencing symptoms of IBS, don't self diagnose. See your doctor to rule out something more serious such as Crohn's Disease. But if you get the all too popular IBS diagnosis, see your local acupuncturist to start getting the signs and symptoms under control then talk to your acupuncturist about dietary changes that are right for you.