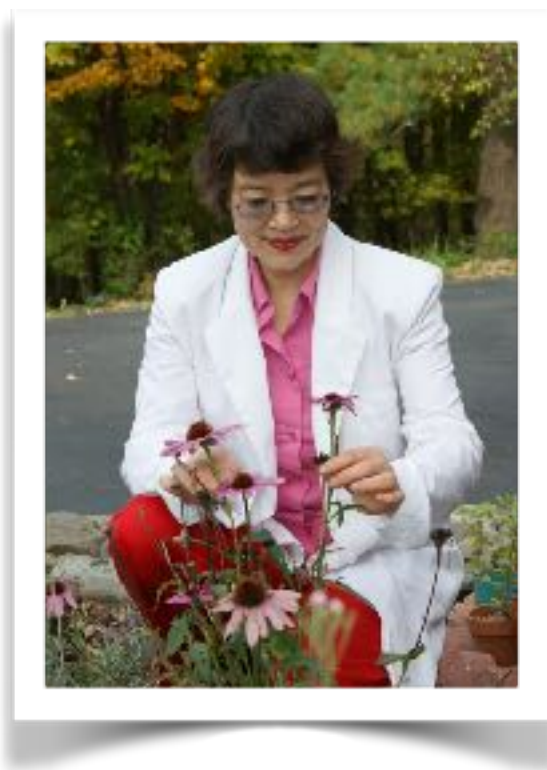


A Long Journey to My Dream



This book is for people who are interested in acupuncture, Chinese herbal medicine, natural healing and the future of medicine.

This book is for people who are interested in PREVENTING diseases, such as cancer, heart disease, diabetes, and hypertension... AND for people who are interested in Chinese medicine for MANAGING depression, anxiety, insomnia, allergies, infertility, fibromyalgia, and immune disorders, among other diseases.

This book is to inspire everyone toward better health and fullness of life regardless of their ethnic background or country of origin.

Jin Fang
Acupuncturist & Chinese Herbologist

I am grateful to be part of America since arriving here in March 18, 1987.

I am grateful to have lived in China for almost three decades. That experience is my greatest asset, especially, going through “the Culture Revolution” with my family. As an eye witness of human brutality and humiliation in our time, I very much appreciate the freedom and opportunities that truly flourish in America.

This book is dedicated to the people who have helped me on my long journey:

Mrs. Nancy Wilson has been one of my dear friends for 30 years. She has been watching me grow.

Mr. George Benner, who is a Professor of Botany, and who led me to meet Dr. Ira Kamp. Mrs. Marie Benner was a beautiful woman with an infinite smile who encouraged me to grow and move forward. Her smile is in my memory forever.

Ms. Pam McAllister Johnson is one of the most thoughtful and kindest people that I have ever met. I often think about what she would do if she were here with me and what her advice would be.

In our area, I have met many many people who have helped my family and me enormously to understand the many aspects of America society.

I want to especially thank our daughter, Rebecca, and my family, my husband, Dr. John Shang, my father Zhu Fang, my mother Le-le Sun and my sister Dr. Yu Fang and Lin Fang.

Special thanks to my father and my mother who are the light and love of my life. My parents dedicated their lives to Chinese herbal pharmaceutical and to Western pharmaceuticals. With my family and relatives mostly in the medical field, I am blessed by their brilliances and experiences. Their insight and ideas have nourished and inspired me greatly and have added tremendously to my understanding of health and disease. When I was five year old, I remember my father lifted me up on a tall stool so I could help him fill up tinctures and put label on bottles. I saw many colorful liquids made by my father’s hands. I thought it was magic. I knew the pink color was for coughs; the brown color was for a stomachache; the blue one was for summer insects; the green one was for a cold...

Special thanks to friends and believers of my book; Editors Ms Karen Frick and Mr. Thomas Miller, Rebecca Davis, Lynn Riccardi, Andrea Foster, Karen Robinson and our daughter Rebecca. As English is my third language, and not quite mastered yet, I may never have finished this book without their help.

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Revised addition from 2004, edited 2018 by Jin Fang

DEDICATION

This book comes from my heart and is dedicated to my patients and to YOU, Dear Reader. If you would like to send or write your comments, please do so.

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PART I

A Long Journey Started in Shanghai, China

March 18, 1987: Shanghai, China

I walked through the glass door at the Shanghai Airport and it closed behind me. Turning, I saw my parents waving at me, and I began to cry. I knew I had to go to America, but that glass door now separated me from the life I had known and the people I loved. I heard my parents calling through the door, “Don’t cry! Go!” I didn’t yet understand the long journey that had begun that day.



Cornell University, Ithaca NY

sophisticated and open town quite accepting of differences. But it is nothing like the town in which I had grown up, and it felt strange to me. The only thing remotely familiar was Cayuga Lake, which reminded me of West Lake, in Hangzhou, China. Moving from a city of 10 million to this place of 29,000 was a big adjustment. One of the hardest things to get used to here was the silence.

On my fourth day in America, a friend



Jin Fang at Summer Palace in Beijing, China in August, 1985

Over twenty-four hours later I landed in Ithaca, New York to join my first husband, who was studying Plant Science at Cornell University. Ithaca is a small town with a unique atmosphere. In some respects it feels like a small town, but with two major campuses, it is also multicultural, a



Jin Fang’s hometown, West Lake, Hangzhou, China



Jin Fang at Pan An Chinese Restaurant in June 1990

took me to the Pan An Chinese restaurant because he said I could learn English there. The Chinese owner, Michael Pan, spoke to me only in English, and I didn't understand anything he said. I told him my second language was Japanese, and he replied, "Then you should go to Japan."

I was not able to get a job, so I had to stay home to learn English. I studied the driver's manual for a month, preparing for the written test. But when I went to the Motor Vehicle Department, I was unprepared to find the exam printed all in capital letters. I had never seen that before, and I failed. Later that afternoon I went to the Tompkins County Library to study book titles, all of which were in capital letters. I spent a long time there. The next day I went again to the Department of Motor Vehicles for my written test. A woman there tried to convince me to go home and study some more, but I thought I was now ready to pass. And I did.

At the time, I was so poor I could only afford to spend \$30.00 a month on food for my family. This was a cultural shock with a language difference. At that time, China was also poor and I did not think about going back there. I would go through this cultural



Inside of Olin Library, Cornell University

difference because I went through the Cultural Revolution.

I immersed myself in the Olin and Uris libraries at Cornell, studying English everyday until midnight, when the libraries closed. Every day and every night, I went up and down Cascadilla path. In April and May, tulip blossoms scattered their colors over the ground. I had never seen these particular flowers. At night, twinkling little stars, blinking mysteriously, looked as if they were trying to tell me something, and the moonlight, like a clear silk blanket, covered the pathway and Ithaca gorge. Listening to the creek running down the hill, I felt great peace beneath



Olin Library, Cornell University



those night skies. It was most exquisite Qi flow between nature and humanity that I had ever experienced. I was feeling better every day, especially as people began to understand my English. On July 13, 1991, I passed the TOETL

(Test of English as Foreign Language), and since that time, I have never revisited that beautiful path, but those nightly walks will remain in my memory forever.



Summer Job at Geneva, New York

In May of 1987, two Chinese friends, John Wu and Ming Wang, both PhD students at Cornell, found a summer job for me as a lab technician at the Geneva Experimental Station. My boss, Dan Legard, was an American PhD student at that

time. He knew that I could do acupuncture, so he hired me to cultivate bacteria on string beans with needles.

On the first day of work, Dan took me on a tour of all the facilities and told me what my duties were. At the end of the tour he asked if I had understood everything he'd said. I replied, "No." He was very disappointed. He was a



Jin at Geneva Experiment Station, Summer of 1987

tall man, and he looked like a big ball that had suddenly lost all its air and collapsed on the ground. I felt very sorry for him. I had a dictionary in my hand, and I asked Dan to write down everything he wanted me to do. I said I could check out all his instructions in the dictionary. Soon, I was familiar with all the routines of my job and Dan no longer had to write anything down.



Geneva Lab where Jin Fang worked in summer of 1987

Dan was a very nice man. He took me to all the floors and every lab and told all the people that I was an

acupuncturist. If anyone

had a problem with pain or needed to quit smoking, he said, here is Jin Fang. “She has no license yet,” he said, “but you can give her a tip.” Soon, my coffee and lunch breaks were filled with people wanting treatments.



Apple is a big subject for Experiment Station research, because Apple represent New York

Word spread to outside the station. An 82-year-old woman wanting acupuncture would send her daughter to pick me up during my lunch breaks, and then return me to the lab. When my summer job was about to finish, she gave me a stamped postcard and asked me to use it to let her know where to find me. But I never mailed the card. If I had, I would have had nothing left from her. It is a souvenir.

Sometimes, I feel guilty that I kept the postcard for myself. The woman must be still waiting to hear from me.



An old post card from the lady

Geneva is a small town, quiet with deep blue water and dripping green color on Seneca Lake. I remember all the people I met there who helped me. And they remembered me, too. Dan Legard is in Florida. John Hu and Ming Wang are in Hawaii. My daughter and I visited them twice and still talk to them via email or Facebook. I helped a Chinese family in Geneva treat infertility. They now have two kids and have moved to Canada. Many



Bailey Hall inside

years later, I still have patients from Geneva who came to Ithaca. And I still hear from Dan's boss, Dr. James Hunter, the station director. In the summer time, I stop quite often in Geneva to see my old friends.



Cornell Bailey Hall and Pan An Restaurant

I wanted to learn English well enough to find a good job. Remembering my friend's suggestion that a restaurant is a good place to learn English, I went to Michael Pan's Pan An on Route 13. Once again, Michael talked to me only in English. This time he did not say I should go to Japan. He hired me. The restaurant work didn't start until 10:00am, which allowed me to take Psychology 101 from 8:00am to 9:00am at Cornell's Bailey Hall. It was a lecture free to the public. I could only understand 20- to 30-percent of the lecture, but the instructor's spirit and knowledge were so impressive; they stayed in my mind for many years. Once he let his five-year-old grandson read a complicated research paper on stage. I was totally astounded.



Jin Fang is working at Cornell dining hall, North Campus

Between Bailey Hall, Pan An and Cornell dining hall, my English improved a lot. Soon, I really looked forward to my class at Bailey Hall. The instructor's voice was like an ancient bell, reminding me of the bell in the Forbidden City of Beijing. When he was

talking, the hall became so quiet you could almost hear a needle drop. When his lectures ended, his students applauded him and the sound was like a thunder storm encompassing the first and second floor. Even when the instructor wasn't talking, his energy vibrated in the air. I admired him so much because of his enthusiasm and his dedication.

Fifteen years later, started my own practice for more than 10 years, if I met people from Cornell, I always ask for the instructor. People told me: he is a Chairman of Psychology Department, and still teaching. His grandson is working for NASA. The picture from Mars, was his grandson operated. WOW!

New Brunswick, New Jersey

In June, 1998, I learned that I was pregnant. At the same time, my husband's research funding ended, so I decided to find a full-time restaurant job to support my husband and me. I went to Lee Wok restaurant in New Jersey, where I was provided room and board. I worked six days a week from 10 am to 10 pm. The owners were both from Taiwan. They treated me very well. They also allowed me to study my English while I was there, which helped a lot.



Jin Fang at Lee Wok Chinese restaurant Brunswick, New Jersey in 1989



Mugwort bush

One day, at the back of the restaurant, I was surprised to find a Mugwort bush. Mugwort Leaf is an herb used to warm the womb, increase blood circulation and stop pain. It was autumn, Mugwort Leaves were ready to bloom. When I had time, I went out to gather some leaves and dry them. Then, I rolled the dry leaves and made moxa rolls. I gave them to restaurant chiefs and other workers who experienced joint or muscle pain. People

appreciated my service very much.

Today I still miss that Mugwort bush. They reminded me of picking herbal medicine at the medical school in China. During the first year of medical school, we often went to fields to learn how to recognize the medicinal herbs. I was always eager to go on these trips.

Today, I am on the other side of the world and yet I found the most commonly used herb. I am very happy about that.

Meanwhile, my mother had come to America. My mother and my sister, Lin Fang, and her husband, were all living in Boston. In October, my brother-in-law, who attended MIT in post-doctoral studies, was offered a very good job in Singapore. So they decided to move there. But my mother decided not to go with them, but to stay with me in the USA. The owners of the Lee Wok offered me the job of cashier so that I wouldn't have to run around the restaurant with my growing stomach. They also offered my mother a job teaching Chinese and mathematics to their children.

Life was tough, but I now had my mother living with me to take care of me, and that made me feel much better. But I missed Ithaca a lot. I told my mother how beautiful Ithaca was, with the Cascadilla path, Bailey Hall, Pan An, and the many friends I had there. The owners of the Lee Wok were very kind and made every attempt to make my giving birth in New Brunswick a comfortable and healthy experience. Their efforts included connecting me with a nice OBGYN physician.

Day and night, I thought about where my baby should be born. Finally, I decided to come back to Ithaca to give birth. Cornell is so beautiful that I wanted my baby somehow be relate to it. Early in January, 1990, my mother and I left New Brunswick and came back to Ithaca. I still think about New Brunswick and the restaurant owners. Their children must be grown up and out of colleges. Is the Mugwort bush still there? I hope someday I will revisit that place.

Coming Back to Ithaca, New York



Jin and her mother at Cornell in January of 1990

Unfortunately, my marriage ended when my daughter was six months old. I went back to Pan An to work full time. Michael Pan offered me a job when I really needed one and I really appreciated that. We became life-long friends even after I left many years later. Michael and his wife would even like to retire to my hometown

in the near future, and, in fact, as I am writing this book, they are traveling to visit it. Perhaps, they are doing this because I kept telling them how beautiful my hometown was.

Soon my father came to the USA to help. I told him I was very sorry to let him see the mess my life was in at that time. I said I would try my best to change everything!

One day I heard on the radio that New York State had passed an acupuncture law stating that anyone who qualified could take a licensing exam which would permit them to practice acupuncture. I searched for more information and found our NCCA exam, which today is called the NCCAOM exam, (National Certified Commission for Acupuncture and Oriental Medicine). Early in the spring of 1992,



Jin's daughter, Rebecca and her father, mother at Plant Science Building garden

NCCAOM was held for the first time on the east coast in New York City. I took it and passed. Because I had finished the five years of medical school in China, I was only required to transfer my school credits to the USA. I did not have to go back to acupuncture school. After working for sometime in Dr. Kamp's office, I opened the Jin Fang Chinese Herbal Consulting practice in Ithaca on January 18, 1992.

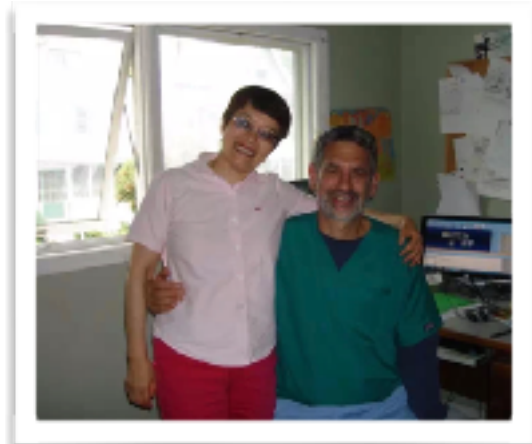
PART II

Getting Started in America—It All Began with the Tongue

July 1, 1991, I started to work at Dr. Kamp's office. Dr. Kamp is a NYS certified acupuncturist who practices general dentistry. We used acupuncture instead of Novocain for small fillings. We saw teeth everyday, but because of my training in Chinese medicine, I saw something else—the tongue. In Chinese medicine the tongue is considered to be the window to the body and is widely used to diagnose internal conditions.

I saw so many different types of tongues. Every time I saw an interesting tongue, I pulled Dr. Kamp to another room and told him what I saw. For example, when I saw a very

bright red, shiny tongue without any coating on it, I would tell Dr. Kamp that person was a candidate for a stroke, hypertension or heart disease. He was very surprised and wanted to know more. I told him to ask the patient if he had a family history of stroke, hypertension or heart disease. The patient would say, “Yes,” and jump up from the dental saying “ask Jin.” Both the patient and the doctor were surprised by my observation. The patient would usually ask how he could prevent such diseases. Dr. Kamp referred the patients to see me for herbal consultation.



Jin Fang with Dr. Kamp in August 2015



We also saw many, many tongues that indicated depression or anxiety because the tip of the tongue is so obviously red. Having seen so many tongues like this, I realized that depression and anxiety are very widespread here. This helped me to later develop my **Happy Mood** formula, which is used for depression, anxiety, insomnia, ADD, and ADHD.

We also saw patients with large, puffy tongues, and watery coatings. I know that these patients had a kidney energy deficiency. They may have been undergoing kidney dialysis. We also saw patients with tongues that were red and dry, and narrowly shaped, with a gray or black coating. I could tell that these patients were in the late stage of disease, for example cancer.

One day, a lady came in with eye problems. She could not open her eyes because her eyes would tear when she looked at the light. While she was receiving her dental treatment, I did acupuncture on her feet. When we finished, she was able to open her eyes and to see the light. In Chinese medicine theory, the liver meridian goes through the eyes which told me that this woman was suffering from liver Qi blockage. By administering the acupuncture needles in the proper locations, I was able to make that Qi flow again.



Dr. Kamp was very excited to learn about using the tongue to diagnose disease. He even asked me to check patients to see if they had HIV. It was difficult because at the time there was no effective medicine to treat HIV. It could have been a life or death sentence. Anyway, I found a couple of suspected cases for him.

How I Developed My Own Practice

I worked with Dr. Kamp Monday through Thursday from 8am until 5pm. After 5pm, I would arrive home to find patients waiting for me. I would see them until 9pm or 10pm. On Fridays and Saturdays, I would schedule patients all day. Sundays were spent with my baby daughter and my parents. Soon I got my acupuncture license. My patient load was very full. It was very difficult to hold two jobs and take care of my family. One day, Dr. Kamp talked to me. He said he wanted me to stay working with him, but he said because it is a service I could not let people wait until after 5 o'clock. He asked me to establish a full time practice and spend more time with my family. He said he would support me. In January 1993, I finally started my own full time practice.



Jin took her family to Cornell campus

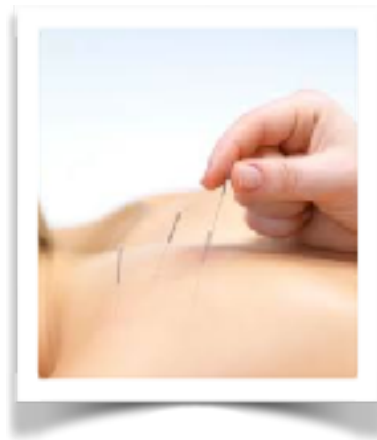
Ten years later, I found out that Dr. Kamp's office had many foreign office workers. They all told me that Dr. Kamp told them; "Don't worry about your English, we have had a previous case here." I told them: "Dr. Ira Kamp is the head of United Nations."

Background of Chinese Medicine



Chinese medicine is based on nature and has proven successful over thousands of years. If Chinese medicine were not effective, it would not have survived—and, indeed, thrived—until today. In China, the government has for more than a half century required doctors to be trained in both traditional and modern medicine before they started practice. More recently, the American government has committed to funding research to learn and understand more about Chinese medicine.

In 1972, President Nixon visited China; the first city he stopped was my hometown, Hangzhou. During that visit, a columnist for *The New York Times* traveling with the president had his appendix removed surgically without anesthesia. Acupuncture was used instead. His story, reported in the *Times*, succeeded in drawing attention first to acupuncture as a powerful anaesthological technique, and then to Chinese medicine, as having great potential for healthcare in the West. Shortly afterward, in 1975, the first acupuncture clinic was established in New York City by C.Y. Ting, a traditional Chinese practitioner whose long time of healers originated from Shanghai.



Cupping therapy for Olympic athlete Michael Phelps

Acupuncture and Chinese herbal medicine are based on the principle that there is a flow of life force within each of us. Qi, vital energy, is controlled by two forms of energy, Yin and Yang. The purpose of acupuncture and Chinese herbal medicine is to restore this flow of energy by balancing Yin and Yang. It works on a patient once we determine which area of the body is diseased. Then we insert into the corresponding skin area with very fine needles that will stimulate the energy flow. Individuals may feel a momentary small pinch or sting, and possibly heaviness, numbness, or soreness. These are all normal feelings.

Cupping therapy is an ancient form of alternative medicine in which a therapist puts special cups on your skin for a few minutes to create suction. People get it for many purposes, including help with pain, inflammation, blood flow, relaxation and well-being, and as a type of deep-tissue massage.

There are no known side effects from acupuncture or herbal medicine treatment and cupping therapy. Sometimes, when a patient has just started acupuncture or Chinese herbs, s/he may experience more bowel movements, urination, fatigue, or a temporary worsening of symptoms. This indicates that the acupuncture and/or herb treatment is working and that your healing process has started.

Conditions That Have Been Treated Successfully with Chinese Medicine

Most Americans think acupuncture is only for chronic pain or to quit smoking. In my experience, it addresses far more than that. Over 25 years ago, my daughter and I were in

Aruba with Dr. Kamp's Jazz Band. A singer lost her voice. She had two days of steroid treatments which did not work. Dr. Kamp called my room and sent her to see me. Fortunately, he had asked me to bring my acupuncture needles along, and I also brought green tea, which I drink regularly. I administered treatment using needles on the stricken singer, and told her to not talk that night. I also advised her to make green tea the next morning. The next evening, I was surprised to see her on stage singing. On the plane back to Ithaca, I asked her what had happened. She said that she felt different when she left my room, and had followed my instructions to the letter. To her amazement, she had completely regained her voice in the morning. I myself don't know why that happened so quickly, but it confirms the sometimes miraculous-seeming power of acupuncture to cure certain diseases quickly.

I have treated many people for infertility, gynecological problems, migraine headaches, acute back pain, chronic sinus problems, fibromyalgia, and menopause with Chinese medicine. Sometimes the treatment involves more use of acupuncture, sometimes more use of traditional herbs.



We treat sports injury for pain management

One Friday night, for instance, a good friend and her husband called after 8:00pm. The wife, Jane, had hurt her knee badly. It was quite swollen and she was in a lot of pain. They wanted to avoid the cost of going to the emergency room and asked if I could help them. When they arrived and I saw Jane's knee, I told her I thought her injury might be more extensive than what acupuncture could heal, that it might even be ruptured. Still wishing to avoid the hospital, Jane and Charlie asked me to at least try the acupuncture. Because they were good friends, I agreed to do so with the understanding that they would stay overnight with us. If Jane's knee wasn't improved in the morning, she would immediately go to Dr. Zelko, an orthopedic surgeon in town.

I gave Jane an acupuncture treatment and then wished her and Charlie a good night. In the morning, Jane's knee was greatly improved. The swelling was nearly gone and she was no longer in pain. There is deep satisfaction in being part of assisting the body to heal its own problems.

Patient Doris had latex glove allergy. We used Chinese herbal medicine heavily and combined with acupuncture. She is latex allergy free now.



Patient Doris, Nov. 26, to Dec. 26, 1997
before and after the treatment

In the very beginning, I focused on individual cases. Over time, as I saw more patients and began to learn about their social backgrounds, I discovered patterns of conditions and social problems.

One patient came to me because he had lost his focus and ability to sell Airplanes due to an accident. He tried various treatments, including other acupuncturists with no results. He received treatments from us and regained his

focus. Now he again has the ability to tell whether a customer is going to buy an airplane when the customer walks in. Up till today—17 years later, he still comes for acupuncture treatment, and also his kids if needed, acupuncture will be first option as well. I wish I could sell airplanes! I would get acupuncture twice a day if it helped me to do so!

A hedge fund manager came to us for acupuncture treatment for many years. He would say, “Buy November, you’ll remember.” “Sell May, go away.” I found out that from the end of October until the beginning of the next year, he would not come for acupuncture treatment. He would come back in March when the market resumed a trading pattern. Clearly, acupuncture helped him to levitate his stress level.

Patient Laura told me:



Happy Mood and ingredients, all natural

“After my treatment today, I feel relaxed. I didn’t realize the tension I was holding in my body before the acupuncture. But now that the treatment is over, the difference is marked. My breaths are slower and easier, my thought clear. I am not focusing on all the annoying trifles of life. It’s like waking from a long, restful sleep ready to greet a new day. “

I used this kind of informatics to help develop my “**Happy Mood**” formula, which has become in high demand today in our practice. It is designed to compensate for both the social stress and individual

characteristics of both adult and children who suffer from anxiety, depression, lack of concentration and related problem.

Since we had our website: www.yinyangedu.com in 2001, our Happy Mood is our most on demand herbal formula. It has traveled all over the world by our internet order.

I told people about Happy Mood and with its instructions:

*If you are taking **Happy Mood** for depression, anxiety, ADD/ADHD, or concentration, take one pill three times a day.*

If you take one pill in the morning and already feel better; you can stay with one pill a day.

If you feel one pill is not enough for you, you may take two pills in the morning.

Nevertheless, one may be optional during lunch and dinner.

If you have trouble sleeping, take three or four pills before bed.

*Everyone is different; if you had heavy medication before for your conditions, you may see **Happy Mood** slowly affect on your body.*

***Happy Mood** also assists quitting smoking. One pills three times day after meals.*

***Usage in Conjunction with Other Depression Medications:** Some patients are concerned whether Happy Mood can be used while taking other more traditional Western medications for depression. Happy Mood can be taken in conjunction with these other medications and many of our patients have had excellent results doing this. They take two pills in the morning.*

***Happy Mood** is good to fortify and to replenish heart, liver and kidney energies, so that three organs work together to heal people.*

My service even extends beyond humans when a patient needs me to do so. Here is a story about a dog I helped get back to a normal life.

Dear Dr. Fang,

Something happened to my hind quarters. It hurt to even walk and I couldn't even go up a step without yelping. I wasn't sure I was going to make it.

My master, Randy talked to you, you gave him some medicine. He gave it to me. Now I am 100% better. And we are enjoying life again!

Thank your for your expertise Dr. Jin and have a beautiful holiday season.

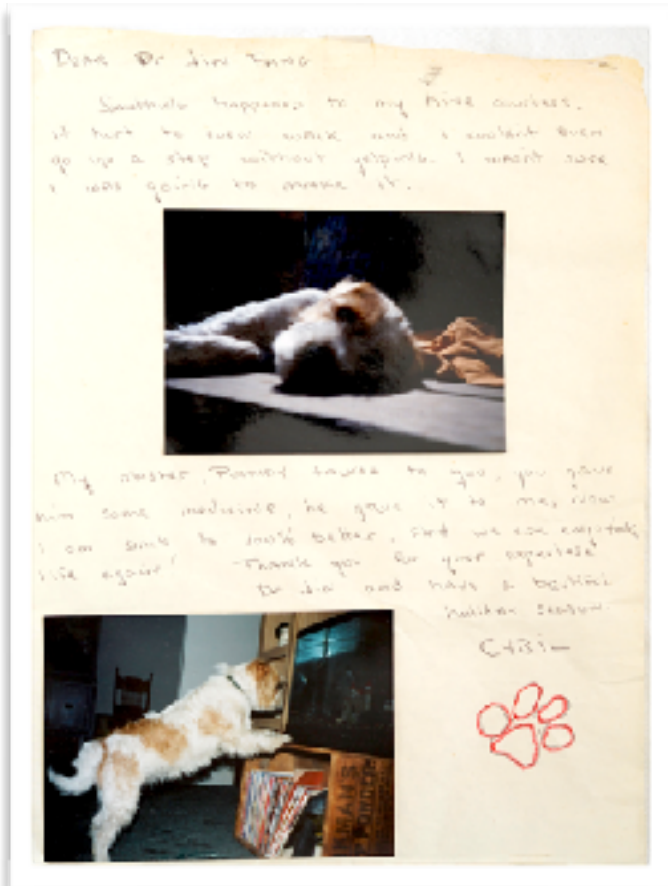
Cybil the dog, (she signed with her paw print!) December, 1993

Consequences of an Unhealthy Lifestyle and Food as an Extension of Medicine

Many patients have written a thank you note to tell me how much they appreciate my services, and I have felt duly rewarded to see the positive changing in so many lives. But my most lasting memories are those of the patients whom I could not help. They left this



www.yinyangedu.com



Note from my patient, before and after dog used my herbs

world at a very young age. They were only 27, 42, and 51 years old.

Jean was one of these patients. I met her when I was working at a Pan An Chinese restaurant in 1988. She always ordered vegetable Moo Shu and a little spicy cucumber dish with a hot water pot. Sometimes, she would help me with my English. I met her again at Dr. Kamp's office. Jean was a lovely lady with a voice like a silver bell. She was very well known in Ithaca and liked swing dancing very much. She gave me several nice warm blankets for my office. Unfortunately, she was diagnosed with cervical cancer. Now, every time I use her blanket, I think that if I had known more English I would have told her to eat more healthy foods and drink green tea. I knew she should be more careful about her diet and life style but was unable to explain it to her at the time.

Another patient of mine, Maggie, gave me a tape of lullabies to help my baby girl go to sleep. Maggie left this world due to leukemia. I wish Maggie could hear my daughter's piano playing in heaven. Perhaps those lullabies helped my daughter become a fine pianist at a very young age. But I was unable to help Maggie.

Charley, a young man who was diagnosed with colon cancer, was the third patient of mine who died at age 27, I have since thought that if I were seeing Charley today, with today's technology, more effective bio-tech medicine and more knowledge about the health impacts of lifestyles, he—probably all three of these past patients—would be alive today.



spinach with root

With close patients and friends like these passing away, I began to focus on health education and preventive medicine. I hosted many seminars to talk about how Chinese medicine prevents illness. I told people that *food is an extension of medicine*. People like to ask me what I drink and eat. I do eat meat, but mostly fish. I like deep colored vegetables, fresh fruits and drink green tea all day long.



spinach cook with tofu, America style

Many common foods have medicinal properties that are poorly understood and seldom, if ever, used effectively. Examples include spinach roots, grapes, nuts, and some mushrooms.

Thirty years ago, when I arrived here, I was surprised to see spinach sold without the roots. I asked

a friend where the roots were,

only to learn that leafy part of the plant is sold in America without the roots. I explained to my friend that in China the root is considered

very nutritional and has a high amount of iron. I

missed those roots until I found some in a Chinese grocery store.



In China, there is a very well known dish made with spinach and tofu. Image that deep green color and white tofu combined with dark red roots. It is a homemade dish that is nutritional

and very good for women. In the last few years, I have been surprised to see spinach with the roots showing up in the best grocery stores, like Tops and Wegmans.

Red grapes are another common food with medicinal properties that can nourish the spleen function. Often, my diagnosis identifies a spleen weakness



wolfberries

myself so I drink lots of red grape juice and eat red grape and red-burgundy jujubes that are found in a Chinese grocery store. They taste like dates. I recommend that all women eat them. They are high in vitamins A, B, C, K and B6. You can also boil the jujubes and simmer them for two to three hours. The liquid gives off a delicious aroma. I take about 10-15 jujubes per day, cook the whole batch and keep it in the refrigerator.



Spinach stir fry with tofu, delicious!

My daughter asked me what kind of food is good for the brain. I told her *nuts*. All kinds of nuts—sunflowers, hickory, walnuts, etc., are good for the brain because of the very high antioxidant levels in them that combat the aging process. Salmon is also

good to eat for anti-aging due to high antioxidant levels. You should have salmon at least once a week. Many types of berries have antioxidants as well, including blackberries, raspberries, mulberries, wolfberries (GoJi) and others.

In China, deep colored foods, such as black,



Wood ear dish, delicious!

green, or deep red foods are highly recommended. Deep colored vegetables like spinach are considered very good for the human body, as are deep colored bread and meats. The Chinese government has instituted the *Green Food Project*. They recommend these foods for health. Black mushrooms called “wood ear” are recommended because they are cleansing, anti-cancerous and lower cholesterol. Red yeast rice has been used for thousands of years in China as a very ordinary food, but only quite recently was it recognized by pharmacological companies in the U.S. as having the ability to lower cholesterol.

Black Chicken

This picture was taken at a Singapore food market in February, 1995. Black chicken feathers are snow white.



Chinese medicine views food as an extension of medicine. Anything you eat will have an effect on your body. The black chicken is considered a potent tonic for women in Asia. The black chicken bone is a famous ingredient for women's tonic herb called "***Wu Ji Bai Feng Wan,***" which is used to treat back pain, fatigue, aging problems and more. The formula is more than two hundred years old. In this country many people suffer from high cholesterol. The most common food



you can eat to prevent or manage it is to eat "*black wood ear*". You can get it at local Chinese grocery stores. If you eat 15-20 gram a day, cook with other vegetables or fish for 2-6 months. You will see the results in blood tests. According to the Center for Disease Control, 400,000 people in the US died from obesity in 2003. These deaths are directly correlated to improper diet and lack of exercise. So it is very important to maintain a healthy diet and exercise regularly.



Chrysanthemum

For many people, watching the computer screen is becoming more and a part of our daily lives. How to protect our eyes from getting fatigued and blurry is a very urgent issue. There are some simple ways to manage it. We use Chrysanthemum flower and wolf berry to make green tea. All of them are supposed to cleanse toxins from the body and soothe eye fatigue. Our Chrysanthemum is a great herbal flower which serves the same purpose.

-Story of Turtle

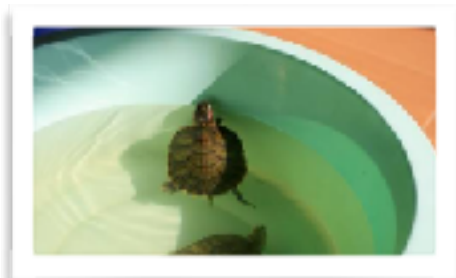
Turtles are valued in China as good to eat, an excellent tonic food, and are very, very expensive. Turtles live in the water, so it is considered a Yin type of food because water



Turtle dish, steamed

belong to Yin. Fire belongs to Yang. Yin types of food are very good for people who have cancer or undergoing chemotherapy, as well as for people who are recovering from surgery. Cancer is viewed as creating an absence of Yang, which is why one needs Yin to restore the balance. Turtle is also considered good to eat, even if you don't have a health problem, due to its tonic quality. Every time I visit China, I ask for turtle. My grandmother steams it with wine and ginger, and it is delicious. If I have eaten turtle, I feel that my trip to China has been worth it because I have received my tonic.

More than 35 years ago, my sister, Dr. Yu Fang, had just started working at the Ear-Nose Throat Department in a hospital. This hospital was one block away from a huge farmers market. Late one afternoon during her work shift, people suddenly rushed into the



emergency room with a woman who had a live turtle biting her ear. It turns out the woman had bent over a bunch of turtles at the farmers' market to select one when a turtle bit her on the ear and would not let go. Of course, my sister had never seen this kind of situation before, so she called for a surgical doctor to come help. The surgical doctor declined, saying that this problem belonged to the Ear-Nose and Throat Department!

No one, including my sister, could get that turtle to stop biting the woman's ear, no matter how much force they used. They didn't want the turtle to take a chunk out her ear, so they couldn't pull too hard; and the situation became very urgent. Finally, a farmer from the market came in with an idea, "I know how to handle it," he said, "Give me a bucket of water!" To every one's surprise, he lowered the victim's head and ear into the water, turtle and all, and the turtle quickly opened its mouth. Everyone was amazed at the farmer's wisdom, and the story ended up in the newspaper. I happened to see the paper and brought it home to show my sister who told me the whole story. The scene was so vivid that someone had drawn a picture to illustrate it! I don't think I'll ever forget that picture.

-Story on Air France to Shanghai in 2003, SARS Time

After 30 years of practice, that same sister, Dr. Yu Fang, had become an excellent doctor. In 2003, she was traveling by air to European countries with a group of Chinese people, just as the Iraq War and the SARS threat broke out. On the way home, someone became sick with a high fever, and the captain of the plane radioed the Geneva Disease Control Center, concerned the the



Fly over Alps Mountain

person might have SARS. The Center told the captain that there were two doctors from China on board, one of whom was my sister. To avoid an uproar, the captain and a crew member quietly approached my sister to explain the situation and to ask for her help.

She asked for gloves and a surgical mask and walked with them to the back of the plane to examine the patient who was very sick. Through an interpreter, she was able to interview the patient and learn that he was from Benin, a small country in Africa near Nigeria. He had traveled from Benin to France and was on his way to Shanghai. His main complaints were vomiting and fever.



Dr Yu Fang and Dr. Gili “Father of Sleep Medicine”
School of Medicine at Stanford 2009

By this time, the passengers had grown concerned and there was much tension and fear due to awareness of the SARS outbreak. All eyes were on my sister as everyone wanted to know whether this was a case of SARS or not. The captain, too, asked whether they should make an emergency landing to unload the sick passenger. Based upon information she was given by the patient, my

sister convinced the captain this was not a case of SARS and no emergency landing was necessary. Still the man was very ill and needed quick treatment.

The airplane had a store of penicillin on board, but my sister was concerned that the man might be allergic to it, and there was no time to do a proper skin test. So she suggested that the captain make an announcement, asking all the passengers to show her whatever medicines they had with them. All the passengers did so, and my sister eventually found one medication that is a combination of Western and Chinese medicine especially designed to treat digestive diseases. She gave it to the patient, who then went to sleep. Before the plane landed at Shanghai’s Pu Tong Airport, his temperature had returned to normal, and as the plane touched down, everyone onboard applauded my sister. As she deplaned, the officers and the entire crew saluted her repeating the Chinese phrase, Xei-Xei!谢谢 which means “Thank you!” The captain gave my sister two bottles of fine French wine as a special reward.

I am very proud of my sister. I am so glad that when people need her she is able to serve them so creatively and so well. Her courage and wisdom really inspire me.

Ginseng Can Be Harmful or Helpful—Even Lifesaving

As interest in Chinese medicine has risen, so has interest in the many benefits of using Ginseng. However, I have found that many Americans are not aware that there are different kinds of Ginseng, depending on where and how the root is grown. Just as the qualities of wine depend upon the weather and soil conditions where the grapes are grown, so too the medicinal properties of ginseng vary dramatically depending upon local condition.

For example, radix Ginseng (Ren Shen/人參) grown in the wild (called Jin Lin Shen/吉林參) has the highest quality of all forms of ginseng.

However, it is also the most expensive and is only used for very severe conditions. Cultivated ginseng comes in many different varieties. Cultivated “White Ginseng” (Bai Shen/白參) is used to treat deficient Qi energy and as a Yin tonic. Yin is compared to the “shade of the hill” and is associated with cool or cold influences on the body’s organ system. Yang is compared to the “sunny side of the hill” and is associated with heat or warming influences. Most Chinese ginseng is from warm to neutral. By contrast, the American Ginseng is very Yin tonic.

*Cultivated Ginseng not cured in rock candy is called “Dried Root”(Sheng Shai Shen/生晒參) and also nourishes, tonifies, the Yin.



Ginseng whiskers, red ginseng roots, and ginseng forest

*In China Dried Root is used as a substitute for American Ginseng, radix panacis quinquefolii(Xi Yang Shen/西洋参).

*Cultivated Ginseng that is cured by steaming turns red and becomes warmer in nature. It is called “Red Root”/红参 and is used to treat deficient Qi and as a Yang Tonic.

*Most Korean Ginseng is of the red variety and is stronger than its Chinese counterpart. Korean red Ginseng is very heated and potent. It is used in cases where people have lost blood. The small rootlets of this form are called “Root Whiskers”/参须 and are relatively inexpensive.



In 1995 while I was in Singapore, a business man gave me a bottle of Ginseng well packaged in a wooden box. He had bought a whole case of Ginseng in Korean because he thought it would be good for him. I asked him how he liked that Ginseng. He said he felt very heated and his mouth and chest became very dry when he used it. His nose was also dry and sometimes even bled. I told him that the Korean Ginseng was not proper for him. Instead, he should take American Ginseng because it is a Yin tonic, with cooling properties. Korean Ginseng is Yang tonic

that has very potent properties that heat the body. I explained to him that because Singapore is very humid and hot, he needed Yin tonic.

He was surprised but pleased to hear my explanation and gave me his last bottle of Korean Ginseng, which I brought back to the United States!

In another case, an orthopedic nurse who suffered from asthma received a box of red Ginseng from his Tae Kwan Dao master. He came to me in Ithaca for shoulder treatment, where he happened to tell me about the Ginseng he was taking. He experienced the same type of dryness and very bad nose bleeding that the business man in Singapore had experienced. I explained to him that this was because red Ginseng is too Yang. However, since he was a man and his energy was already tending toward the Yang side, I

recommended that he switch to a cooler, more Yin Chinese Ginseng. He ended up trading me his Korean Ginseng for some of my Chinese Ginseng.

Chinese Ginseng can save lives when needed. However, the Ginseng must be of the highest quality. When I was a child in China, my older sister had her appendix removed surgically at my father's hospital. The other person in the room was from the northern part of China. She was receiving emergency treatment because she was dying. I heard that she had pink mucous coming from her lungs, and the adults told me that she was not going to live long. Everyone was scared, especially my sister. I asked the adults if everything had been tried. They used Chinese medicine as well as modern Western medicine in that hospital, so my father suggested that they try a very expensive Chinese wild Ginseng/野山参. Half century ago almost no one could afford the highest quality of wild Ginseng and medical insurance did not cover the cost. Still, the doctors agreed and my father was authorized to give a last try. Just a few hours after she had been fed the wild Ginseng, her life energy came back. She and her husband were very appreciative. They told us that when they go back to northern China, they would send us back some special soybeans out of appreciation. I had never seen such large soybean before!

Ginseng is a perennial herb that grows perhaps 60-80 cm tall. The leaves have five leaflets shaped somewhat like a human hand. The best roots are shaped like a person with arms and legs. In fact, the word Ginseng is derived from the Chinese term ren-shen/人参, meaning "shaped like a man." Each root has many stems and the lower stems have lots of little white sacs that absorb the nutrients from the soil. When the land is used to grow Ginseng, it cannot be used for that purpose again for many years because the soil has to recover.

When I was in medical school, the teacher told us that Ginseng can sometimes be harmful. When you have a flu or a cold, you should not take Ginseng because it is too tonic. If you take Ginseng, the flu or cold can actually stay longer.

In 1994, a patient named Margaret bought a bottle of Ginseng extract at a local supermarket and brought it to me, saying that it gave her a headache. I did not know what the true ingredients in her bottle were, so I told her to try our 100% pure Ginseng. She did and the headache stopped. I am pretty sure that the Ginseng she bought had a different quality. That same year *Consumer Report* had an article about what you should watch out for in alternative medicine, and the article talked about Ginseng.

In 1986, I spent two month's salary to buy a piece of red Ginseng. Right after I gave birth to my daughter, I made a Ginseng soup from that root and felt my energies come back right away. It is a very common food tonic all over Southeast Asia.

Modern research on Ginseng is well done. Pharmaceutical and clinical research shows that panel derivatives have an effect on the central nervous system; peripheral nervous system; cardiovascular system; metabolic system; endocrine system; immunological system; gastrointestinal system; lipid metabolism; treatment of diabetes and stress. According to Consumer Labs, it is important to watch out for pesticide residues on the roots and, in some instances, to watch out for the addition of caffeine. Certain brands appear to be more reliable than others.

Our Special Green Tea

The green tea we both use and sell is imported from our hometown, Hangzhou, China. Hangzhou is a beautiful city with a beautiful West Lake. Many of our patients friends

have visited our hometown, all of them have been very impressed by its beauty and rich history.



Dragon Well Green Tea

Tea is the most widely consumed beverage on the planet, next to water. Green tea comes from the evergreen bush (*Camellia sinensis*), native to China and Southeast Asia. What makes our green tea so potent is the fact that the leaves are not fermented when processed. This allows the active

medical constituents to return unchanged. In addition to volatile oils, vitamins and minerals, green tea leaves contain polyphenols, powerful antioxidants that neutralize DNA-damaging free radicals.

The Dragon Well Green Tea/龙井绿茶 is a brand name well known in China. The tea bushes themselves were first planted during the Land Dynasty, from 618-907 AD, making them over a thousand years old. The tea has its own very special taste due to the very unique climate, soil and special technique to process the tea leaves.

Today, there is much publicity about how the high concentration of antioxidants in green tea helps prevent cancer, and combat the aging process. A study demonstrated that patients with stage I and II breast cancer who drank high levels of green tea every day had a lower recurrence rate. Still other studies reveal people who drink large quantities of green tea have lower rates of lung, esophageal, stomach, and other cancers.

Traditional Chinese medicine has long recommended green tea for headaches, body aches and pains, indigestion, depression, detoxification, and immune enhancement. Research

now suggests that polyphenols, in particular the catechin epigallocatechin gallate (EGCG), may be responsible for many of green tea's historical and newly discovered health benefits.

Shari and Tim are a



West Lake, Hangzhou, China

couple I knew before they got married. Both got sick quite often. After receiving our treatment for a number of years, I told them that drinking green tea will help their bodies stay healthy. Eventually they began drinking it and their health has greatly improved. Shari told me that they even let their two year old drink green tea now.

I was told that if you stay in America for five to ten years, you will get allergies, I was waiting for the allergies to come. I have been here now almost 31 years, and I have never gotten any allergies. I don't know why, but when many of our patients started to drink green tea, they told me that their allergies are gone. Maybe that's the reason.

Patient Pat wrote a letter:

"I thought giving up my coffee would be too hard to do, but since I have switched to drinking green tea, I have more energy without the nervousness I used to have when drinking coffee. I'm grateful. Thank you for setting me straight!"

It also must be said that all green tea has been shown to curb the sweet tooth. Sweets, when abused, cause all kinds of health problem.

Based on color therapy, "green" is useful for calming and balancing the heart, and is supposed to influence regeneration of cells and elimination of toxins. Color healing was used in the temple of Heliopolis in ancient Egypt, as well as in China and India. Hippocrates, who is the father of modern medicine, also created Color Therapy. This may explain why when we make green tea or green tea with different types of flowers, the colors of the flowers combined with the fragrance always makes people feel so relaxed

instantly! (For me personally, the green colors in the tea reminds me of my hometown, Hangzhou, which is very rich in natural beauty. The extraordinary bamboo fighting scene in the movie *Crouching Tiger/Hidden Dragon* was filmed there).

Sometimes, people say to me: “I don’t like it when the tea leaves reach my lips”. Well, in fact, you can eat them! In my hometown, there is a famous dish called “Dragon Well Green Tea Stir Fry with Shrimp”. Imagine that green leaf and coral-red lake shrimp with the fragrance of green tea! People visit our hometown and love it! It is well-known dish in China!

People ask me about taking tea “tablets” as a substitute for regular tea. I laugh and tell them that when you go to China one day, you will see many teahouses. In fact, you can see a picture of Chinese teahouse in this book. Right away you can tell that they are very serene and relaxing. Do you think you would like to walk into a Chinese teahouse and pop tea tablets? You can stay home and do this! Drinking tea is a culture and a way of social life in China. Many intellectual people like to get together to drink tea and exchange ideas. Mother Nature made the tea. I, personally, think that converting tea leaves into tablets is far too “pharmaceutical.” Take your time, I urge my friends and enjoy the process of making and drinking a nice warm cup of tea.



Dragon Well Green Tea Stir Fry with Shrimp

I met a person named Scott from Elmira. He has been living in Shanghai for more than five years. He helps the Shanghai government to layout city plans and projects. He was very impressed by the hard working people in



Jian Zheng Monk/鉴真和尚

China. He asked me, “The Japanese push the green tea a lot, who was the first to drink it? The Chinese or Japanese?” I told him that the tea bush has been planted since the Tang Dynasty (618-907AD). The Tang Dynasty

was a golden age in ancient Chinese history.

Everything peaked at that time in terms of development of manufacturing, medicine, tea, silk and language, etc. During that time, Jian Zheng

Monk sailed to Japan and brought tea, silk, medicine and language, etc. So who was the first? In 1868,

Japan changed its social system. This is especially

evident in 1945 after War World Two when Japan adopted a democratic system. Looking at world history, every nation has its own turn. It is our turn to push green tea now.

To convince people to change their lifestyle to a healthier one is difficult, even in China. McDonalds has its biggest restaurant in Beijing with 50 seats. Chinese people are changing their lifestyle to a Western one. Therefore, we now see all kinds of problems that were previously rare in China. Heart disease is the number one killer like every other development country. After that, comes hypertension, diabetes, cancer, stroke, and gout.... This evidence proved to me that food has a big impact on our body. I don't have statistics from China that reveal the cost of treating obesity there. In America, obesity and related illnesses cost \$17 billion annually. Also in America, the cost of health care in Gross Domestic Product is \$13.7% a percentage which rises every year.

For our part, we do our best to educate people about the critical impact that diet has on health. Our approach is PREVENTATIVE; we try to educate people before any health situation becomes serious. When the FDA grades foods into A, B, C, and D based on the transfatty acid level, people will then be more aware of the way foods directly affect their health. Transfatty acids occur in semi-artificial fats created by pumping hydrogen through liquid fats. These acids increase LDL (low density lipoproteins) and lower the HDL (high density lipoproteins) that are good for you. Studies conducted by scientists in the last 22 years confirm that a two percent increase in consumption of transfatty acids doubles the risk of developing heart disease. In food there is inherent medicinal potential or lack thereof!

Illness is Society - Treatment, Prevention, and Productivity/ Economy

Many people don't realize that in addition to the physical ramification of ill health, there are economic costs to sickness as well. For instance, flu or virus outbreak will greatly damage people's productivity, on the job and at home. Particularly impacted are working parents who must stay at home to care for their children. This in turn impacts employers. If we follow the ripple effect, we may be surprised to find how far-reaching it continues throughout society. (i.e., the recent SARS outbreak in China)

My question is why we cannot focus on the preventative to lower medical costs. Many years ago, my parents told me that they wanted to drink green tea, which was not then available to us here. They were determined to head back to China unless I could find them some. I immediately contacted my sister, Dr. Yu Fang, to have her send us our special green tea. They then explained this tea's many benefits. I wondered aloud to them if all people drink the tea, then will hospitals close their doors. They replied that the hospitals will never close their doors, as there will always be people who get sick. That is a law of nature. Sounds scary, doesn't it? Well, in the human history, humans always try

to be in harmony with nature. Our ancestors learned that there are many ways to go with nature's flow and lower the incidence of disease, therefore, to lower the cost of medical care. Below is an example of one of the preventative treatments that would benefit both our physical and our economic health.

Winter Disease Summer Treatment

As Chinese medicine is based on the Yin & Yang theory and the Chinese Lunar Year calendar, June 22, 2003 was the date that we started to treat winter disease on a preventative basis. On this date the indications were that the Yang energy had started to peak. By stimulating the Yang energy, we strengthen the immune system. This law of Yin and Yang applies to nature as well as to the human body.

In China, the “Winter Disease Summer Treatment” program is very popular. If you visit a Chinese hospital some summer day, you will see crowds of people waiting for this treatment. The scene looks much like when throngs gather to see an award-winning film. It's amazing! In the last few years, we have applied this method in this country, and have found it very effective.



Winter Disease Summer Treatment

Who is eligible?

People who suffer from asthma, allergies, and weakened immune systems—adults and children, and children respond very fast!

How does it work?

We use glass cups or plastic cups and apply them on specific acupuncture points for 5-10 minutes. Then, we put herbal patches on those spots and leave them on for one day. Every other day we will do the same thing over again for 12-13 sessions for a total of 24-26 days. This treatment is repeated for two more summers, after which the body automatically takes over doing its own summer treatment!

Does this treatment hurt or have any side effects?

No! You may feel a little ticklish during the treatment. It does not apply to skin sensitive people.

What to expect?

It will greatly decrease any asthma and allergy attacks during the winter season. Overall, you will feel healthier than before. For frequently sick children, it will increase the

parent's productivity without taking days off from work. The long term savings are obvious. As parents, do you want your children to be constantly sick?

Here are some letters from our patients:

Hey Dr. Fang,

I was just talking to J.C. the other day about the cup treatments. We have not gotten sick all winter, and we are outside for several hours everyday no matter what the weather because of our alternative lifestyle. We'll let you know how J.C. does with allergy season when the spring hits.

Good luck with all your endeavors and please let us know when cup treatment start this year.

L.J. February 27, 2004

Dear Jin and John,

My son's allergies, asthma, eczema and headache are gone, since the Winter Disease Summer Treatment program established by Jin Fang. He has shown dramatic improvement. We went through many Western medical programs, and nothing helped until this. He is very strongly interested in medicinal herbology. We are looking forward to continuing treatment!

Ellie Reed

April 22, 2003

Dear Jin and John,

My son Zack is doing great this winter! No more asthma and allergies attacks. Thanks to your Winter Disease Summer Treatment program!

Sandra Knewstub March 2002



Acupuncture treating stroke patient

Many years ago, Cayuga Medical Center president Bonnie Howell authorized acupuncture treatment for a hospitalized stroke patient. The patient's daughter had read a book about "Acupuncture Treating Stroke" which was written by an MD here in the U.S. She requested treatment for her father. Dr. Russell Zelko who is an orthopedic surgeon at the Center called me. I told Dr. Zelko that in China, immediately after emergency treatment for stroke, acupuncture treatment is mandatory. Stroke has to be treated as soon as possible and as much as possible with acupuncture. The patient was released to Dr. Zelko's office while she was in the hospital. John Shang, my husband had treated the patient three times a week for two months. Her daughter said that her mother recovered much faster than her first stroke.

In China, clinical research has proved that the stroke recovery curve is 99% if treated at an early time with acupuncture and Chinese herbs. With acupuncture treatment, it will include head acupuncture that will more likely help speech to recover as well as motion to recover.

If a stroke patient had 6-months of physical therapy, speech therapy would possibly be needed. Home nursing, nursing aides, and proper equipment... the cost would be enormous. This can be estimated in dollars. But the psychological and social impacts on patient and family are incalculable.

Other cases where acupuncture is shown to be very effective physically, emotionally and economically are:



1. Bell's Palsy:

Most of Bell's Palsy can be cured. If it were to be treated right at the beginning, the recovery curve is almost 100%. Acupuncture is the number one treatment for Bell's Palsy according to many websites. Our experience is three times a week for 1-1 1/2 month. We use Chinese herbs as well.

2. Fibromyalgia:

Acupuncture treatment is the number one choice for fibromyalgia, according to many websites. Chinese herbs are used even after acupuncture treatment.



3. Baby Breech:

If a baby is in the breech position, this can sometimes be corrected by administering acupuncture and moxibustion during the seventh month of pregnancy. Often this will cause the baby to reposition itself to the normal birthing position! The success rate is above 80% according to our textbook.



4. Inducing Birth

We have had good experience with inducing birth if the mother



Jin Fang's fertility patient with a happy girl!

doesn't want surgery. Only acupuncture is used.

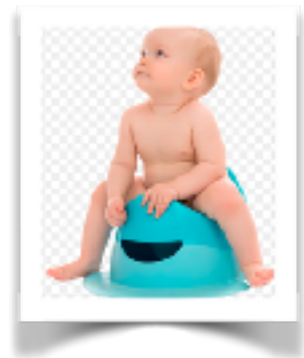
5. Infertility

April 16, 2002, a German study involving 160 patients who were awaiting embryo transfers. Half of the group received acupuncture; the other half did not. After six weeks, 34 out of 80 women (42.5%) in the acupuncture group were pregnant, while in the control group, only 21 out of 80 (26.3%) became pregnant. For more information regarding our infertility treatment, please read page 38 on **Developing the "Baby Boom" Formula for**

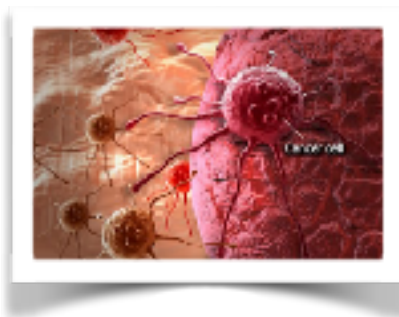
People with Infertility Problem.

6. Child Diarrhea

Chinese medicine has a very unique way to treat child and infants with diarrhea. We use the spine manipulation technique with a gentle touch. Depending on the case, Chinese herbs may be used.



7. Cancer



Chinese medicine for cancer treatment can be an adjunct treatment to chemotherapy and radiation. Based on Chinese medicine theory, the mind controls the body; acupuncture would help a patient to relax and make it easier to go through conventional treatment, therefore, increasing the immune system so that it is able to combat cancer. Also it helps alleviate the side effects from chemotherapy and radiation treatment,

such as nausea, fatigue, hair loss, etc. We are also amazed by advanced medicine from development of bio-technology. Some day people will no longer fear cancer. It will be like a flu or cold type of problem, which can be cured.



8. Menopause

As a practitioner I see many women suffer from hot flashes and have been told, "It's terrible! Sometimes I feel like a crazy monster" Most women are afraid of taking Hormone Replacement Therapy which possibly could cause cancer, heart disease, and stroke... They would prefer— and deserve— a more

Patient who received Jin's menopause treatment in 2003, Ithaca, NY

natural, less dangerous treatment. Chinese herbal medicine as well as acupuncture had been a long history to manage the menopause, to improve quality of life.

Above are the toughest cases for Western medical doctors. Chinese medicine has a very rich and time-tested history. Why can't we take it and use it?

Good news at <https://nccih.nih.gov> has a website for people who are looking for alternative medicine, they have a place to find out more information and research.



With today's global economy, we benefit from communication technology from all over the world; then why aren't we using something that we know works?!

More and more insurance companies are now starting to cover acupuncture treatment. Many years ago at Dr. Kamp's office, I told him it may take fifty years to get insurance companies to cover acupuncture. That was 1992.

In 1997, a Boston University research told the NIH panel that savings from acupuncture can speed stroke rehabilitation and effective carpal-tunnel-syndrome treatment that could cut the nation's annual medical bill by \$11 billion!

I wish insurance companies would do some experimental investigation to see which treatment or combined treatments both save medical costs and benefit the patients. Only the number will tell the truth!

Recently, we have heard a lot that our nation's productivity has increased. This is good news. One patient told me: "I work too much and my boss is giving me such a hard time! That's why I am sick and I am tired of it!" After hearing this, I think that maybe our increased productivity has become detrimental to employees' health.

Overworking can cause a lot of health problems, such as, fatigue, depression, anxiety, insomnia, heart attacks, hypertension, and even cancer. Although it is important to strive for high productivity, we also need to enjoy our work. Generally, the happier we are the healthier we are; which, in turn, sets the stage for optimum productivity. This may seem like something that is very hard to achieve in our fast-paced world, but with our herbs and other preventative measures (mentioned later in this booklet) you can achieve this equilibrium between enjoyment of life and work.



Why I Developed Happy Mood

Ithaca, New York is a college town, with both Cornell University and Ithaca College. In my early days here I encountered so many students with academic anxiety, depression and insomnia that I was led to develop my Happy Mood formula to balance their vital body system and enhance their focus, concentration and recall of

information. This formula works so well that many students who graduate from Cornell have continued to ask me to mail the formula to them!



I remember a nurse practitioner who drove from Syracuse to Ithaca in 1993 to receive acupuncture treatment the day before her exam. She also took three pills of my **Happy Mood** formula before she went to bed. She had failed this exam once before, but this time she phoned me to tell me the good news that she had finally passed. I was so happy for her. Another nurse practitioner student from Elmira was persuaded by a friend to get acupuncture and **Happy Mood** treatment prior to her exam. She, too, passed her exam.

Happy Mood is good for all ages, from eight to eighty years old. It has a very wide treatment spectrum range, too. For example, it helps with both ADD and ADHD. In one case, a teenage girl had a concentration problem. Her mother took her to see me for Irritable Bowl Syndrome. I suggested she try **Happy Mood**. Two month later, the mother wrote this:

“My daughter has had a remarkable change in her mood and ability to concentrate and sit for longer periods in school. She is already bringing up her grade point average! I recommend this herb highly! She has brought up her math grade from a 64 to 92! And her social studies grade from 72 to 98!”

My **Happy Mood** patients!



Another patient of mine wrote:

*“My daughter is so happy with your **Happy Mood!** She says it is such a pleasure to sleep! She feels she is not drugged. And if she wakes up, she can go right back to sleep again.”*

I have also discovered that Happy Mood is good for people who suffer from insomnia, anxiety, depression and mood swings. Additionally, it has been shown to help those who suffer from chronic pain fibromyalgia. Patients usually see the results in one to two days.

Patient Cecilia told us:

*“I have taken **Happy Mood** for one month now. I recently lost my husband and I feel that these pills have helped me with my depression. I am able to get through the day without constant crying or total sadness. I also used them once for sleeping. It relaxed me and I was able to have a good night’s sleep.”*



Patient who received from Jin for depression and infertility treatment in 2001-2003, Vestal, NY



My Happy Mood patients!

Recently, I had a father come in to pick up the Happy Mood for his eight-year old son, who has ADD and ADHD and the father told me:

“ I definitely see the difference when my son is not taking it. I think it is great herbal medicine!”

Before he left my office he bought another bottle of **Happy Mood** for his mother as a gift.

Happy Mood also helps people quit smoking while getting acupuncture by improving their ability to handle their jitters and stay calm.

Many of my patients call **Happy Mood** “herbal Prozac.” The most important characteristic of this formula is that there are no known side effects, and it does not



Happy Mood helps quits smoking as well!

interfere with other medications they are taking. Moreover, it is affordable to most Americans and involves no lifetime dependency. The herbal formula tonifies the heart, liver, and kidney energy so that they function together. This is why the same herbal formula, used in different dosages and at different times, can be used for such a wide variety of related problems. It is very versatile. Physicians familiar with *Happy Mood* often recommend it.

For more information about Happy Mood, please visit our website:
www.yinyangedu.com

How Did I Develop Grow Taller-Natural Chinese Herbal Medicine?

In early days we found our daughter may grow short when she really needs to grow taller. I found traditional Chinese herbal medicine to induce the growth at an early stage for kids only.

Grow Taller herbal formula helps stimulate bone growth naturally. The "golden period" of childhood growth starts at about age eight. To maximize results of **Grow Taller** herbal formula, it is best to consider starting a child around



ENDOCHONDRAL ossification
 (most bones of skeleton)

- bone develops from cartilage model (precursor)
- blood vessels infiltrate cartilage, forming bone
- primary ossification begins at center of diaphysis; secondary centers later form at epiphyses
- growth in length occurs at **growth plates** (cartilaginous areas between epi- and diaphysis; = **epiphyseal plates**)
- growth in thickness by appositional growth

this age or even a little later. This is especially true if your child enters puberty early. From the first bottle, kids noticed growing pains. If you have concerns I would be more than happy to give a complimentary consultation. Contact me if you need one.

This formula has worked well in China and also the USA. Formulated by Jin Fang in 1998 and encapsulated in the United States. All ingredients are FDA inspected and heavy metal tested.

Q: Any side effects from Grow Taller?

A: No known side effects. Safe and effective, if taken it at the right age for girls and boys.

Q:What is the right age?

A: Is your elementary child tall for her age? Then she needs the Grow Taller herb supplement! Why? Because Grow Taller will keep her bones growing even into Middle School.

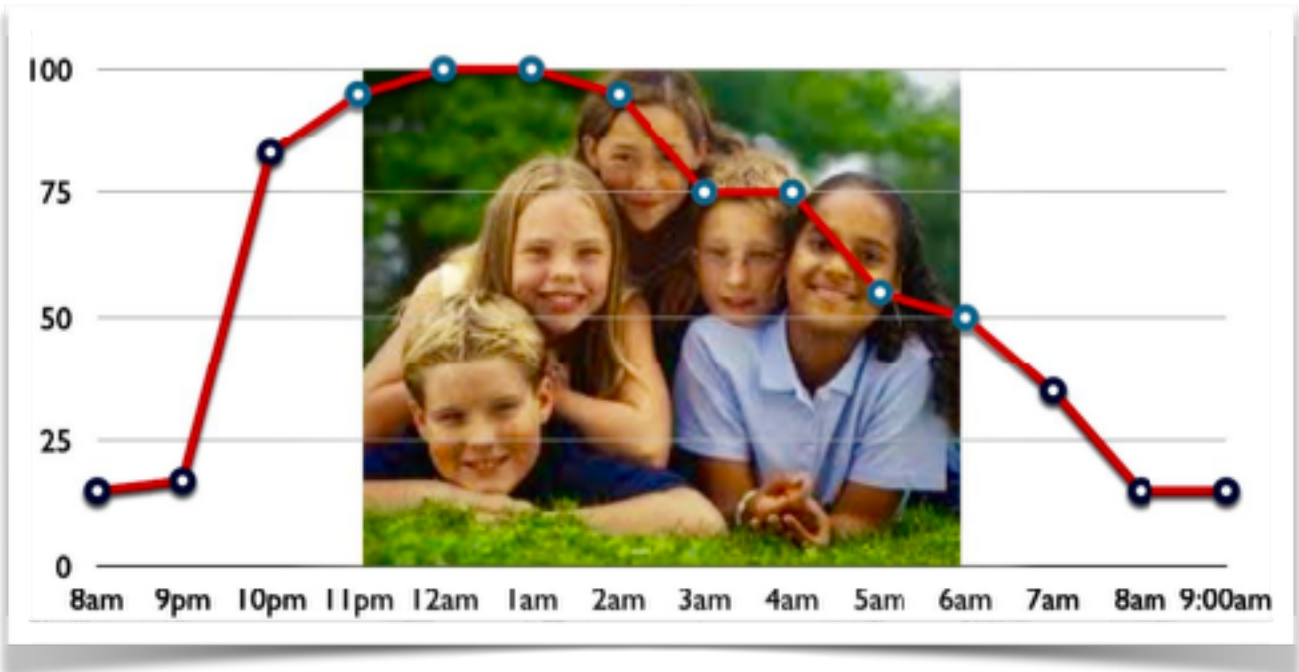
Q: Are your kids the tallest one in their elementary class?

A: If so, then they will likely stop growing very soon! Grow Taller Herb will help them keep growing taller!

This herb will complement your child's natural growth spurt and help them grow taller. Please consult with Jin Fang for further details.

Q: Do your children want to play sports? Do they dream of having a good job?

A: Then the Grow Taller Herb will help accentuate your child's elementary school growth spurt.



Growth hormone peaks at middle night

Jin,

My daughter noticed growing pain, just from the first bottle!

Patty R. Beth, NY June 7, 2012 (Her girl is 14 years old)

Hi Jin,

This is Sumona from Washington D.C. Please send two bottles of the Grow Tall supplement for my daughter. Please charge it to the CC you have on file. Answering to your last email, Diya started taking the supplement September 2015, she has grown a full two inches and a little more till now. She is now 12 years old, and is 4' 10".

Thank you!

Translation/翻译:

你好 瑾, 我是华盛顿DC的苏莫娜. 请为我女儿寄2瓶增高灵保健品. 请在你已有档案的信用卡上收费. 回答你上次的E妹儿, 蒂雅2015年9月开始服用增高灵保健品, 现在已经长了足足2英尺之多. 她现在12岁, 4英尺10英寸。谢谢!

Latest news from Linda, CA: my daughter grew 1 inch since starting your **Grow Taller** herbs in January! Less than 4 month. May 8, 2013 (Linda's daughter is 13 years old)



Rebecca is taller than Jin Fang, her mother.
Rebecca was at Harvard University

Developing the *Baby Boom* Formula for People with Infertility Problems



Baby Boom I and II, formulated by Jin Fang in 1992

One of my patients, a thirty-six year old Cornell graduate student majoring in nutrition, came to see me in June of 1992, asking for treatment of Interstitial Cystitis. I prescribed an herb for her before she left Ithaca for Africa for her studies. A few months later, I received a letter from Africa saying that symptoms were gone and she was pregnant. She asked for more herbs, because the herb seemed good for her.

That brought my attention to this issue. When she came back from Africa, I learned that she had been trying to have a baby for at least five years! The herbal formula I made for her was to nourish her kidney energy and cleanse her excessive internal body heat, which causes Interstitial Cystitis.

This patient told me that infertility in this country is very common. Infertility affects nearly 10 percent of the population. I did more research on this issue, especially studying the impact of changes in diet on the human body. For example, a group of people lived in Japan where they followed a low sugar diet with lots of vegetables. Their lifestyle was also relatively less stressful. Then they moved to Hawaii, where their diet changed and they began to consume more refined sugar, higher problem foods and that led to a more



January 21, 2017, triplets brought by their father to see me. What a happy and emotional year!



stressful lifestyle. Research found that the incidence of tubal blockage, endometriosis and fibroid cysts increased a lot in this population after the dietary and lifestyle changes. It so happens that tubal blockage and endometriosis are the two major cause of infertility. Similar results have been seen in populations undergoing dietary changes in Taiwan and China.

In the 4,000-5,000 year history of Chinese medicine, where both culture and society emphasize the importance of *family*, traditional Chinese medicine developed a strong appreciation for and understanding of infertility and its treatment. The Chinese approach is based on the principle of *balance*, which states that conceiving is a result of mind and body homeostasis. In this view, infertility arises due to the hyper-functioning or hypo-functioning of body systems. The objective of

traditional Chinese medicine is to return the body to its homeostatic state where the body and mind are in a balance.

Traditional Chinese medicine views infertility as a state of both weakened body and pathogenesis of the body. Infertility therefore is a condition of systemic imbalance and aging. Currently, there are several hundred herbal substances identified and used extensively in infertility treatments along with acupuncture, moxibustion, Qi Gong, dietary and other therapies.

When patients come to me for infertility treatment, I first ask them to change their diet and lifestyle. I ask them to do it whether they believe me or not. It is very different when you go to a conventional doctor for infertility treatment. I tell them



that my approach to infertility consists of *both of us*—practitioner and patient—working together to achieve our goal. I explain that they're not just handing over their bodies to me to do the job. I also encourage people to combine my treatment with Western medicine. Even now, as I write this booklet, one of our infertility patient who used both approaches confirmed that she is pregnant. She and her husband are very happy. They told me that they don't care which medicine worked as long as something worked. That's all they care. When my patients and I get results working together, they believe beyond all doubt what I have told them.



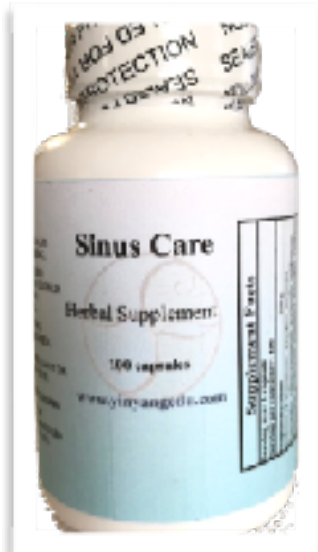
In 2003, I treated a physician for infertility. Her doctors told her that they could not help her. We worked together for three months

with extensive treatment of our special herbal formulas and acupuncture technique. Her healthy baby girl was born December 30, 2003.

For more than a decade, I have been treating many infertile couples. More than eighty babies have been born as a result of our special treatment. Only one question puzzles me still; my approach seems to produce more baby *boys* than *girls*. Most parents are so happy that they don't care which gender they get, as long as their baby is born healthy and smart.

To view more information regarding our special infertility treatment, please visit our website: www.yinyangedu.com

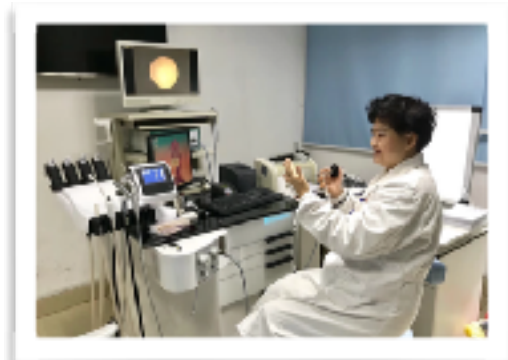
Developing the “Sinus Care” Formula



Remember my sister Dr. Yu Fang who was involved in the Turtle and the SARS story?

We have an herbal formula developed by Yu Fang, who is an excellent ear, nose and throat doctor, and licensed as an M.D. in China. Her specialty is ENT cancer surgery and she has been practicing for 35 years. Because she trained in both traditional and modern medicine, she was able to make her own herbal formula for her patients. The *Sinus Care* formula that she created is very good for all seasoned allergies and sinus pain, especially for people who also use antibiotics, since it balances and compensates for effects of the antibiotics. In 1986, before I came to the USA, she gave me the formula. This formula has become one of the herbal formulas in greatest demand in our practice.

One of my patients was a car dealer. More than ten years ago, his allergies were so bad that he had to wear a surgical mask to go outside. He was allergic to all kinds of medicine. His doctor could not treat him any more because his body reacted to so many medications. He came to me for help. I did acupuncture and prescribed *Sinus Care* for him. It took a long time, but finally his allergic reaction began to subside. He no longer needs a mask to go out, but he still comes to get his *Sinus Care* pills during the allergy season.



Jin's sister, Dr. Yu Fang ENT formulated Sinus Care



Dr. Yu Fang at Stanford Medical Center in 2009

His quality of life has improved greatly.

Another patient of mine was a 13-year old boy. This patient was unusual because I had never met him. I have only spoken to his mother by phone and mail. His mother, Judy, wrote this letter to me:

“ I just wanted to drop you a note to let you know how well our son, Michael, is doing since your herbs. After being sick for almost a year, he is finally starting to feel like himself again. Full of energy like a 13 year old should feel. Your herbs are the only medication Michael has taken for the past 3 months, and we think it’s wonderful. With your help we feel that our son is finally on the road to a normal active life. Thanks so much for your help and please be assured that you do have very satisfied customer.”

Formulating the Anti-Aging Mask and Scrub

When my daughter finally became a teenager, she was bothered by acne. She tried many over-the-counter medication that didn’t seem to work well. I told her that I saw some patients with acne and that I could try to do something for her. I explained that there are many ancient formulas that are good for skin problems, not just for acne. By working together, I was sure we could find those formulas. So we went through many old books, including one medical tract from the Chin Dynasty (1644-1911 AD). I modified the formula we found there to make the ingredients more suited to the U.S. The resulting treatment, which we call our Anti-Aging Scrub, has become the most popular facial formula in our practice. My daughter helped design the package. Since she started to use the formula, her face is always clear now. (I have also developed facial masks/scrubs for men.)

Based on Chinese medicine, our faces are the window of five organs, including the heart, liver, kidney, lung and spleen. If the energy associated with any of these organs has a problem, it shows on your face. Chinese medicine holds that the energy of each organ flows through a path called a “meridian,” which flows throughout the body, including the face.

For example, if you have a spleen meridian problem, it is likely that you may suffer from digestive problem or menstrual cramps. Your face would seem yellow or pale, and you would feel fatigued. If you have a liver meridian problem, your face may show a green or yellow color, and you would feel tired and stressed out. If you have heart or lung

meridian problem, your face would show a red or purple color, which indicates lack of oxygen. If you have a kidney meridian problem, you may experience lower back pain, foot aches and insomnia. Your face would be pale. You would have circle under your eyes that would be light gray or blue. If you have allergies, you could also have larger circle under and around the eyes.

In many ways, your face is like a flower. It can blossom or wither. Only Qi (energy) and a good smooth blood flow in the five organs can result in a healthy appearance.

Chinese herbal facial care has two approaches: external and internal care. Our external facial care formulas originated during the Chin Dynasty. The recipe is taken from ***Qin Gong Mi Fang***/清宫秘方 (Empress' Book of Secrets). In addition to acupuncture, this exclusive herbal formula can help reverse the aging process and improve the overall appearance of the face, as it has a positive effect on the internal organs as well as the skin.

One of our patients, Nancy, wrote me a letter. She is a model so she was especially concerned about her appearance:

“After utilizing Western medicine for relief from rashes related to allergies, and not getting the desired results, I decided to pursue an alternative approach to see if this might work.

One Sunday afternoon I visited the office of John Shang and Jin Fang with a reddened, blemished face. Jin Fang spoke with me and recommended an herbal scrub and a mask as a remedy. Two days later, my face was clear and blemish free.

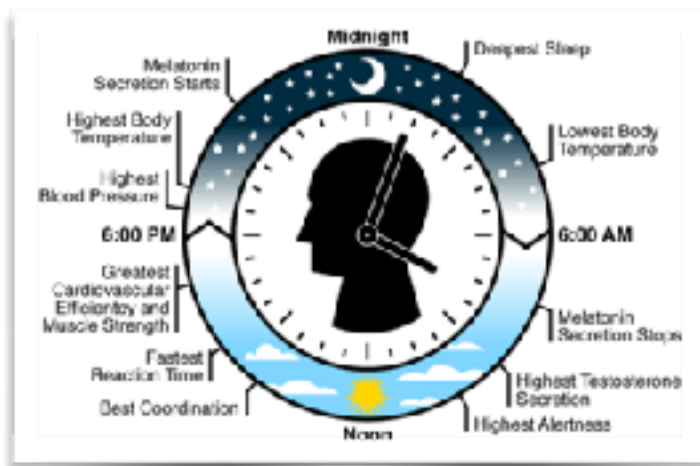
After spending thousands of dollars on cosmetic products, that didn't work, for a nominal sum I now have clear youthful skin, thanks to Jin Fang and her miracle cure. My skin hasn't looked this good in years and gets healthier day by day...”

Another of our patients, Karen, wrote to me:

“I feel the acupuncture and most definitely the facial has improved my skin dramatically. The skin tone is even, and I feel and look younger. I'm fifty-five and was ready to go for a botox treatment. I'm only going to see Jin and John for treatment from now on.”

We also advise our patients to eat and drink well. We tell people food is an extension of Chinese medicine. Anything you eat will have an effect on your face as well as your body. We can help advise a diet that best suits your physical needs.

The Best Time To Take Care Of Yourself-Biological Clock



The Chinese have always followed nature's clock. Recently, scientists have evaluated some of the Chinese historical and folk health prevention techniques. Here's what they found:

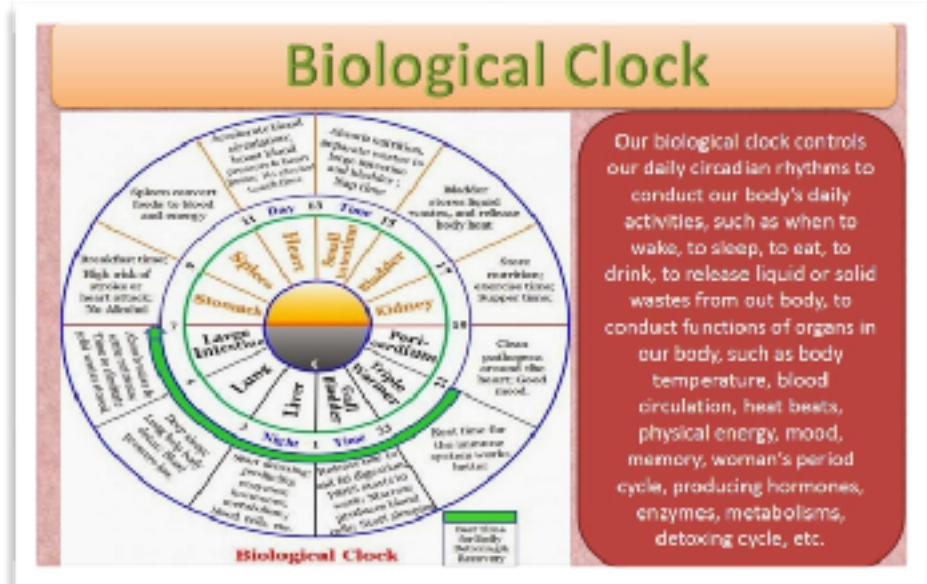
The best time to take a bath- The best time for a bath is just before you go to sleep. A warm bath can relax your muscles, tendons and joints, and help you fall asleep easier.

The best time for facial rejuvenation- The skin reaches its

optimal metabolism rate around midnight. This falls under the theory of traditional Chinese medicine, since the Liver is the organ of repair and rejuvenation and the Liver's time is 1am to 3am. Applying skin products before sleep should provide the most benefit to the skin.

The best time to exercise- Scientists have found out recently that best time to exercise is actually near evening. The reason is that physical strength to ability to adapt is best in the late afternoon or during sunset.

Sensory function such as smell, hearing and vision are at their best at this time. And at this time the body has a better ability to self-regulate, especially the heart rate and blood pressure. Many Chinese elders who are familiar with Chinese medicine prefer to exercise at the time since 5pm to 7pm belongs to the Kidney, the power station of life.



The best time to take a walk- There is an old Chinese saying: *You will live to a hundred years if you walk a hundred steps after meals.* Researchers have found out that walking within 45 minutes after a meal for 20 minutes at a rate of about three miles per hour releases the most calories. And walking two hours later for another 20 minutes can achieve significant weight loss.

The best time to sleep- The best time to take a nap is after 1pm when all your body's senses are naturally waning, making it much easier to fall asleep. The best time to fall asleep at night is between 10pm and 11pm, since between midnight and 3am many of our body function are at their lowest, such as breathing, body temperature and heartbeat.

The best time to brush your teeth- Brushing your teeth in the morning and evening is surely important, but the best time to brush them is within three minutes after your meal. The bacteria in your mouth will start to digest food left in mouth and their byproduct known to cause many cancers today, not to mention cavities. While the ancient Chinese did not have toothbrushes, they always drank green tea immediately after meals.

The best time to open windows- For the best ventilation, open your windows in the morning between 9am and 11am and in the afternoon from 2pm to 4pm since at these times the temperature has climbed up and toxic air at the bottom of the atmosphere is gradually diminishing.

The best time to eat fruits- Traditionally, fruits are served after meals. However, the healthiest way to eat fruits is one hour before meals, as a protective measure for the immune system. Researchers have found that eating fruits after meals excessively stimulates the white blood cell in our immune system. In addition, eating fruits after meals disrupts the proper digestion of sugar in the intestine, causing symptoms like bloating and bowel irritation.

Sometimes nature will control us. For example, many women have reported feeling their period coming on at the time of the full or half moon. This time of month often brings with it feeling of irritability, mood swings and inability to control their emotions. Chinese medicine has effective way to ease these symptoms. We use acupuncture and herbs to help women managing this period of time. We also have very special flowers with green tea to soothing the moods.

A Heritage of Loving Care-Parents and Their Children

Spending time with my daughter and watching her grow is my most precious gift. I grew up with my two older sisters and we were blessed with parents who gave us as much love and attention as possible. During the Cultural Revolution, although times were extremely difficult to every Chinese individual and we were materialistically poor, my parents made certain we were rich in spirit, emotion and love. These beliefs were also true of my extended family most of whom were directors in various medical fields.



Jin Fang, on right is youngest in the family

My grandfather was a renowned epidemic disease control

specialist who received a government award for his work during the early 1950's. His contribution to the country, by saving peoples lives earned him the great honor of meeting with Premier Chou En Lai in Beijing.



Jin's father on right and grandfather on left
1962 in Beijing

The Cultural Revolution which took place from 1965-1977 was a man-made catastrophe of modern Chinese history. Thousands of people died from government mismanagement. In 1970, my sister, Yu Fang, was supposed to enter high school. My father was experiencing political problems because of his relationship and belief in the Gut Ming Tang regime which was anti-Communist. Before 1949, he was part of the Nan Jing government. Shortly afterwards, the Communists took China. The school my sister was slated to attend had several meetings. The outcome of which was

her being denied admission due to my father who was the saddest person of all. My sister went to a factory as a welder when she was 16 year old. She didn't wear gloves, and since it was winter time, her hands soon became cracked and bloody. Because of her good performance, the factory sent her to Shanghai to study more technology. Since then, she started her own high school course study. No one at that time knew that college entrance exams would be offered eight years later. Ironically, all her classmates who went to high school didn't get into college. The only person in her class without a high school degree took the college entrance exam and passed! This is my sister, Yu Fang!

The college entrance exam was 40 years ago, time flies! My sister has become very experienced doctor, she is a director, the highest level of practice medicine is still working.

In 1977, after the Cultural Revolution was over, my father was appointed by the government to be a congressman; I remember he had many meetings and was required to travel a great deal. When were in our second year of college, my father finally decided to take a vacation at Yellow Mountain, the most gorgeous mountain in China. The last vacation we had was 21 years ago! He told Governor Li about his plans. The governor was very happy to hear of them and asked my father to meet with the mountain officer. It turned out that anywhere we went was free. We enjoyed seeing the sun rise and sun set in the mountains, but were puzzled by all the free longing. No one



Dr. Yu Fang and Jin Fang at Vestal office NY in 2009



Yellow Mountain/黄山, China

had treated my father like this before. He felt guilty because he thought he shouldn't have been treated this well. My father decided to shorten his vacation to only four days instead of ten days and went back to work.

In 1978, after the Cultural Revolution was over, and would be the first time in nearly 13 years that college entrance exams would be offered. At this point my grandfather furnished my sisters and myself with books in hope of preparing us for the exam. In his

last days of life, he was still thinking of us, concerned whether or not we had been accepted into college. My grandfather was able to pass peacefully, knowing that his dream for his granddaughters had been realized.



Jin's father, Zhu Fang, a Western pharmacist in 1950's Hangzhou, China

When my daughter entered my life, I experienced the crucial issues faced by every parent, among them were her health and education. I felt very fortunate to live in Ithaca; it is a community of open minded individuals who are receptive to new ideas, particularly in the areas of health and education. My daughter was born in a local hospital and has not returned until a recent ankle injury. Although she gets infrequent colds, my form of treatment is not conventional. Rather than using mega doses of antibiotics, I treat her with herbs and or acupuncture. When she little, she was given antibiotics to fight the possibility of infection

following a tonsillectomy. This procedure was performed in China with my sister acting as her primary care physician. She has never had an ear infection. My daughter and I enjoy, as well as reap a multitude of benefits from the following ritual we engage in every evening prior to her going to sleep. This ritual involves spinal cord manipulation utilizing two fingers to press both sides of the spine while slowly moving up and down until she experiences a sensation of heat. I do thumb pressure on her shoulders. In the end, I use my hands to “chop” her back. I found that spending five to ten minutes with her before she fell asleep is very important, not only to strengthen her immune system, but also to give a sense of security. Mother will always be with her.



Jin and her daughter, Rebecca at Great Wall in 1995

At same time, she helped me too. She was my built in helper. When she was eight years old, I had a bad headache one day, and I asked Rebecca to do some acupuncture on me. At first, she was surprised that I asked her to do it, and then she was scared because she thought that she couldn't do it. I told her, “Yes, you can do it. I will teach you.” I told her



Baby Massage to strengthen immune system

which spots to put the needles in and she did it. My headache went away very soon. She was very happy for me and for herself. The next day, when I was going to work on my patient in the room, I heard a sound like a cat scratching on the outside of my door. I stuck my head out of the room and saw Rebecca there. She

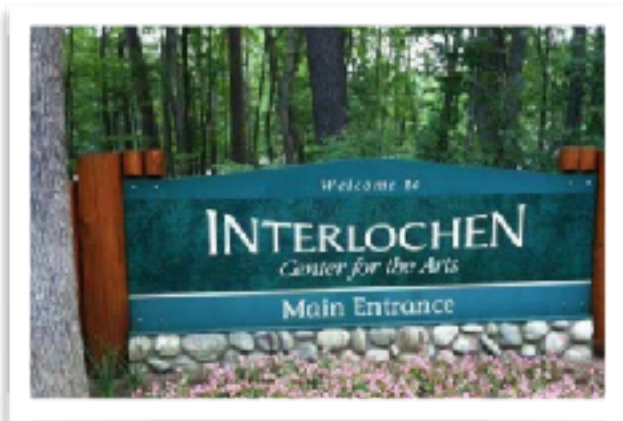
said: “ Mommy, I want to do acupuncture on your patients!”

All of us started laughing, and she was very puzzled. I told her,

“You can only do acupuncture on Mommy; you need a license to do acupuncture on my patients!” Now she understands why.



Rebecca likes to play piano



Rebecca went to Interlochen Center for the Arts for 7 years for piano training

Sometimes, kids have a lot of stress, especially when they make mistakes. As a parent, how to deal with this without putting more stress on them is a learning

experience. Many years ago on a snow day, school was closed. Rebecca wanted to bake muffins, because I never learned how to bake muffins. In China, there are no ovens in people’s homes. So I let her do it. Suddenly, she rushed down the stairs and told me with fear, “ Mommy, I made trouble!” I went up the stairs and looked in the kitchen. I saw a whole gallon of olive oil dumped on the kitchen floor. She was very scared. I started



Interlocken, Michigan

laughing, “Rebecca, you always wanted to go to Westchester to ice skate with your cousin; now you can have oil skating without borrowing shoes!” She started laughing

hard right
away and
said,
“Mommy,
you are
good!”



Rebecca became professional pianist

In the
summer of
2002,
Rebecca
attended the
Interlocken
Arts Camp



Jin visited Interlocken in 2007
It was a surprise trip!

and violin studies. She called me on the phone and said, “Mommy, five girls lined up and I did massage on them and they all loved my massage. I did spinal cord manipulation, thumb-thumb, and chop-chop!” I was laughing so hard that I almost dropped the phone. I told her, “Your fingers are for piano! Not for massage!”

“The benefits of hand contact show up at almost every age,” says Psychologist Tiffany Field, who directs the Touch Research Institutes at the University of Miami School of Medicine. Premature infants who are held in the arms of someone develop faster than those left alone. Healthy babies who get lots of physical contact cry less and sleep better.



Jin Fang is treating baby with
acupuncture for growth delay

Here are two pictures that
show an interesting story.
Lucia is premature baby. In
September 2001, I started to
treat her with acupuncture
and Chinese herbal medicine.



The baby has grown up!

In about a month, she had
grown 1.33 inches. I taught her

parents to do the spinal cord manipulation and foot massage
every day. From the picture you can tell that method worked well.

We inherit everything from our ancestors; their dreams, genes, behaviors, personality traits, life styles, work ethics, as well as patterns of diseases.



Rebecca went to Harvard in 2012

Many times, parents bring in a sick child for help. I tell parents that when the flu or cold season is going on or you feel that it is coming soon, kids will bring a lot of germs home and that will have an effect on the parents and get the parents sick as well. The best way to prevent all family members from getting sick is to drink a lot of hot soup, such as chicken soup, rice soup, noodle soup and vegetable soup... anything with soup. This will bring everyone to blow their noses and of course, wash hands as much possible. Blowing your nose releases toxins in your body. An ounce of prevention is worth a pound of cure.

For kids to grow strong mentally and emotionally, spinal cord manipulation is my top choice for enhancing this along with foot massage. Kids will remember this, and their health will carry on for a lifetime.

Loving and giving this is what I learned with our daughter, Rebecca. We are enjoying her so much. Because of her, I started my musical therapy treatment. On the day of September 11, 2001, she came back from school and I was waiting for her at the door with fear. I asked her, "Do you know what had happened?" She replied, "Yes, the principal made an announcement." She went to the piano and started to play for a while. Afterwards, she came to me and said, "Mommy, I feel much better now." Suddenly, I realized that she can deal with stress better at her young age than I do now. It was the first time that I learned that her piano training was of equal importance as learning Chinese.



“You don’t miss your water ‘till the well runs dry.” I am often thinking about this song. Just like I miss our old generation, my father and my grandfather... I know someday she will leave us to start her own life. She belongs to this world.

Musical Therapy



With our decades of practicing Chinese medicine, we truly believe that health care is a multi-dimensional issue.

Musical therapy is one of the many services that we provide. My understanding grew partly out of appreciating our daughter’s piano skills, which not only provide my husband and I with enjoyment but also helped reveal a therapeutic side to music as well.

In old Chinese writing, the character for “medicine” is composed of the characters for “music” and “herb.” This implies that music is closely

related to healing, as recognized by our ancestors several thousand years ago.



Music + Herb+ Medicine

Song Dynasty (960-1279) capital: Hangzhou, China (Jin Fang’s hometown)



Music is a different kind of language that we use to communicate with each other. The ancient Chinese used five tones in music to match the five elements and the five organs of the human body in order to treat illnesses. With this in mind, I have developed musical therapy that assists everyone in varying degrees.

We have many unique records from ancient times for specific problems. I think that the healing process is a combination of sounds, smells, tastes, touches, visions, images, and medicine. Sound is an energy wave that will impact or influence your mind, body and spirit in many ways. We offer individualized music for prevention as well as for healing. We use contemporary music as well as classical music, and we “prescribe” specific types of music based on the patient’s personality, situation, and physical condition. The music can inspire, invigorate or tranquilize. Some people say they actually hear and feel the power of healing in the music.

Your Health as Your Business - Learn from My Own Tragedies



Along the way I met and married John Shang, with whom I had been school mates forty years ago in China. At home, he had been an orthopedic surgeon, in America he, like me, was working with herbology and acupuncture. It was during our early years of marriage that I began to relate to my body

and to my health in the way that I now understand and teach: *You must run your health as you would run a business.* Doing so is, among other things, cost-effective. I will tell you how I came to understand this particular way of relating to my health.

I was having great success with the treatments I was giving people, and I had plenty of evidence that acupuncture was a very effective means of healing. But at the same time that I was enjoying this sort of rewarding experience, I was also experiencing personal tragedies. The day before Thanksgiving of 1997, while I was scraping ice from my car, my abdomen began warming which made me worry since I was pregnant. My husband told me to stay home. He worked in my place in the other office. I went to bed. That morning, a patient who suffers anxiety attacks called. She desperately needed help. Even though I was bleeding a lot. After her treatment, she was no longer suffering from an anxiety attack. The next day, Thanksgiving, I miscarried what would have been my second child.

The next year, pregnant again, I was rear-ended by another car while driving to Vestal, NY, and experienced my second miscarriage. My health began to deteriorate. My face became puffy and discolored, and I felt very weak and without spirit. It was painfully ironic to me that, through acupuncture, I had helped so many families resolve their infertility problems, but I could not carry another child to term.

Sometime, I sat at the table and looked out at the trees, with the blue sky with cotton cloud patches on it. I saw red-headed cardinal birds flying in between bushes, and heard they were singing... My thoughts flew, if I had just stayed in bed and not seen any patients the first time, I probably would have more kids now. I was not working at the restaurant like I did before. I was just working constantly with patients. I remember when I was in China, I ordered one of my patients who had a miscarriage once before to stay in bed all the time and she had a baby boy. I am with them all of my life.

When many, many patients send me the pictures of their new babies which were conceived through my acupuncture and Chinese herbal medicine treatment, I realized that life is a gain and loss experiences to some extent. I am truly happy for all those mothers



I enjoy home grown plums and watermelons



Gardening become part of my life, flowers make me happy and appreciate life so much!

energy into their physical well-being. As my husband John and I focused on helping me regain my health, I more fully appreciated the ancient wisdom that *food is an extension of medicine*. By eating very specific foods and using carefully chosen herbal remedies, along with acupuncture treatment from my husband, my body began to heal and I did fully recover, both physically and emotionally. Now



The house before my garden working

and their families. I totally understand where their anxiety, and emotional stress come from.

That makes me gain more energy to help them with my heart! I feel all those baby girls and boys are MINE! Sometimes at gatherings I will ask a mother “Which one is mine?” and the mothers says, “This one is yours”.

My husband and I began to work together to improve my health. I came to understand that many of us simply do not know how to take care of ourselves, and also that many simply do not want to put a lot of time and



Spectacular view attracts many of neighbors

people often comment that I do not seem to age!

In my practice I have seen many women who have gone through experiences similar to mine, women whose health has fallen off and some who have stayed



ill. When I see these women, I wonder if they know how to take of themselves. Do they know how to make themselves look and feel good? Do they put effort into their own health care? If they don't know how to take care of themselves, are they willing to learn? Or are they expecting someone else to fix what is wrong with them? Like a beautiful flower or a well-rounded child, we have to give our bodies a

lot of attention which are effort and discipline. **Nothing grows well without good care.**

What that long journey taught me is that I very much want to help others to understand that we are responsible for our own health,



and that it requires the same kind of attention, time, and energy we would put into a business we wanted to keep running well. I want people to learn the health benefits herbs and what they eat. And I also want to continue bringing healing and relief to the many who can be significantly helped through acupuncture.



Love and joy filled with my heart

The Changing Medical Model

I began in the medical field at a very young age by watching my parents and their colleagues hard at work. For example, at age 5, I watched my father mix Chinese herbs to treat various diseases.

As an adult, I have been directly involved in medical practice for two decades. During this time I have witnessed vast changes of the traditional medical models. Changes are occurring *everywhere* throughout the world.

Medical models represent systematic methods or approaches to understanding health and disease which become the foundation of medical practice. The earliest medical model is the religious or spiritual model, which holds that GOD, or some higher power, spreads health while demons or spirits spread disease. Disease is often seen as a form of



punishment for wrong-doing. In this model, humans “fight” disease by living good lives

according to the prescription of religious faith and by asking GOD or other higher powers for miraculous healings.

The religions model has lasted the longest in human history and is found in virtually all cultures to this day. For example, during the SARS epidemic in Chia, many people went to buddhist temples, and did fire offerings to expel demons believed to be associated with the disease. Although miraculous healings continue to occur even in modern times. religious healing is not based on science and often has little or no real effect.

Early medicine, as opposed to faith healing, is a part of *natural* philosophy. It is based on the “Natural Philosophical Medical Model,” from *Fluid Hypothesis* of Greece to the *Qi, Yin* and *Yang, Five Elements* of Chinese medical tradition. The Natural Philosophical Medical Model holds that the law of nature is the doctor of disease. It also holds that working with nature, applying natural healing, dieting and exercise, and massage are all essential for good health. This model disassociated medicine from religion and began to develop a clinical approach to treatment. It was a very important step in the development of medical history.

During the Renaissance period, the “Mechanistic Medical Model” emerged, based on the principle of mechanics. This was very essential for serious research on the structure and function of the human body. Over hundreds of years since that time, anatomy physiology and pathology were gradually established and developed. This important movement succeeded in turning medicine from an art into a science.



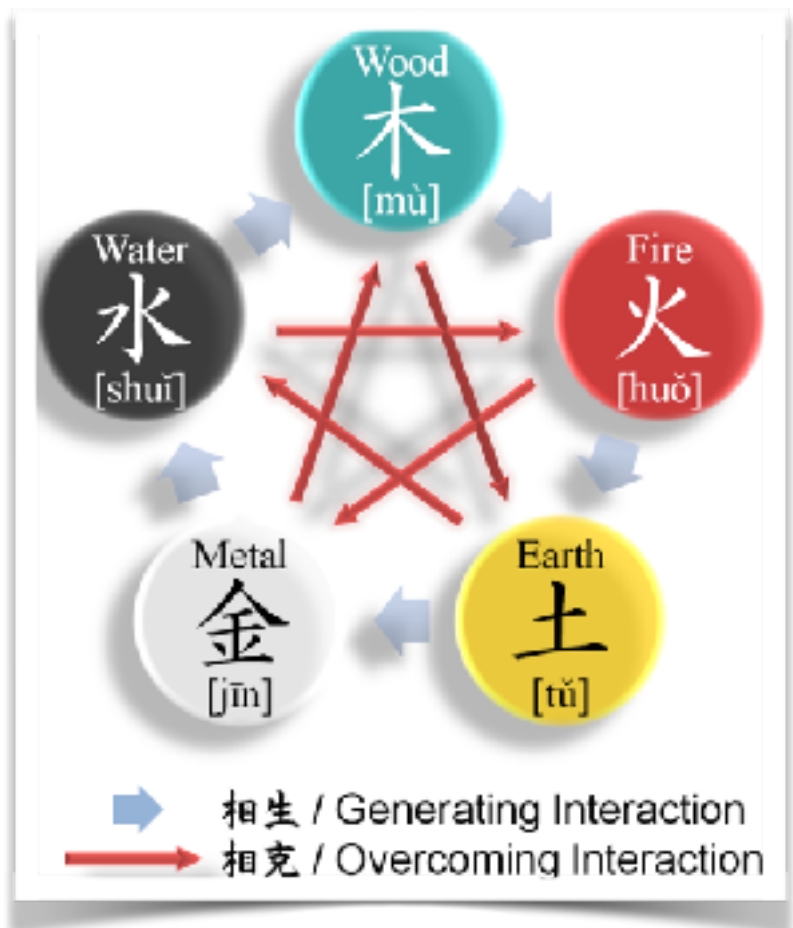
With the development of microbiology and immunology in the 19th century, we began to understand more about the cause of diseases and methods of prevention. This knowledge eventually established the “Biomedical Model.” This model looks for reasons for ill health that may stem from any of three sources: habits or behaviors, nature and the patient’s biology. These three aspects help us to understand health and disease and their relationship to each other.

In the last century, non-infectious diseases like heart disease, diabetes and immune deficiency diseases became real challenges to the medical world. Despite great improvements in modern bio-technology, the hectic pace of people’s lives and the competitive global world in which we live has produced many new cases associated with stress, depression, and anxiety. It is very difficult to treat these kinds of mental illnesses adequately using only the Biomedical Model.

In 1977, a well-know doctor named Dr. Engle, created a new model called the “Bio-Psycho-Social Medical Model” to express his view on modern medicine. In this model, more new branches of medicine are being formed. The one I favor is the Psycho-Neuro-Immunology. It lets the mind and body connect with the mind over the body. It is very similar to the Chinese medicine theory, that the liver, heart, and kidneys control emotions.

The Liver belongs to the element Wood. The emotions associated with Wood are anger and depression. Persons with volatile, overactive livers are prone to volatile fits of anger followed by bouts of depression, and often have a tendency to shout (Wood sound) at others. Usually, we see the tongue is red and dry, the shape is long and pointed.

The Heart belongs to the element Fire. The heart regulates the other organs by controlling circulation of blood. It houses spirit and thus governs one’s moods and clarity of thought. It is closely connected to liver functions by



the generative mother-son relationship of Wood to Fire. Unhealthy heart activity is reflected on the face by an uncharacteristic redness. Also the tongue will appear purple-red (as opposed to the pink-red of a healthy tongue).

The Kidneys belongs to the element Water and store life-essence. A child who suffers from chronic fear (Water emotion) tends wet his bed (urine belongs to Water), he probably has weak kidneys (Water organ). Tonifying the kidneys with herbs, or herbs and acupuncture should quickly eliminate symptoms of fear and incontinence. Chinese medicine is well ahead of Western medicine in tracing and treating the physical cause of mental disturbances.

The best demonstration of treating mind and body imbalance is made by taking *Happy Mood*, because the herbal formula tonifies the *heart, liver, and kidney* energy so that the three organs work together. In just a few days, you will probably feel a big difference in terms of mood and spirit, allowing you to be more productive and **HAPPY**.



Research studies show that for people with a stress level above 300 units, 77% get sick in one year. (For example, the death of a spouse is 100 units, a stressful working environment is 90 units...) Research also shows that on average, children laugh over four hundreds times a day while adults only laugh seven times a day, meaning that adults' minds are generally more stressed than children's minds.

We have developed a new medical model that integrates a mechanistic

approach with a holistic approach. We use a multi-cultural and multi-dimensional approach to present alternative medicine viewpoints into the American society. That is, our goal is to integrate the power of Eastern and Western medicine.

The future of medicine is to combine all of the aforementioned models so as to best benefit human beings. Of course we need surgery and drugs, but *also* acupuncture, Chinese herbal medicine, chiropractics, aromatherapy, homeopathy, hypnosis, meditation, Qigong, bio-feedback, reflexology, Reiki, massage, Tai Chi, Yoga... Moreover, we need a combination of sounds, smells, tastes, touches, and visions to stimulate our systems. This type of medicine is always at our disposal when we are attuned to the gifts around us in music, flowers, good and healthy foods, the arts—even our dog or cat.

When I came to Ithaca and talked about acupuncture to people in 1987, almost 99% of people never heard of it. Today, I would say that number has reversed, maybe only 0.1% people have never heard of acupuncture in Ithaca.

Beginning in 2004, the University of Colorado's Department of Family Medicine will offer the first residency training program in holistic medicine. That will include acupuncture and Chinese herbal medicine, bio-molecular therapies, botanical medicine, energy medicine... The topic covered will be exercise, nutrition, spirituality, the environment, and behavioral and social medicine.

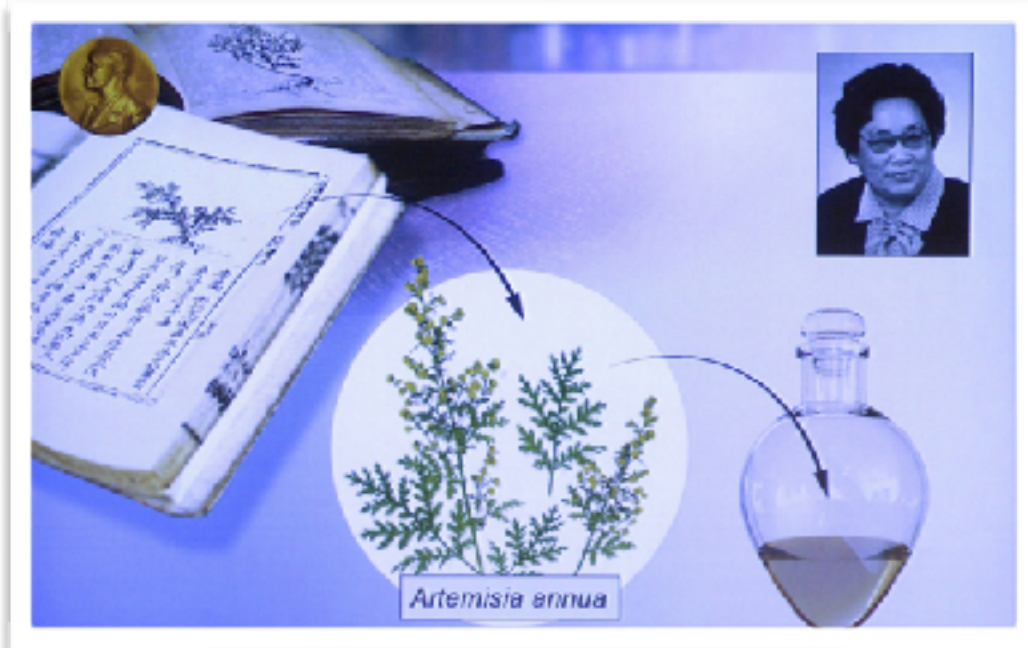
The future of pharmaceuticals will not deal with Chinese herbal pharmaceuticals and Western Pharmaceuticals as did my parents' generation. With changing of the medical model, the future of pharmaceuticals will be NATURACEUTICS.

NATURACEUTICALS is committed to applying Western scientific methods and quality control techniques on herbal materials and traditional medical applications, and to provide health professionals with factual and clinically-pertinent information.

Tu Youyou became the first Chinese woman to win a Nobel Prize for her work in helping to create an anti-malaria medicine. The 84-year-old's route to the honor has been anything but traditional.

Tu Youyou won the **Nobel Prize** for medicine in 2015, but she doesn't have a medical degree or a PhD. **Tu Youyou**





attended a pharmacology school in Beijing. Shortly after, she became a researcher at the Academy of Chinese Traditional Medicine. In China, she is being called the "three noes" winner: no medical

degree, no doctorate, and she's never worked overseas.

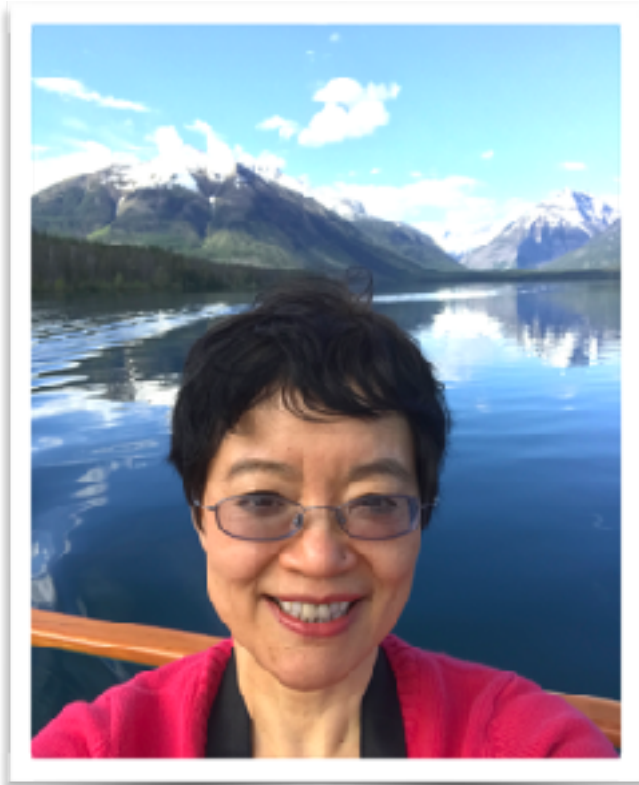
Someday we will not differentiate between Eastern and Western medicine. We will just say **MEDICINE**.

My Dream

Twenty years from now, I would like to have people come to me and say, “Jin, we read your book and we’re acting right away on our own health problems.” Now we are enjoying physical, emotional and financial well-being. Our family, friends, doctors and bosses are very happy and your book is PRICELESS!



About author:



Glacier National Park May 28, 2017

Jin Fang and Xue-cheng (John) Shang studied at Zhejiang Traditional Chinese College in Hangzhou, China from 1978-1983.

Jin Fang came to USA in 1987 to join her first husband who studied at Cornell University.

Jin Fang is a member of the National Certification Commission for Acupuncture and Oriental Medicine. In 1992, Jin Fang became the first New York State licensed Chinese acupuncturist and herbologist. She practices acupuncture with her husband John Shang, who was an orthopedic surgeon in China. She and her family live in Fairport, NY

Jin Fang particularly focuses on health concerns of women and on preventative medicine for men, women and children. She is very interested in the impact of health issues on the economy. She is dedicated to the interaction of Chinese medicine and healing philosophy into America's lifestyle.

After thought:

The journey never ends; I will keep writing and providing more information to you, as time goes on.

www.yinyandedu.com

My Family and Life



Jin's father, mother and grandmother in 1950's



Jin's mother, a Western pharmacist, who was working in the countryside in 1960's during Culture Revolution



Jin, her grandmother, and a relative in 1970's, Hangzhou, China



Time flies, my father passed away in 1999; my mother is still alive and well, my daughter has graduated from Harvard and she is a diplomat for USA



Rebecca volunteered work in the countryside in 2007, JianDe, China



Rebecca delivered a speech on behalf of Georgetown at the National Portrait Gallery in D.C. on Oct 28, 2011



Rebecca is honored to be a diplomat to represent for the United States America



Mexico cruise trip, 2011



XiAn, a historical city, 2013, China



Pear of East, TV Tower Shanghai, PuDong, China



XiAn, an ancient city, Terracotta, China 2013



LeSan Buddha/乐山大佛, 2013, China







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