

"Provides profoundly insightful and actionable information . . . transformative."

— David Perlmutter, MD, author of *Grain Brain* and *Brain Wash*

True Wellness for Your Gut



Combine the best of
Western and Eastern medicine
for optimal digestive and
metabolic health

CATHERINE KUROSU, MD, LAc
AIHAN KUHN, CMD, OBT

Foreword by Michael M. Zanoni, PhD, LAc

Combine the best of Western and Eastern medical traditions to treat and prevent digestive disorders, diabetes, and obesity.

"True Wellness for Your Gut provides profoundly insightful and actionable information . . . may well serve to be transformative in charting [your] health destiny."

—David Perlmutter, MD, author of *Grain Brain* and *Brain Wash*

"Extremely useful modular approach . . . allows you to modify treatment as you improve."

—Michael M. Zanoni, PhD, LAc (from his foreword)

"Examines some of the most up-to-date principles of the human gut microbiota."

—James D. Panetta, DO, board-certified gastroenterologist

"Provides an easy-to-follow guide to proper nutrition, stress management, and overall health and wellness."

—Alice Newton, national board-certified licensed acupuncture physician

"A valuable and wide-ranging wellness resource."

—KIRKUS Reviews

True Wellness for Your Gut will help you reach your goals and stay motivated along your journey toward better gastrointestinal health and overall well-being.

The authors show how sleep, exercise, nutritious food, stress management, acupuncture, and qigong favorably impact the gastrointestinal system. These modalities restore balance in the nerves, hormones, and neurotransmitters that improve digestion and metabolism.

A special section is devoted to discussing the human gut microbiome, the bacteria we harbor in our intestines, and how the microbiome is essential to our health.

With this book you will

- Discover the strengths and benefits of both Western and Eastern medicine
- Understand how chronic stress is your biggest obstacle to healing, and what you can do about it
- Restore the internal and cellular balance of your body, which directly improves digestion and metabolic function
- Learn how to create a multidisciplinary care team for a strong alliance between your Western health-care providers and Eastern practitioners

True Wellness for Your Gut encourages individual responsibility and prepares you to take the first step on your healing journey. By combining cutting-edge scientific discoveries, ancient wisdom, and practical advice, this book will lead you through a transformation to true well-being in body, mind, and spirit.

MONICA LAU
PHOTOGRAPHY



Catherine Kurosu, MD, LAC, is an obstetrician and gynecologist who now specializes in acupuncture and Eastern medicine. She lives and practices medicine in Kailua, Hawaii.

CHRISTINE NICOLE



Aihan Kuhn, CMD, OBT, is a medical doctor trained in both Western medicine and traditional Chinese medicine. She lives and teaches in Sarasota, Florida.

Look for other books in the *True Wellness* series focusing on specific ailments and providing actionable tools you can use for integrative health care.

Cover design: Axie Breen. Cover images: Shutterstock/ Olga Axyutina and HorenKO



YMAA Publication Center

1-800-669-8892

info@ymaa.com / www.ymaa.com

Praise for *True Wellness for Your Gut*

“Hippocrates famously stated, ‘All disease begins in the gut.’ And, as it relates to the number-one causes of death on our planet, chronic degenerative conditions like diabetes, Alzheimer’s disease, obesity, and coronary artery disease, what goes on in the gut has wide reaching and even existential implications. As such, we welcome *True Wellness for Your Gut* as it provides profoundly insightful and actionable information that may well serve to be transformative in charting the reader’s health destiny.”

—David Perlmutter, MD, author, New York Times
bestseller, *Grain Brain and Brain Wash*

“I recently had the pleasure of reading *True Wellness for Your Gut* and I must say I thoroughly enjoyed it. As a board-certified gastroenterologist, I found the chapters involving the anatomy and physiology of the digestive system to be very detailed and well-researched, yet concise, logically presented, and easy to understand. Not only was it an excellent review of some of the basics for me, it also allowed me to expand my knowledge in the field of gastroenterology.

“I found of particular value The Human Microbiome and Balancing the Gut-Brain-Microbiome Axis sections of chapter 3, which examine some of the most up-to-date principles of the human gut microbiota. As our knowledge of this exciting and rapidly evolving field grows, I believe it will fundamentally change how doctors and their patients approach digestive health. Furthermore, as a physician trained almost exclusively in the principles of Western medicine, I learned a great deal about how Eastern and Western medicine can complement one another. In short, without reservation I would recommend this book to anyone with a desire to improve not only their digestive well-being, but their overall health as well.”

—James D. Panetta, DO, Board Certified Gastroenterologist

“At no other time in our history has taking responsibility for our health and wellness been more imperative. Science has now shown that diet, lifestyle, and stress play an integral part in the support of our immune systems and therefore our health. Myriad health issues begin with poor dietary and lifestyle habits that lead to dysfunction of the digestive system and dysregulation of our immune function. The old adage, ‘You are what you eat’ rings true.

“*True Wellness for Your Gut* combines the most current discoveries of Western medicine with the ancient healing wisdom and practices of Eastern medicine to address digestive related disease. It provides an easy-to-follow guide to proper nutrition, stress management, and overall health and wellness.”

—Alice Newton, National Board-Certified
Licensed Acupuncture Physician

“An informative guide to digestive health that draws on concepts from modern and traditional medicine from around the world.

“Following up on their previous book, *True Wellness: How to Combine the Best of Western and Eastern Medicine for Optimal Health* (2018), medical doctors Kurosu and Kuhn aim to bridge the gap between ancient and modern health principles in this self-help guide, which offers helpful approaches to readers struggling with digestive issues or with maintaining a healthy weight. It starts with a general overview of the philosophies behind Western and Eastern medicine (Kuhn received medical training in China and Kurosu, in North America) and then walks readers through an in-depth analysis of the human digestive system, including common digestive and metabolic illnesses such as peptic ulcers, irritable bowel syndrome, and celiac disease. After that, the chapters shift to healing methods and strategies that readers may implement on their own, such as dietary restrictions or the use of Chinese herbal supplements. The authors make it clear that they wrote the book to give sufferers clarity about the origins of their problems, but they also encourage them to reflect upon their lifestyles—and, specifically, whether they’re pushing themselves too hard at work and at home, as stress can be a worsening factor. There are helpful, uncredited illustrations throughout; a chapter on qi gong practices for gut healing offers several detailed images to help readers understand its physical movements. The authors’ writing style is warm and inviting, and they effectively get their points across without relying on complex jargon or a

preachy tone. What's most striking about the book, however, is how it demonstrates the benefits of holistic medicine when combined with lifestyle changes and how it explains how a single aspect of digestive well-being can affect other areas of one's health.

“A valuable and wide-ranging wellness resource.”

—Kirkus Reviews

CATHERINE KUROSU, MD, LAc
AIHAN KUHN, CMD, OBT

TRUE WELLNESS FOR YOUR GUT

Combine the Best of Western and
Eastern Medicine for Optimal
Digestive and Metabolic Health

YMAA Publication Center
Wolfeboro, New Hampshire

YMAA Publication Center, Inc.

PO Box 480

Wolfeboro, New Hampshire 03894

1-800-669-8892 • info@ymaa.com • www.ymaa.com

ISBN: 9781594397455 (print) • ISBN: 9781594397462 (ebook)

Copyright © 2020 by Dr. Aihan Kuhn and Dr. Catherine Kurosu

All rights reserved, including the right of reproduction in whole or in part in any form.

Cover design: Axie Breen

This book typeset in Minion Pro and Frutiger.

Illustrations by the authors unless otherwise noted.

20201001

Publisher's Cataloging in Publication

Names: Kurosu, Catherine, author. | Kuhn, Aihan, author.

Title: True wellness for your gut : combine the best of Western and Eastern medicine for optimal digestive and metabolic health / Catherine Kurosu, Aihan Kuhn.

Description: Wolfeboro, New Hampshire : YMAA Publication Center, [2020] | Series: True wellness. | Includes bibliographical references and index.

Identifiers: ISBN: 9781594397455 | 9781594397462 (ebook) | LCCN: 2020941295

Subjects: LCSH: Gastrointestinal system--Diseases--Prevention. | Gastrointestinal system--Diseases-- Treatment. | Digestive organs--Diseases--Prevention. | Digestive organs--Diseases-- Treatment. | Metabolism--Disorders--Prevention. | Metabolism--Disorders--Treatment. | Diabetes--Prevention. | Diabetes--Treatment. | Obesity--Prevention. | Obesity--Treatment. | Self-care, Health. | Health--Alternative treatment. | Holistic medicine. | Alternative medicine. | Medicine, Chinese. | Health behavior. | Well-being. | Mind and body. | Nutrition. | Food preferences. | Exercise--Therapeutic use. | Qigong--Therapeutic use. | Meditation. | Acupuncture. | BISAC: HEALTH & FITNESS / Diseases / Gastrointestinal. | HEALTH & FITNESS / Healthy Living. | MEDICAL / Alternative & Complementary Medicine. | MEDICAL / Preventive Medicine.

Classification: LCC: RC817 .K87 2020 | DDC: 616.3/3--dc23

NOTE TO READERS

The practices, treatments, and methods described in this book should not be used as an alternative to professional medical diagnosis or treatment. The authors and publisher of this book are NOT RESPONSIBLE in any manner whatsoever for any injury or negative effects that may occur through following the instructions and advice contained herein.

It is recommended that before beginning any treatment or exercise program, you consult your medical professional to determine whether you should undertake this course of practice.

Table of Contents

Foreword by Michael M. Zanoni, Ph.D., L.Ac.	vii
Preface	ix
CHAPTER 1	
The Gut—An East-West Perspective	1
CHAPTER 2	
The Gastrointestinal System and Glucose Metabolism in Health and Disease	41
CHAPTER 3	
The True Wellness Approach to Gastrointestinal Problems	89
CHAPTER 4	
The True Wellness Approach to Diabetes	115
CHAPTER 5	
The True Wellness Approach to Obesity	125
CHAPTER 6	
Qigong to Heal the Gut	151
CHAPTER 7	
General Principles of Self-Healing	189
Conclusion	195
Acknowledgements	199
Appendix – Glycemic Index and Glycemic Load	201
Recommended Reading and Resources	205
Glossary	207
Index	215
About the Authors	219

Books in the True Wellness series

True Wellness

True Wellness: The Mind

True Wellness for Your Heart

True Wellness for Your Gut

Also by Aihan Kuhn

Natural Healing with Qigong

Simple Chinese Medicine

Tai Chi in 10 Weeks

Dedicated to those who are passionate about
healing, learning, peace,
and
non-judgmental living

Foreword

GASTROINTESTINAL (GI or “gut”) conditions are often seen in a general medical practice. Even though they are common, they are also potentially complex, and may be difficult to diagnose and successfully treat. Over the past few years, it has become clear that these types of problems can be well treated using a combination of Western and Eastern medical approaches. For instance, it may be found that acid reflux disease mimicking a heart problem is best treated for a short time with drugs to bring it under control, and that a life-stress situation causing the problem to begin with is better treated using meditation training, yoga, or qigong. Combining Eastern and Western medicine can be powerful, but do not make the mistake of thinking that if one form of medicine does not work, the other will. It is just not that simple. In addition, gut problems are often long-term chronic conditions associated with inflammation. You may suspect that I am saying treatment of gut issues can take time. That is quite true, since they often took some time to develop. It may also be that more than one Eastern modality may need to be combined with Western treatment. That is why this book presents several ways of addressing chronic gut conditions. I feel that *True Wellness for Your Gut* is the most important and powerful of the books making the True Wellness series. Drs. Kurosu and Kuhn have created an extremely useful modular approach to gut conditions that allows you to understand and modify treatment as you improve.

One way of viewing how Eastern and Western medicine might be combined is called the Five Rivers system. This looks at the way conditions and treatment styles can be divided into five areas. Here are some examples:

1. Those conditions best treated with Western medicine. (Severe trauma, potentially life-threatening acute disease, or a disease requiring specific medications such as in severe endocrine disorders.)
2. Those conditions best treated with Eastern medicine. (Imbalances between different organ systems not well defined by Western medical

concepts but quite clearly defined by Eastern medicine using what are called symbolic correspondences.)

3. Those conditions effectively treated with either system. (Gastric ulcer, allergies.)
4. Those conditions best treated by the two systems combined. (Certain cancers, pain syndromes.)
5. Those not well treated by either system. (Many cancers, genetic conditions.)

I consider this to be what I call a “next step” book. By this I mean you can start with whatever diagnosis you might have and work on developing your own associated treatment plan. You work with this for a while, get some results, and then want to do more. So you take the next step and learn more about your medical condition and treatment. This is the power of *True Wellness for Your Gut*. It is not a book that you read once and then put on the shelf to get dusty. It is a well-thought-out reference and plan of action. As you improve your condition, you will gain confidence in always being able to take the next step toward your true wellness. Finally, one of the most important steps you can take is to follow the True Wellness checklist, especially the encouragement to do something for fun each day. This may be more powerful than anything else you do!

Michael M. Zaroni, Ph.D., L.Ac.
Diplomate in Oriental Medicine, NCCAOM

Preface

IT IS RARE THESE DAYS to come across a person who is able to eat a wide array of foods, maintain a healthy weight, and not suffer any ill effects from what they choose to consume. Most of us know people who must restrict their diets because of problems like food sensitivities that cause gastrointestinal pain and digestive problems, problems with glucose utilization that causes diabetes, and the multifactorial dysregulation of metabolism that has led to our current obesity epidemic.

These people, our friends and family, are often confused by the disconnect between what they are told by their healthcare providers and what they are sold in supermarkets and fast food restaurants. The pseudo-foods created by the processed food industry are laden with refined sugars, salt, and poor-quality fats and lack vital nutrients. Moreover, such foods are targeted to children and play havoc with their digestion and metabolism. Pseudo-foods often contain ingredients such as corn and soy. These crops are heavily subsidized and allow purveyors of processed foods to sell them cheaply. Consumers of all economic levels are finding it more and more difficult to purchase organic whole foods not only because of the increased cost but often also limited access. In some areas, most of the available food is processed, prepackaged, and high in excess salt, sugar, and unhealthy fats.

Even if you are fortunate enough to have the income and access to buy organic produce and pastured meat, there is disagreement among researchers about what, when, and how we should eat. Which style of eating is best, vegan, vegetarian, pescatarian, or omnivore? Raw food only? Cooked food only? Should we intermittently fast? Should we eat whole grains or any grains at all? Eggs and nutritious fats that were vilified for decades are now back on the menu. It is hard to know what to do and who to trust.

Aside from our desire to choose foods that will promote longevity and well-being, there are many among us who must *avoid* certain foods that

have become detrimental to our health. By trial and error, some people have discovered that their myriad symptoms, including digestive distress, weight gain, and impaired glucose metabolism, resolve when they avoid gluten, dairy, sugar, soy, eggs, grains, or any combination of these common foods. It is hard to imagine, but a supposedly healthy food may actually be killing you from the inside out. Unfortunately, many people with such problems are still searching for a solution. You may be one of these people and that is why you are reading this book.

True Wellness for Your Gut was written for you. The information in the following chapters will help you understand the underlying cause of your condition and ways you can solve your own problem with the help of your healthcare team. We encourage the incorporation of Eastern healing modalities such as acupuncture, meditation, and qigong into your conventional care and will explain the science behind these techniques. We feel this integration is vitally important to your success for the following reason: stress management.

If long rounds of testing and different dietary modifications fail to improve gastrointestinal and metabolic conditions, healthcare providers will finally advocate examining underlying physical and emotional stress as a possible cause of these problems. We feel strongly that stress management should be addressed concurrently with dietary and lifestyle strategies. There are many excellent books available that examine these issues from a predominantly Western perspective. That approach is entirely valid, and we list some of those books in our Recommended Reading and Resources section. This book examines the science that underlies both Western and Eastern modalities, which can both strongly and positively influence your body's response to chronic stress. After giving you an understanding of what may be causing your condition, we concentrate on lifestyle interventions that will help restore your health and well-being. Sometimes hard questions need to be asked and answered. Are you happy? Do you feel safe in your own home or neighborhood? Are you treated with respect by your family or in your work environment? Very often, physical or emotional abuse predates these conditions, and the earlier in life this abuse occurs, the greater the likelihood that illness will follow. Of course, we cannot forget about physical stressors such as poor sleep, shift work, overwork, and lack of exercise. Qigong, meditation, and acupuncture can

facilitate your healing by decreasing stress, improving your sleep and exercises routine, and enhancing the function of your gastrointestinal system.

Many people assume that if digestive and metabolic diseases run in their families they are doomed to a similar fate. In most cases, this is simply not true. We now know from the study of advanced genetics, called epigenetics, that the way genes are expressed as physical conditions can be modified by the food you eat, the quality and quantity of your sleep, your exercise regimen—and even your thoughts! Even though the way you eat, working too much, and sleeping too little may have contributed to your health problems, the good news is that it is never too late to improve your condition if you are willing to make these positive lifestyle modifications. We have seen our patients adopt these changes and reap the benefits. We know you can too!

How to Use This Book. Eastern medicine has always been a whole-systems approach to health. So often, modifying general lifestyle behaviors will lead to improvements in a vast array of medical conditions. Gastrointestinal problems, diabetes, and obesity are prime examples of illnesses that Western medicine has had difficulty treating, even with high-tech procedures and pharmaceuticals. Failure often occurs because patients and doctors alike have such faith in cutting-edge medical advances that they think they do not need to pay attention to the root cause of an illness, and that surgery or medication alone can and will solve the problem. That may be true initially, but if no changes are made to the internal and external environment in which the illness developed, then it is very likely the illness will recur.

This is where combining Eastern and Western medicine can have the greatest impact. By all means, take advantage of the often life-saving techniques of modern science, but remember to go back to basics. *True Wellness for Your Gut* is designed to highlight and explain the importance of sleep, exercise, nutrition, and mindfulness to gastrointestinal and metabolic conditions. There is a lot of overlap in our recommendations for people with any or all of these diseases. That is the nature of the whole-systems approach of Eastern medicine and all other holistic medical practices.

Even so, there will be some differences. Not every reader will be suffering from diabetes *and* obesity *and* gastrointestinal problems. With that in mind, we wrote this book so that it could be read in a modular fashion.

Everyone with any sort of digestive or metabolic concern should read chapters 1, 2, 6, and 7.

Chapter 1 will give you a historical and philosophical overview of Eastern and Western medicine and the gastrointestinal system in particular. You will also learn about the science behind the Eastern medical modalities of meditation, qigong, and acupuncture as well as how they are integrated into healthcare in the twenty-first century.

Chapter 2 discusses the organs that make up the digestive system and how they work together to break down and metabolize your food, eliminate the leftover byproducts of this process, and how bacteria in your gastrointestinal tract influence all aspects of your health—from your weight to the strength of your immune system to your mental acuity and your mood. The dangers of chronic inflammation and the importance of restorative sleep in digestive and metabolic health will be addressed. In this chapter, you will also find a brief overview of the causes and definitions of various gastrointestinal diseases, diabetes, and obesity.

In chapter 6 you will learn more about the ancient art of qigong and receive step-by-step instructions to start your healing qigong practice.

Chapter 7 reinforces the principles of healthy living and shows you how to use the “True Wellness Checklist” to achieve your goals.

Integrative treatment strategies specifically for gastrointestinal diseases, diabetes, and obesity will be addressed in chapters 3, 4, and 5, respectively. You can tailor your reading to fit your health concerns. Some readers may need to read all three of these chapters. There will be some different recommendations for each condition, but because dysregulation of the digestive system and metabolism are so intimately connected, some foundational information is repeated. So if you are reading only one or two of the three chapters of treatment approaches, you will still have all the information you need to embark on your healing journey. We hope you will be patient with us when we repeatedly, but gently, remind you to apply these tried-and-true foundational healing behaviors to your daily life: sleep adequately, breathe deeply, eat nutritiously, move mindfully, and ensure that you make time for a pursuit that brings you joy.

Wishing you every success on your road to optimal health.

Aihan Kuhn, CMD, OBT
Catherine Kurosu, MD, LAc

The Gut—An East-West Perspective

FROM THE ANCIENT to the modern world, Mother Earth has provided an abundance of food to keep us alive and give us energy for work and leisure. Our concept of the ways in which food is transformed into energy has changed over the millennia, and our understanding of the mechanism of digestion and metabolism is being continuously refined. In fact, we have come to appreciate that the gastrointestinal system is not just a conglomerate of organs that extracts nutrients from food to fuel physiologic processes. It is a complex, symbiotic web of human cells and trillions of microbes that together influence the physical and emotional health of your entire body. This intricate human-microbe relationship is known as the human microbiome, and we will take a much closer look at it throughout this book. Now let's trace the development of our understanding of the gut.

A Brief History of the Gut

Even before conscious thought, the need to eat was a biological imperative. Through trial and error, humans, like animals, discovered which plants or other creatures could be consumed without risk of illness or death. Over time, people observed that when they ate certain fruits, roots, herbs, or animals, they experienced reproducible outcomes; one root would cause diarrhea, another would relieve abdominal pain. This flower would make a person sleepy, that one would make them agitated. From these observations, the concept of food as medicine arose, but it was the keen day-to-day attention to food procurement, preparation, ingestion, and digestion that kept people healthy.

In all ancient cultures there were rules and recommendations about food as well as theories about how food was transformed into the essence that nourished life. Healers from all parts of the earth recognized a spiritual, even magical, aspect to the digestive process. In modern times we tend to take eating for granted; not only the ease with which some societies obtain food, but the innate capacity of the body to convert plants and animal meat into energy for living. Every year, medical researchers unveil more of the mysteries of the gastrointestinal system, but millennia ago the digestive process was mere conjecture.

Theories of digestion in several ancient medical systems were similar in some respects. Early Indian, Chinese, and Greek physicians all thought that whatever was present in the universe was present in the body. Therefore, they thought, food was composed of, and created by, all the building blocks of the natural world. From a technical viewpoint, food must be ingested, chewed thoroughly, and swallowed. Once it arrived in the stomach, it was subjected to some sort of heating process that caused the food to change into a substance that could more readily be used by the body. In India, Ayurvedic healers called this biological fire “agni.”¹ The ancient Greeks had a similar concept of biological fire that they called “ignis.” The Chinese, as we shall see, also describe an internal fire essential for digestion. According to the thinking of all these cultures, this process must be balanced or disease will result.

Ancient Greek physicians taught that digestion began in the stomach where food was changed into a substance called “chyme.” Chyme is still the term we use today to describe food that has been processed and broken down in the stomach, yielding a partially digested slurry. After food was changed into chyme, it was thought to be transformed into the four components the Greeks called “humors.” These are blood, mucus (or phlegm), bile, and black bile. The humors were considered the agents of metabolism—the building blocks that nourish the body and contribute to its growth and function. The humors were said to move through four stages of digestion, beginning from the stomach to the liver, then through the blood vessels to the organs, and lastly to the tissues. Although not

1. B. Ravishankar and V. J. Shukla, “Indian Systems of Medicine: A Brief Profile,” *African Journal of Traditional Complementary and Alternative Medicine* 4 no. 3 (Feb 2007): 319–337, <https://doi.org/10.4314/ajtcam.v4i3.31226>.

The Gastrointestinal System and Glucose Metabolism in Health and Disease

Understanding Our Digestive System

Every day we are bombarded by information about the latest “super food,” supplement, or nutraceutical that promises us better health and longer life. We are reminded to choose organic produce whenever possible, and arguments abound regarding the “best” diet to follow. But no matter how nutrient-dense the food you eat, you will not receive the benefits if you cannot digest it.

A properly functioning digestive system is of paramount importance. The digestive system encompasses the gastrointestinal tract (including the mouth, esophagus, stomach, and small and large intestines), liver, gallbladder, and pancreas. These organs function together to break down food then absorb the useable portions to be utilized for growth, cell repair, and energy. The process of using energy for these activities of living is called metabolism. The waste products of digestion and metabolism are removed from the body by various organ systems. The digestive system removes the solid waste. The kidneys and bladder remove the liquid waste, and the lungs remove the carbon dioxide that results from the biochemical processes that produce energy.

This is a very complicated process and each component needs to work effectively. Even people who have access to high quality food will become

malnourished if their digestive system is unable to extract and absorb the nutrients within. A body that is malnourished will inevitably develop disease. These diseases may stem from increased susceptibility to viruses and bacteria due to a weakened immune system or from a gradual breakdown of the normal physiological processes that keep us functioning. Disordered physiologic processes that are linked to problems within the gastrointestinal system include metabolic conditions such as diabetes and obesity. There is a lot of overlap in the pathophysiology of gastrointestinal disorders, obesity, and diabetes. Some people suffer from all three conditions. The numbers are staggering.

In 2012, an estimated seventy million Americans suffered from gastrointestinal disorders. Illness that arises from these conditions can cause a wide variety of symptoms and can lead to decreased quality of life. The resulting ambulatory care visits, hospitalizations, procedures, and indirect costs such as missed work tallied \$142 billion.¹ According to the 2018 update, these statistics have not improved and represent a higher expenditure than for many other diagnostic categories; for example, heart disease (\$113 billion).²

As of 2016, ninety-three million Americans were obese as measured by their body mass index, and the rates of obesity are accelerating.³ Over the next three decades, unless this trend is reversed, Americans' life expectancy will be shortened by almost four years because of medical conditions related to obesity such as heart disease and diabetes. Also, during the same time frame, the United States is expected to spend over 13 percent of the total funds allotted to healthcare each year treating the consequences of obesity. This was the highest expected annual expenditure used for

1. Anne F. Peery, MD, et al. "Burden of Gastrointestinal Disease in the United States: 2012 Update," *Gastroenterology* 143, no. 5 (Nov. 2012): 1179–1187e3, <https://doi.org/10.1053/j.gastro.2012.08.002>.

2. Anne F. Peery, MD, et al. "Burden and Cost of Gastrointestinal, Liver, and Pancreatic Diseases in the United States: 2018 Update," *Gastroenterology* 156, no. 1 (2019): 254–272.

3. Craig M. Hales, MD, et al. "Prevalence of Obesity Among Adults and Youth: United States, 2015–2016," NCHS Data Brief No. 288, Oct. 2017, <https://www.cdc.gov/nchs/data/databriefs/db288.pdf>.

The True Wellness Approach to Gastrointestinal Problems

THE MOST FRUSTRATING PART about gastrointestinal problems is that often there are no abnormal findings. Your lab tests are normal. Your ultrasounds or CT scans are normal. Even when your doctor can see the lining of your gut by performing a special procedure called an endoscopy, the inner wall your intestines are normal. On paper, you look perfect, but you are still having symptoms. Now what?

A lot of patients come to us asking this question. Although we will discuss specific treatments for specific conditions, this chapter is primarily for those of you who are still struggling with GI disorders that defy diagnosis or have not improved with conventional care. Of course, everyone can benefit from the step-by-step strategies we are about to describe because this is a whole-systems approach to healing.

First, the following advice assumes that you have already seen your healthcare provider. Your visit should have included a thorough interview about your symptoms, including any changes in your bowel habits, with questions regarding level of pain, blood in your vomit or stool, and any travel history. A physical examination should have been performed. If any tests were ordered, you should have received those results and an explanation of their meaning. These tests could include blood work, stool samples, x-rays, ultrasounds, or CT scans at your provider's discretion. You may even have already undergone an upper or lower endoscopy to visualize

inside of your stomach and intestines. If so, your doctor will have told you what was seen.

At this point, hopefully a diagnosis was reached and you are improving by following your doctor's advice. Even if this is the case, keep reading. The integration of Eastern and Western modalities can speed your recovery and prevent relapses. Unfortunately, you may be among the many patients who still feel unwell, despite excellent conventional care, or whose diagnosis remains unknown. For you, this chapter is particularly important.

Digestive illness can be very tricky to sort out. Sometimes people are unable to pinpoint the exact cause of their symptoms. Is it the food you are eating? Is it chronic stress at work or at home? Is your microbiome out of balance? Are you sleeping enough? Are you a shift worker? Are your symptoms a side effect of your medications? Each of these questions must be honestly answered for you to find a solution.

In the next section we will outline a dietary method that can help you determine whether there is a particular food or food group that is the root of your troubles. It will take weeks to work through this approach. In the meantime, we recommend that you read and implement the suggestions outlined in the remainder of this chapter, using these techniques simultaneously. One might argue that it is more scientific to try each approach sequentially to understand the cause of the problem and the most effective solution. This is certainly a valid viewpoint; however, it is our opinion that the goal is to alleviate suffering as quickly as possible. These methods will work together, synergistically, to accelerate your healing.

The Four-Phase Elimination Diet

Almost anyone can do an elimination diet, but children, pregnant women, and people with eating disorders like anorexia should not. An elimination diet is not a weight loss diet. It is a diagnostic tool that you can use to determine the foods that are most healing for your body. You may have heard of an elimination diet before. This is a method of dietary detective work. Think of your illness as a mystery that needs to be solved. You must be patient and observant. Did Sherlock Holmes rush through a case? Never. He paid careful attention to the smallest detail and he took as much time

The True Wellness Approach to Diabetes

NINETY PERCENT OF DIABETES in the U.S. today is classified as type 2. Also, more the 90 percent of type-2 diabetics are overweight or obese. As little as a 5 percent loss of total body weight can help to control this disease.¹ If you are a type-2 diabetic or an overweight type-1 diabetic, we encourage you to read chapter 5 for a more in-depth approach to manage your diabetes through lifestyle changes that can lead to weight loss.

Type-2 diabetes arises primarily from insulin resistance, so the approach that Western medicine has taken in dealing with this epidemic is to target factors that lead to this condition. As we discussed in Chapter 2, one of the main factors leading to insulin resistance is chronic inflammation. A great deal of research has shown that improved diet and increasing exercise will decrease chronic inflammation, improve glucose control, and decrease complications related to the disease.

Diet

Since chronic inflammation is so frequently related to the onset of type-2 diabetes, a healthful diet is vital for successful management of this condition. You cannot think of this as a diet that you will only follow for a few weeks or months. You must find a new way of eating that will last a lifetime. This is actually simpler than it sounds.

1. American Society for Metabolic and Bariatric Surgery, “Type-2 Diabetes and Obesity: Twin Epidemics,” <https://asmbs.org/resources/weight-and-type-2-diabetes-after-bariatric-surgery-fact-sheet>.

After writing his best-selling book *The Omnivore's Dilemma* that described various methods of food production in America, author Michael Pollan was besieged with correspondence asking him what is the healthiest possible way to eat. This prompted him to do further research and in his next book, *In Defense of Food*, Mr. Pollan proposed these three rules for a healthy diet:²

1. Eat food (meaning whole, unprocessed, non-synthetic food)
2. Mostly plants
3. Not too much

While an entirely vegetarian diet has many health benefits, most people find this to be a very difficult shift in lifestyle. Others feel unwell if they don't eat enough protein in the form of red meat, poultry, or fish. For this reason, many people have easily adopted Mr. Pollan's Three Rules by changing to the Mediterranean Diet. More recently, Dr. Mark Hyman, a leading medical authority, coined the term the "Pegan Diet." He combines small amounts of wild-caught or grass-fed animal protein, such as one would eat in a Paleo or ancestral diet, with whole-food, plant-based veganism. Hence, Dr. Hyman states that he is a Pegan. While Dr. Hyman invented this term primarily to poke fun at the vehemence of some Paleo and vegan friends, the description is apt.³

We have discussed the Mediterranean Diet and its benefits in decreasing chronic inflammation in our previous books in the True Wellness series and agree with Dr. Hyman that animal proteins, if eaten, should be of high quality and used in small portions. Veganism, Peganism, vegetarianism, and ancestral diets that minimize or avoid grains, are all similar to the Mediterranean diet in that the focus is on foods derived from plants. A plant-based diet will positively affect your microbiome and decrease chronic inflammation. Since there is a lot of research that has looked at the Mediterranean Diet and health outcomes, let's compare it to the way we typically eat.

2. Michael Pollan, *In Defense of Food* (New York: Penguin, 2008), 1.

3. Mark Hyman, MD, *Food: What the Heck Should I Eat?* (New York: Little, Brown Spark, 2018), 4.

The True Wellness Approach to Obesity

IN RECENT YEARS, there has been a lot of finger-pointing going on about who or what is responsible for the obesity epidemic. There are many socioeconomic and biological factors at work. Our food industry produces vast amounts of food-like substances, the ingredients of which are heavily subsidized by taxpayers' money and are laden with excess calories, decreased fiber, and unnatural additives. Because these products are cheap and plentiful, they have taken up a larger proportion of daily intake, leading to weight gain due to increased calories, inflammation, and slower metabolism. In this country there are areas known as "food deserts" where one cannot find much fresh produce, let alone organically-grown produce. Then there is the difficulty of affording the more expensive, higher quality food. Organic farmers do not benefit from the subsidies that large agricultural business receive, so they must price their harvest appropriately so they can stay in business.

Many people, through choice or necessity, eat overly processed foods that contain simple carbohydrates that wreak havoc on their ability to metabolize glucose and also alter their microbiome. This leads to a change in the variety and relative proportions of bacteria in the gut, which leads to increased gastrointestinal inflammation, increased calorie absorption, and increased risk of weight gain and related illnesses. Much depends upon the balance of your microbiome. You may have heard the Cherokee parable of the two wolves that live and battle within each of us. One is evil and the other, good. Which one wins, you ask? The one you feed. Your microbiome works in much the same fashion. If you feed your microbiome lots of vegetables and fruits, you encourage the bacteria that allow many

beneficial changes. Your metabolism functions more efficiently, inflammation decreases, and your sense of hunger and satiety normalizes. If you eat excessive amounts of highly processed food-like substances, you will favor the bacteria that encourage weight gain, chronic inflammation, and overeating.

There is some data to suggest that gut bacteria that flourish on sugar can manipulate your enteric nervous system and brain to increase cravings for refined carbohydrates.¹ But there is also evidence that the reverse is true. You can use your brain to influence your behavior and eating habits to cultivate the gut bacteria that contribute to vibrant well-being. In this chapter, we will show you techniques and modalities that will make it easier for you to choose health-promoting foods and activities, allowing your “good” bacteria to flourish.

As you can see, to successfully reverse obesity, you need a multi-pronged approach. As we discussed in chapter 2, the sudden increase in obesity rates during the last half-century has many underlying causes. The biochemical reactions that dictate the efficiency of your metabolism are dependent upon many factors: your genetics, your microbiome, your sleep patterns, your medications, your environment, and the type and quality of food you eat. It is too simplistic to look only at calorie intake versus calorie output. It is not just a matter of willpower.

Changing how much you weigh may involve more than just changing your eating and exercise habits. This is not just about the body. You have to take the mind and spirit into account and may need to reassess some other aspects of your life. Are you working too hard? Are you sleep-deprived? Are you having relationship problems?

It can be hard to tackle these issues alone. Do you have someone to help you rebalance your life? Your doctor could be that person, guiding you through the whole process. Your physician can address any underlying medical conditions that contribute to, or result from, being overweight. She can also refer you to colleagues such as a nutritionist, an exercise therapist, or a sleep specialist. Often obesity is associated with depression or anxiety. If appropriate, your physician can attend to these problems or

1. Joe Alcock, Carlo C. Maley, and C. Athena Aktipis, “Is Eating Behavior Manipulated by the Gastrointestinal Microbiota? Evolutionary Pressures and Potential Mechanisms,” *BioEssays* 36, no. 10 (Oct 2014), 940–949.

Qigong to Heal the Gut

THE TERM QIGONG is composed of two words. The first, “qi,” has been translated as the “life energy” or “vital force” within the body. “Gong” has been translated as “work” or “mastery.” Together, the word qigong can be interpreted as “energy work” or the act of mastering one’s vital force. Qigong is a healing practice that combines breath control with mental concentration. There are many forms of qigong, but they all basically fall within two types: passive or active. Passive qigong is performed seated or lying down and resembles the postures we associate with meditation. This is also known as internal qigong or *nei gong*. In the active form of qigong, breath control and focused attention are combined with specific movements to create a type of moving meditation. Active qigong, also known as external qigong or *wei gong*, is similar to taiji and yoga.

The practice of qigong is an ancient one. These exercises were known by several names over the centuries, including Dao-Yin or “leading and guiding the energy.”¹ Earlier in this book we discussed the silk scrolls that were discovered in the Mawangdui tombs in 1973. These silk texts date back to 168 BCE. A chart was found amongst these scrolls that depicted the Dao-Yin postures. The Dao-Yin Tu (Dao-Yin Illustrations) consisted of four rows of eleven postures. In these illustrations, the roots of most modern qigong practices can be found. There were also descriptions of the stances, instructions for the movements, and indications for the use of each exercise. Certain Dao-Yin exercises were deemed valuable in treating low back pain and painful knees, others were indicated for gastrointestinal disorders, and still others were designated to treat anxiety. This demonstrates that not only were Dao-Yin exercises prescribed as a medical

1. Kenneth S. Cohen, *The Way of Qigong: The Art and Science of Chinese Energy Healing* (New York: Ballantine Books, 1997), 13.

therapy, but that ancient physicians appreciated the utility of this type of qigong practice in the treatment of emotional disharmony.²

As old as qigong is, its development was likely influenced by the older Indian practice of yoga. The earliest known documentation of yoga was found in the Indus Valley and dates back five thousand years. Millennia later, in approximately 1000 BCE, the Upanishads were written. These commentaries emphasize the personal, experiential nature of the journey toward spirituality and elucidate many basic yoga teachings, promoting an understanding of the principles of karma, chakras, meditation, and prana.³ In India, the vital life force is known as “prana,” and pranayama is the cultivation of the life force through breath control. By breathing with intention, the prana is moved through the nadi (channels). The intersections of important nadi are called chakras. There are many similarities between this system of energy management and that of qigong and Eastern medicine. Qigong requires the same attention to and control of the breath and movement of qi through channels of the body. Interestingly, the locations of many important acupuncture points correspond to the positions of the chakras.

While yoga and taiji have many benefits, we feel that qigong is the best practice if you are new to these Eastern healing arts, especially if you have any physical limitations that prevent prolonged standing or impede your ability to move between standing and lying positions. Whether you practice nei gong or wei gong, the regulation of the following components are related and inseparable: the body, the breath, the mind (thoughts), the qi, and the spirit (emotions).⁴ The purpose of regulating and strengthening these components is to achieve good health and longevity.

These related and inseparable elements can also be understood, in a traditional sense, as the “Three Treasures”—*jing*, *qi*, and *shen*. In Eastern medicine, the Three Treasures are considered the root of life. The *jing* is often translated as essence and, in a Western sense, is akin to your genetic

2. Cohen, *Way of Qi Gong*, 13.

3. Jennie Lee, *True Yoga: Practicing with the Yoga Sutras for Happiness and Spiritual Fulfillment* (Woodbury, MN: Llewelyn Worldwide, 2016), 7.

4. Michael M. Zanoni, *Healing Resonance Qi Gong and Hamanaleo Meditation: Introductory Comments*, https://docs.wixstatic.com/ugd/9371b9_1f315b1505394b7bb6cceb9dc4272a6.pdf (accessed 11/12/2018).

constitution. It is a fundamental substance that is intimately involved with reproduction, growth, and development of the body from birth to death. As we discussed previously, *qi* has been described as the vital, dynamic force that animates the body. It could be considered the current that runs the motor of our metabolism and drives every aspect of our bodily functions. The term *shen* is harder to translate, but it can be thought of as our mind or spirit. Depending upon the context, the word *shen* can mean immortal, god, spirit, mind, or soul.⁵

By practicing qigong we can strengthen the Three Treasures. Because the jing, qi, and shen are inseparable, they each support and fortify the others, leading to better physical and emotional health and well-being.

It is well beyond the scope of this book to have a complete discussion of the metaphysical aspects of qigong.⁶ An in-depth understanding of qigong is not necessary for you to begin your practice. What is necessary? You must focus attention on your breath and be aware of the flow of qi as you move your body with intention.

Qigong is a journey. The goal is not perfection but incremental improvement in physical, emotional, and spiritual well-being. Patience and persistence are the keys to receiving the many benefits of qigong.

Benefits of Qigong

Qigong benefits all parts of the body, including all the organ systems and brain.⁷ In the following section, we discuss some examples of these benefits.

Nervous System Benefits

Qigong offers huge benefits to our nervous systems, both to the central nervous system and peripheral nervous system. Qigong helps concentra-

5. Yang, Jwing-Ming. *The Root of Chinese Qigong: Secrets for Health, Longevity and Enlightenment*, 2nd ed (Wolfeboro, NH: YMAA Publication Center, 1989), 28.

6. For the interested reader, there are many excellent books on this topic listed in the Recommended Reading and Resources section.

7. Dr. Aihan Kuhn, *True Brain Fitness: Preventing Brain Aging through Body Movement* (Wolfeboro, NH: YMAA Publication Center, 2017), 11.

tion, improves mental alertness, and helps to control emotion. It also helps to preserve vision and hearing as the body ages.

Cardiovascular Benefits

Qi is dynamic. It performs like a motor that pushes the blood where it should go. If a person's qi is strong and circulates well in the body, their blood will also circulate well. If a person's qi is stagnant or weak, it will cause blood stagnation which, according to Eastern medical theory, can cause heart disease. Qigong contributes to better heart health by regulating the autonomic nervous system. In particular, these exercises activate the vagus nerve—which is a great way to preserve heart energy, normalize cardiac arrhythmias, and maintain normal blood pressure.

Respiratory Benefits

Through deep and slow breathing, more oxygen goes into the lungs. Deep and slow breathing also activates the parasympathetic (calming) part of the autonomic nervous system. Recall that the nervous system interfaces with the immune system. This process helps the functioning of all cells through proper oxygenation as well as improves defensive energy—which in Western medicine we call the “respiratory immune system”—through modulation of the immune system. The lining of the nose, throat, lungs, gut, and urinary tract all contain immunoglobulin A (IgA). IgA is an antibody in the respiratory tract that protects it from various germs and pathogens and acts as the first line of defense against bacteria and viruses. If the respiratory immune system is strong, immunoglobulin A (IgA) can fight germs, allowing less chance for colds and other respiratory infections to take hold. This is why those who practice qigong generally have fewer illnesses.

Gastrointestinal (GI) Benefits

Qigong can improve stomach and spleen energy, which is related to digestion and absorption. From a Western perspective, qigong regulates the vagus nerve, which also controls digestion. With regular practice, digestive enzymes and digestive movement stay balanced through vagus nerve regulation.

Musculoskeletal Benefits

Once the circulation of the qi and blood are improved, muscles receive more oxygen and blood—the muscles become more resilient, more toned, and stronger. Muscle aging is delayed, and joints become more flexible. Overall, we can maintain a younger body even though we are going through the aging process.

Metabolism and Endocrine System Benefits

Balanced qi also helps regulate the body's organ systems, which helps equilibrate metabolism and the endocrine system. Here again, these benefits are due to the effect that qigong has on our nervous systems. The central and peripheral nervous systems are intimately connected to the endocrine and immune systems. Neuroendocrine-immune dysfunction can explain a variety of Western diagnoses such as chronic fatigue syndrome, also known as myalgic encephalomyelitis.

Immune System Benefits

Qigong maintains normal immune function.⁸ We have already spoken about how these exercises can improve respiratory immunity to keep infections at bay. For cancer patients, a healthy immune system can prevent infections during treatment. For those without cancer, a healthy immune system can identify precancerous cells and destroy them.

By balancing the sympathetic and parasympathetic nervous systems, qigong also balances the immune system, so that the immune system is neither too weak nor too strong. A weak immune system will result in recurrent infections. An overly aggressive immune system may result in autoimmune diseases like rheumatoid arthritis. In autoimmune diseases, the immune system turns against the body and attacks normal tissue. Qigong and taiji help keep the immune system balanced.

Other benefits of qigong include delayed aging, improved balance, reduced risk of falling and injury, and improved memory.⁹

8. Dr. Aihan Kuhn, *Simple Chinese Medicine: A Beginner's Guide to Natural Healing and Well-Being* (Wolfeboro, NH: YMAA Publication Center, 2009), 137.

9. For further reading, please see Recommended Reading and Resources at the end of this book.

Now it is time to begin your journey and start your qigong practice.

Qigong for the Gut (GI Ailments)

Even if your digestive or metabolic problems resolve with all our previous recommendations, adding qigong into your regular self-care routine will promote a lifetime of well-being.

Do these exercises daily or at least most days of the week and you will see changes. Don't expect a next-day cure, though, because there is no such thing. Qigong is a lifestyle.

Part One: Warm-Up Exercise

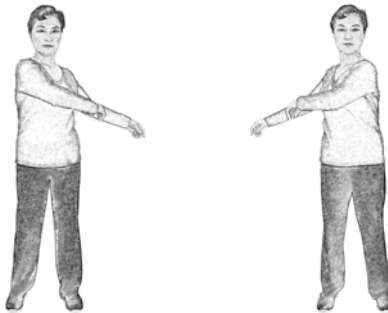
1. Shaking the Body



Shake your body at a moderate to fast speed depending on what you feel is right for you.

This movement helps to promote circulation, get your heart rate up, and promote digestive movement.

2. Turn Body Side to Side



Stand with your feet about shoulder-width apart. Turn your body from side to side in a moderate to fast speed depending on your comfort level. Turn gently. If you turn too vigorously, you may cause misalignment of the joint(s).

This exercise is beneficial to open the nervous system pathway.

3. Shifting Weight, Swing Arms Downward, Backward



Stand with your feet about shoulder-wide apart and hold your hands at hip height. Shift your weight to the left and press your palms backward in a pulsing motion twenty to thirty times. Move at a moderate to fast speed.



Bring the weight back to the center and relax your palms.



Shift your weight to the right and press your palms downward and backward in a pulsing motion twenty to thirty times.



Bring the weight back to the center and relax your palms.

This is a very good exercise to open your energy channel in your arms. It is also good for balance.

4. Turn Body, Moving Arm to Opposite Side



Do this exercise at a moderate to fast speed and keep your feet about shoulder-width apart throughout. Raise your arms to shoulder level.



Turn your body to the right and move the left arm to the right and upward while swinging the right arm downward and backward.

Index

- acupuncture, 14–20, 24–39, 69, 106–107, 133, 143
- acupuncture channels, 15–17, 25–27, 30–32, 52, 61, 105–106, 152
- acupuncture points, 15, 25–27, 30–32
- ACUS Foundation, 37
- aging, 22, 121, 155
- alcohol, 68, 74, 93, 108, 117, 190
- allopathy, 39
- allostasis, 98–100
- allostatic overload, 99–100
- amygdala, 99–100, 142
- ancient Greece, 2, 4, 7
- anti-inflammatory, 24, 28, 62, 84, 118, 127
- anti-inflammatory diet, 60, 62, 127
- anxiety, 52, 100, 107, 126, 151
- apoptosis, 60
- autonomic nervous system, 20–21, 46, 50, 100–101, 106, 124, 154
- bacteria, 42, 45–48, 52–58, 60, 66, 69–70, 72, 93, 97, 111, 125–126, 154
- balance, 4–5, 7–8, 12–13, 20–21, 27, 34, 36, 61, 85–86, 108–110, 142–143, 155
- Becker, Dr. Robert, 29
- Ben Cao Gang Mu (Compendium of Materia Medica)*, 18
- beta-endorphin, 28
- bioelectromagnetic, 31–32
- biomedical, 10
- Blackburn, Elizabeth, 59
- Blaser, Martin, 53–55, 58
- bodywork, 36, 106–107, 137
- brain, 20–22, 27–30, 46, 49–53, 57–58, 63, 70, 72, 77–79, 81, 84–86, 98–102, 109–111, 126–127, 141–142
- brain waves, 22
- Brain-Gut Axis, 51–58, 72, 111, 142
- Brain-Gut-Microbiome Axis, 58, 98, 111
- breath, 20–24, 101–104, 107, 108, 151–154
- Buddhism, 21, 103
- cancer, 23, 28, 56, 76–77, 97, 117, 136, 155
- carbohydrates, 45, 80, 86, 93, 117–118, 122, 124–127, 201–202
- Celiac Disease, 72–74
- Centers for Disease Control and Prevention (CDC), 78, 145, 189
- central nervous system, 27, 50–51, 69, 72, 112, 153–154
- chromosomes, 59–60
- chronic disease, 10, 21, 36–37, 39, 47, 55, 58–69, 74, 83, 88, 99, 109, 111, 119, 189–191
- chronic inflammation, 21, 24, 58–62, 66, 69, 79, 84–85, 115–117, 120–121, 126–127, 190–191
- Circadian rhythm, 63–66, 141
- collagen, 30–32
- colon, 44, 55–56, 75–77, 97
- complex carbohydrates, 118
- constipation, 52, 67, 68, 71, 72, 76–77, 106, 133
- cortisol, 27, 28, 120, 131, 142
- Crohn's disease, 66–67, 75
- current of injury, 29
- cytokines, 70
- dan tian, 15, 17, 52
- Dao De Jing*, 14
- Daoism, 11–14, 103–104, 108, 111–113, 151
- Dao-Yin, 151

diabetes, 9–10, 42–43, 64, 73, 77–83, 86,
 100–101, 115–124, 134–135, 144–145,
 189, 203
 diabetes mellitus, 77–83
 diet, 56, 61, 64, 70, 80, 83–84, 90–98,
 115–119, 122, 124, 127–128, 136,
 137–149
 digestion, 1–7, 41–53, 55–63, 66–77, 100,
 104, 106, 109, 111, 114, 118, 135–136,
 142–144, 154, 156, 201–202
 digestive enzymes, 47–49, 59, 97–98, 154
 disharmony, 12, 61, 152
 DNA (deoxyribonucleic acid), 59
 dopamine, 28, 141, 148
 Eastern exercise, 14, 15, 23, 24, 36, 61,
 110, 120–121, 124, 149, 151–156,
 157–187
 Eastern medicine, 10–34, 61–62, 69,
 104–110, 135–137, 143
 electricity, 22, 25–32
 electromagnetic fields, 30, 32
 elements, 7, 12, 136
 Elimination Diet, 90–96
 emotions, 6–7, 17, 52–56, 69, 72, 86, 88,
 98–104, 107, 108–110, 112, 135–136,
 141–143
 endocrine system, 21, 26, 61, 99, 101, 155
 endorphines, 28, 141, 143
 energy, 1–3, 15, 25, 29–30, 41, 45, 79,
 84–85, 105–110, 123, 135–136, 141,
 142, 151–152
 enteric nervous system, 50, 57–58, 69, 72,
 112, 126
 epigenetics, 17, 138
 epinephrine, 120
 esophagus, 41, 44, 46, 48, 68, 74
 exercise, 14, 15, 17, 18, 23, 24, 36, 111,
 119–121, 123, 124, 128–131
 experiments, 5–6, 25, 29, 64
 Extraordinary Channels, 15, 17, 52
 fascia, 30–31
 “fight or flight” response, 21, 53,
 100–101, 132, 196
 Five Phases, 12–13, 18
 FODMAPS, 93–94
 forgiveness, 112–113
 functional magnetic resonance imaging
 (fMRI), 22
 GABA (gamma-aminobutyric acid), 28
 gallbladder, 41, 44, 47, 49
 Gallbladder (Eastern medicine), 15
 gastrointestinal tract, 3–4, 41, 44–45, 50
 gene expression, 138, 197
 genes, 63, 66, 73, 138, 197
 genetic, 52–53, 57–58, 80, 84, 126
 genome, 9
 GERD (gastrointestinal reflux disease),
 74–75
 Gershon, Michael, 51
 ghrelin, 49–50, 85
 GI tract, 44–46, 50, 57, 60, 62, 66, 71, 75,
 92
 glucagon, 49
 glycemic index, 118–119, 201–202
 glycemic load, 118–119, 201–203
 goals, 137–149
 gray matter, 22
 Gryffin, Dr. Peter Anthony, 23–24
 gut-brain-microbiome axis, 53–58, 98,
 111, 142
 Han dynasty, 14
 Harper, Donald, 15
 health-care costs, 38, 42, 78
 Helman, Cecil, 33
 Helms, Dr. Joseph, 37
 herbs, 17–18, 24, 39, 104–106, 120
 hippocampus, 99, 142
 Hippocrates, 7, 62
 homeostasis, 27, 99
 hormones, 21, 28, 45, 47–50, 57–58, 63,
 79, 84–85, 88, 99–101, 120, 131
*Huang Di Nei Jing (The Yellow Emperor’s
 Classic of Internal Medicine)*, 14–15
 humors, 2, 7
 Huo Tuo, 18
 Hyman, Mark, 116

- IBD (inflammatory bowel disease), 70–71, 75–76
- IBS (irritable bowel disease), 34, 52, 71–72
- immune system, 21, 23, 28, 34, 42, 55, 60, 69–70, 72, 75–76, 97, 100, 154–155
- Industrial Revolution, 8–9
- inflammation, 21, 23–24, 28, 51, 58–62, 66, 69–71, 75–76, 79, 84–85, 93, 95, 97, 99, 111, 115–121, 125–126, 190–191
- insomnia, 133, 144
- insulin, 5, 9, 10, 49, 79–82, 115, 117–119, 121, 202–203
- integrative medicine, 36, 72
- interstitium, 30–31
- intestines, 4, 41, 44, 47–50, 66, 69–70, 72, 75–76, 89–90, 97, 133–135
- Intestines (Eastern medicine), 4, 15–16
- jing, 152–153
- Kapchuck, Dr. Ted, 12, 34
- Keown, Dr. Daniel, 30–31
- Langevin, Dr. Helene, 23
- Laozi, 133–135
- Leptin, 49–50, 85
- Li, Shi Zhen (Dr.), 18
- licensed acupuncturist, 20
- lifestyle, 35–36, 60, 62–67, 119, 130, 141.
see also diet; exercise
- lifestyle changes, 10, 38, 79–80, 115–116, 134, 145–146, 149, 190–191
- liver, 2, 44, 47, 49, 64, 135
- Liver (Eastern medicine), 4, 15–16, 135
- magnetic resonance imaging, 22, 27, 29
- martial arts, 110
- Mawangdui medical manuscripts, 14–15, 151
- Mawangdui Tomb (King Ma's Mound), 14, 151
- Mayer, Emeran, 51, 58
- medical anthropology, 33, 35–36
- medical education, 9, 20
- medical research, 9, 25
- medical school, 9, 35–36
- medications, 35, 53, 68, 74, 77, 80, 82–83, 86–87, 100, 106, 120, 121, 124, 133–134
- medicine, 3–4, 6–20, 35–39, 61–62, 68–69
- meditation, 21–22, 36, 53, 101–104, 122
- Mediterranean Diet, 116–117
- metabolism, 41–67, 77–88, 117–119, 121, 122, 125, 127, 155
- met-enkephalin, 28
- microbiome, 53–58, 66, 69–70, 111, 125–126
- migrating motor complex, 50
- mind-body interventions, 35, 53. see also meditation; qigong
- mindfulness, 113, 138, 141, 142
- mind-gut connection, 51–52, 58, 72, 98, 111, 142
- natural killer cells, 28
- nerves, 21, 26–27, 29–30, 50–52, 70, 101, 154
- nervous system, 20–21, 27, 46, 50–53, 57–58, 69, 72, 99–101, 103, 106, 112, 124, 126, 131, 153–155
- neural system, 26, 50–53
- neurons, 22
- neurotransmitters, 21, 24, 28, 30, 49, 55, 57, 58, 99, 101, 109, 141–142
- Niboyet, J.E.H., 25
- norepinephrine, 28
- nutrients, 42, 44–45, 47, 49, 55, 60, 62, 72, 79, 84, 117, 144, 149
- nutrition, 90–98, 115–119, 127–128, 137–149
- obesity, 42–43, 55–56, 64, 65, 79, 80, 83–88, 125–149
- omega-3 fatty acids, 62
- oxidative stress, 58–60, 79, 118
- oxygenation, 27, 154
- pain, 23, 26, 28, 32–33, 37, 51–53, 68, 71–73, 75, 76, 93, 106, 112
- pancreas, 4–5, 41, 44, 47–49, 79, 80, 121
- Panda, Satchin, 64–66

parasympathetic nervous system, 21, 46, 100–101, 103, 131, 154–155
 peripheral nervous system, 153, 155
 peristalsis, 46–47, 72, 106
 placebo, 32–35
 placebo effect, 32–33
 Popp, Fritz-Albert, 32
 post-heaven qi, 17
 pranayama, 152
 prebiotics, 97–98
 prefrontal cortex, 99
 pre-heaven qi, 17
 probiotics, 97–98
 qi, 3–4, 14–15, 17, 25, 31, 61, 67, 103, 106–108, 110, 135, 136, 151–155
 qigong, 22–24, 107–110, 122–124, 131, 137–138, 149, 151–187, 190
 randomized controlled trial, 33–34
 refined carbohydrates, 80, 117, 126
 residency, 9
 Scientific Revolution, 8
 “second brain,” 51, 57
 self-care, 121, 156, 189
 serotonin, 28, 50–51, 59, 111, 141
 sham acupuncture, 32
 shaman, 14
Shang Han Lun (Treatise on Cold Damage), 18
 shen, 18, 152–153
Shen Nong Ben Cao Jing (The Divine Farmer’s Materia Medica), 18
 short chain fatty acids, 56, 87, 93, 97, 111
 Silk Road, 18
 sleep, 17, 22, 29, 51, 61, 62–67, 80, 86, 87, 114, 126, 144, 189, 191
 smoking, 68, 75, 80, 190
 social connections, 110, 131, 143, 145,
 social relationships, 110, 143, 145
 socioeconomic factors, 10, 84, 125
 Soulie de Morant, George, 19, 24–25
 spirituality, 21, 152–153
 stomach, 2–6, 41, 44, 47–49, 68, 74–75, 97, 134–136
 Stomach (Eastern medicine), 3–4, 15–16, 135–136, 154
 stress, 21, 52–53, 60–62, 68, 69, 76, 86, 88, 98–104, 106–108, 111–113, 120–122, 131, 136, 142–143, 189–190, 196
 stress management, 98–104, 122
 sugar, 45, 49, 64, 77–80, 83, 93, 100, 117–122, 124, 140–142, 144–146, 201–203
 Sun, Si-Miao, 18
 sympathetic nervous system, 21, 100–101, 131, 155
 taiji, 20, 22–24, 36, 100–101
 Tang dynasty, 18
 telomere, 59–60
 Three Treasures, 152–153
 time-restricted feeding, 64–65
 True Wellness Checklist, 191–192
 tui na, 106–107
 ulcerative colitis, 66, 67, 76
 ultrasound elastography, 27
 Unschuld, Paul, 15
 vagus nerve, 21, 50–52, 70, 101, 154
 vegan, 116, 191
 vegetarian, 116
 viruses, 42, 48, 154
 vital force, 14, 151
 vitamins, 45, 48, 49, 55, 62, 118, 119–120
 water, 45, 47, 48, 49, 77, 86, 118–119, 202
 well-being, 7, 39, 46, 51–52, 56, 57, 58, 107, 126, 149
 Western medicine, 3–4, 6, 7–10, 19, 20, 24, 25, 28, 35–39, 61, 62, 68, 69, 115, 127–134, 197
 World Health Organization (WHO), 189
 Wu Xing, 12, 18
 yang, 11–12, 51, 104, 108, 136
 yin, 11–12, 51, 103, 104, 108, 136
 yin-yang theory, 8, 11–12, 15, 18, 51, 103, 108
 yoga, 152
 Zhang, Chun-Lin, 32
 Zhang, Zhong Jin (Dr.), 18

About the Authors

Dr. Catherine Kurosu

Born, raised, and trained in Canada, Dr. Catherine Kurosu graduated from the University of Toronto School of Medicine in 1990. She completed her internship and residency at the same institution and qualified as a specialist in obstetrics and gynecology in 1995. Dr. Kurosu has studied and worked in Canada, the United States, Mexico, and Chile. Through her travels, she has learned that



Monica Lau Photography

there are many ways to approach a problem and that the patient usually understands their illness best. By combining the patient's insight with medical guidance, effective treatment plans can be developed.

In 2006, Dr. Kurosu became a diplomate of the American Board of Holistic Medicine, now known as the American Board of Integrative Holistic Medicine. In 2009, she became certified as a medical acupuncturist through the David Geffen School of Medicine at UCLA and the Helms Medical Institute. Dr. Kurosu became a member of the American Academy of Medical Acupuncture, then a diplomate of the American Board of Medical Acupuncture, which confers this title on practitioners with increasing experience.

Since then, Dr. Kurosu has completed a master of science in Oriental medicine, graduating from the Institute of Clinical Acupuncture and Oriental Medicine in Honolulu. In 2015, she became a licensed acupuncturist and in 2018 a diplomate in Oriental medicine through the National Certification Commission for Acupuncture and Oriental Medicine.

Dr. Kurosu now lives on O'ahu with her husband, Rob, and daughter, Hannah, where she practices integrative medicine, blending Western and Eastern approaches to patient care.

Dr. Aihan Kuhn

A graduate of Hunan Medical University in China (now called Xiangya Medical School) in 1982, Dr. Aihan Kuhn has focused her work on holistic healing since 1992. During many years of practice, she has accumulated much experience with holistic medicine and achieved a great reputation for her patient care and education work. Her patients benefit from her many important tips for self-improvement in their physical, emotional, and spiritual well-being, as well as from her simple and easy healing exercises to enable them to participate in their own healing. Dr. Kuhn incorporates taiji and qigong into her healing methodologies, changing the lives of those who have struggled for many years with no relief from conventional medicine. She offers many wellness programs, natural healing workshops, and professional training programs, such as taiji instructor training certification courses, qigong instructor training certification courses, and wellness tui na therapy certification courses. These highly rated programs have produced many quality teachers and therapists. Dr. Kuhn is president of the Taiji & Qi Gong Healing Institute (www.taichihealing.org), a non-profit organization that promotes natural healing and prevention.

Dr. Kuhn lives with her husband, Gerry Kuhn, in Sarasota, Florida. For more information, please visit her website at www.draihankuhn.com.



Christine Nicole Photography