



SUN TEN

Summer 2007

NEWSLETTER



中医

Traditional Chinese Medicine

- 2 Cycle Regulating Method Treats Female Infertility

中医基础

TCM Principles

- 5 Common TCM Patterns of Infertility

今期中醫師

Featured Practitioner

- 7 Jan Mehmet - Presenter for the Sun Ten Practitioner Seminar



中医 TRADITIONAL CHINESE MEDICINE

Cycle Regulating Method Treats Female Infertility

By Dagmar Riley Dip. TCM

According to Traditional Chinese Medicine (TCM), women's reproductive function is governed by blood. The liver stores blood and has a direct impact on the two extraordinary vessels (Chong Mai and Ren Mai) that regulate menstruation. Liver pathologies usually have an immediate effect on the menstrual cycle. The importance of the liver in gynaecology is expressed in the saying that "a woman's earlier heaven is governed by the liver", which is a variation of the TCM adage that "the kidney is the root of earlier heaven". Most women that have difficulties conceiving have menstrual irregularities and treating those irregularities usually improves fertility so that the woman will be able to conceive.

Professor Shen Shao Gong from the China Research Institute of Chinese Medicine has developed a 3-Step Method to Regulate Menses¹ which he uses with great success to improve fertility.

The 3-Step Method involves regulating qi before menses, regulating blood during menses and regulating the patient's kidney or spleen after menses. Professor Shen combines this technique with a set of formulas specifically developed for the treatment of infertility that has been handed down in the TCM tradition of his family.

In this cycle regulating method, the cycle is divided into three phases:

1. The premenstrual phase (the phase of qi regulation): This phase starts when the woman starts to have premenstrual symptoms such as distension, irritability, swelling, pain etc. Because premenstrual symptoms differ with each patient, they are divided into three categories:

a. Qi stagnation. Symptoms include sore and distended breasts, fullness in the rib-side, abdominal pain, irritability and feeling of unrest, thin yellow tongue coating, thin stringlike pulse. Treatment principle: Course the liver and move qi. Qi stasis leads to blood stasis, thus regulating blood without regulating qi does not address the root problem. Prescription: *Jia Wei Xiao Yao San* [Bupleurum & Peony Combination], adding Chi Shao [Red Peony], Ji Xue Teng [Milettia], Pu Gong Yin [Dandelion], Yi Mu Cao [Leonorus], and Chuan Lian Zi [Melia]. Professor Shen likes to add Yu Jin [Curcuma aromatica], Shi Chang Pu [Acorus] and Nu Zhen Zi [Lugustrum] to regulate incretion.

b. Qi vacuity. Symptoms include poor appetite and sloppy stools, puffy face (especially in the mornings) and swollen fingers, shortness of breath, fatigue, pale tongue with white coating and fine

forceless pulse. Supplementing the qi of spleen and stomach is important because they play a vital role in the production of blood. Prescription: *Bu Zhong Yi Qi Tang* [Ginseng & Astragalus Combination], adding the herbs Huang Jing [Polygonatum Root], Xian He Cao [Agrimony], Shan Yao [Dioscorea], and to regulate incretion, Dan Shen [Salvia], Yu Jin [Curcuma aromatica] and Shi Chang Pu [Acorus].

c. Cold in the uterus. Main symptoms: Cold feeling in the abdomen, dull pain, patient easily feels cold, fatigue, pale tongue with thin white tongue coating and deep fine slow pulse. Prescription: *Wen Jing Tang* [Dang Gui & Evodia Combination], if adding Wu Yao [Lindera], and to regulate incretion, Gou Qi Zi [Lycium fruit], Tu Si Zi [Cuscuta], Bu Gu Zhi [Psoralea].

2. The menstrual phase (the phase of blood regulation). As base formula, choose supplementing formulas such as *Si Wu Tang* [Dang Gui Four Combination] or *Ba Zhen Tang* [Dang Gui & Ginseng Eight Combination], and add medicinals according to the quantity of menstrual blood, whether the patient feels hot or cold and the kind of treatment needed for the liver.

a. Quantity of menstrual blood: If there is an unusually large quantity of menstrual

blood, the Practitioner has to supplement qi to contain blood, using medicinals such as Huang Qi [Astragalus] and Xian He Cao [Agrimony]. If there is an unusually small quantity of menstrual blood, treatment should include quickening blood flow and freeing the flow, using medicinals such as Hong Hua [Carthamus].

b. Hot or cold: If the patient feels easily cold, they should be warmed with medicinals such as Pao Jiang [prepared Ginger] and Gui Zhi [Cinnamon Twigs]. If the patient feels hot, one should employ heat clearing medicinals such as Mu Dan Pi [Moutan], Zhi Zi [Gardenia], and Chi Shao [Red Peony].

c. A woman's earlier heaven is governed by the liver and much importance should be put on regulating the liver. According to the individual patient, the Practitioner has to course the liver (enhance the flow of liver qi) with medicinals such as Chai Hu [Bupleurum], Yu Jin [Curcuma aromatica], Xiang Fu [Cyperus], or emolliate the liver (treat liver yin/blood vacuity) with medicinals such as Dang Gui [Angelica sinensis], Bai Shao [White Peony], and Gou Qi Zi [Lycium Fruit].

Other symptoms and signs provide clues for additional modifications, e.g. in cases of abdominal pain add Yan Hu Suo [Corydalis], Yu Jin [Curcuma Aromatica], Wu Ling Zhi [Pteropus], Di Long [Lumbricus], and Yi Mu Cao [Leonorus]; in cases of sloppy stool add Bai Zhu [Atractylodes white], Shan Yao [Dioscorea], Ge Gen [Pueraria], and Bu Gu Zhi [Psoralea]; if the face or extremities are puffy and swollen, add Sang Bai Pi [Morus], Huang Qi [Astragalus], Ze Xie [Alisma], Fu Ling [Hoelen], and Che Qian Zi [Plantago]. In cases of soreness of the lower back, add Ji Xue Teng [Milettia] and Sang Ji Sheng [Loranthus]; in cases of agitation with subjective feeling of heat add Zhi Mu [Anemarrhena], Huang Bai [Phellodendron], Sheng Di Huang [Raw Rehmannia], and Mu Dan Pi [Moutan].

3. Post-menstrual phase: This phase extends from the end of menstrual blood flow until the showing of premenstrual signs, and treatment addresses kidney vacuity, spleen vacuity and a tendency towards heat or cold. Other individual symptoms and signs should also be considered.

Kidney vacuity: *Qi Ju Di Huang Wan* [Lycium, Chrysanthemum & Rehmannia Formula].

Spleen vacuity: *Xiang Sha Liu Jun Zi Tang* [Saussurea & Cardamon Combination].

In case of concurrent cold: Add *Wen Jing Tang* [Dang Gui & Evodia Combination].

If concurrent heat: Add *Jia Wei Xiao Yao San* [Bupleurum & Peony Combination].

Possible modifications for this pattern include medicinals that address vaginal discharge, e.g. Di Fu Zi [Kochia] to transform dampness and check vaginal discharge, or She Chuang Zi [Cnidium Fruit] to dispel cold and check vaginal discharge.

The Formulas handed down in Professor Shen's Family

These formulas are part of a family tradition, which usually means that the formulas are based on generations of clinical experience rather than pure theory. The formulas can either be used within the 3-step method or as a separate therapy.

1. Regulating the kidneys: Use in cases of soreness in the lumbar area, feeling cold, low libido, pale tongue with thin white coating and deep and fine pulse. Formula: She Chuang Zi [Cnidium Fruit], Jin Ying Zi [Rosehips], Tu Si Zi [Cuscuta], Nu Zhen Zi [Ligustrum], Gou Qi Zi [Lycium Fruit], Chuan Lian Zi [Melia], Shen Jin Cao [Japanese Clubmoss], 10 g each, Wu Wei Zi [Schizandra] 5 g, Che Qian Zi [Plantago] 30 g.

2. Regulating construction ('ying', an aspect of the blood): Use in cases of irregular menstruation, amenorrhoea, dysmenorrhoea, purple tongue, thin yellow tongue coating, thin and rough pulse. Formula: Sheng Di Huang [Raw Rehmannia], Dang Gui [Angelica Sinensis], Bai Shao [White Peony], Ze Lan [Bugleweed], Gui Zhi [Cinnamon Twigs], Xu Duan [Dipsacus], Nu Zhen Zi [Ligustrum], Ji Xue Teng [Milettia], Shen Jin Cao [Japanese Clubmoss] 10 g each, Gui Ban [Turtle Shell], Xiang Fu [Cyperus] 15 g each, San Qi [Notoginseng] 3 g.

3. Treating discharge: Use in cases of smelly discharge, itching genitals, urinary difficulty, yellow greasy tongue coating, fine slippery pulse. Formula: Cang Zhu

[Atractylodes], Yi Yi Ren [Coix], Ju Hua [Crysanthemum] 10 g each, Huang Bai [Phellodendron], Niu Xi [Achyranthes], Fu Ling [Hoelen] 15 g each, Jin Chan [Cicada] 5 g, Che Qian Zi [Plantago] 30 g, Rou Gui [Cinnamon Bark] 3 g.

4. Treating depressed liver qi: Use in cases of irritability, frustration and depression, painful lumps in the breast, premenstrual syndrome (PMS), thin white coating, fine stringlike pulse. Formula: Chai Hu [Bupleurum], Ju Ye [Tangerine Leaf], Pu Gong Ying [Dandelion], Hong Hua [Carthamus], Shi Chang Pu [Acorus], Yu Jin [Curcuma Aromatica], Gui Zhi [Cinnamon Twigs], Lu Lu Tong [Sweetgum Fruit], Shan Ci Gu [Appendiculate Cremastra] 10 g each, Xia Ku Cao [Prunella], Fu Ling [Hoelen] 15 g each, San Qi [Notoginseng] 3 g.

5. Transforming dampness: Use in cases of putting on weight to levels of obesity, decreasing quantity of menstrual blood, slimy tongue coating and fine slippery pulse. Formula: Zhu Ru [Bamboo], Zhi Ke [Citrus], Fu Ling [Hoelen], Cang Zhu [Atractylodes], Ban Xia [Pinellia], She Chuang Zi [Cnidium fruit], Ze Lan [Bugleweed], Lai Fu Zi [Raphanus vativus] 10 g each, Chen Pi [Citrus], Xu Duan [Dipsacus] 15 g each, Dan Shen [Salvia], Gua Lou [Trichosanthes Fruit] 30 g each.

Apart from herbal therapy, the responsibility lies with the patient to optimise exercise (an active lifestyle supports the spleen, but too vigorous exercise depletes the kidneys), diet and mental outlook, as all of those have significant impact on the qi dynamic of the body.

References available upon request.



Overview of Formulas Commonly Used in the 3 Step Method to Regulate Menstruation

PREMENSTRUAL PHASE - THE PHASE OF QI REGULATION	
Qi stagnation	<i>Jia Wei Xiao Yao San</i> [Bupleurum & Peony Combination] Possible modifications to base formula: Chi Shao [Red Peony], Ji Xue Teng [Milettia], Pu Gong Yin [Dandelion], Yu Jin [Curcuma Aromatica], Yi Mu Cao [Leonorus], Shi Chang Pu [Acorus], and Chuan Lian Zi [Melia]
Qi vacuity	<i>Bu Zhong Yi Qi Tang</i> [Ginseng & Astragalus Combination] Possible modifications to base formula: Huang Jing [Polygonatum Root], Xian He Cao [Agrimony], Shan Yao [Dioscorea], Dan Shen [Salvia], Yu Jin [Curcuma Aromatica] and Shi Chang Pu [Acorus]
Cold in the uterus	<i>Wen Jing Tang</i> [Dang Gui & Evodia Combination] Possible modifications to base formula: Wu Yao [Lindera] and to regulate incretion, Gou Qi Zi [Lycium Fruit], Tu Si Zi [Cuscuta], and Bu Gu Zhi [Psoralea]
MENSTRUAL PHASE - THE PHASE OF BLOOD REGULATION	
Large quantity of menstrual blood	Huang Qi [Astragalus] and Xian He Cao [Agrimony]
Small quantity of menstrual blood	Hong Hua [Carthamus]
Cold	Pao Jiang [prepared Ginger], Gui Zhi [Cinnamon Twigs]
Hot	Mu Dan Pi [Moutan], Zhi Zi [Gardenia], Chi Shao [Red Peony]
Liver qi stagnation	Chai Hu [Bupleurum], Yu Jin [Curcuma Aromatica], Xiang Fu [Cyperus]
Liver yin/blood vacuity	Dang Gui [Angelica Sinensis], Bai Shao [White Peony], Gou Qi Zi [Lycium Fruit]
Abdominal pain	Yan Hu Suo [Corydalis], Yu Jin [Curcuma Aromatica], Wu Ling Zhi [Pteropus], Di Long [Lumbricus], Yi Mu Cao [Leonorus]
Sloppy stool	Bai Zhu [Atractylodes White], Shan Yao [Dioscorea], Ge Gen [Pueraria], Ug U Zhi [Psoralea]
face or extremities: Puffy and swollen	Add Sang Bai Pi [Morus], Huang Qi [Astragalus], Ze Xie [Alisma], Fu Ling [Hoelen], Che Qian Zi [Plantago]
Soreness of the lower back	Ji Xue Teng [Milettia], Sang Ji Sheng [Loranthus]
Agitation with subjective feeling of heat	Zhi Mu [Anemarrhena], Huang Bai [Phellodendron], Sheng Di Huang [Raw Rehmannia], Mu Dan Pi [Moutan]
POST-MENSTRUAL PHASE - THE PHASE OF ADDRESSING SPLEEN AND KIDNEY	
Kidney vacuity	<i>Qi Ju Di Huang Wan</i> [Lycium, Chrysanthemum & Rehmannia Formula]
Spleen vacuity	<i>Xiang Sha Liu Jun Zi Tang</i> [Saussurea & Cardamon Combination]
In case of concurrent cold	Add <i>Wen Jing Tang</i> [Dang Gui & Evodia Combination] to other treatment
If concurrent heat	Add <i>Jia Wei Xiao Yao San</i> [Bupleurum & Peony Combination] to other treatment



中医基础 TCM PRINCIPLES

Common TCM Patterns of Infertility

Articles appearing under the heading "TCM Principles" are suitable for graduates of the Sun Ten Self Study Course.

The articles are ideal to review your studies and further your knowledge in a particular area of TCM.

Infertility is defined as the failure to conceive after a year (in TCM two years) of regular intercourse without contraception with a male who has normal reproductive function. In TCM, infertility often manifests as one or a combination of the following patterns:

1. Kidney deficiency

It is said that "The Kidneys store essence". Essence is the driving factor in a person's reproductive capacity, growth and development of the body and preservation of its vitality. It physically manifests in the male as semen.

Essence consists of two parts: Congenital essence and acquired essence. Congenital essence is influenced by the parent's constitution and the mother's age: As essence declines with age and women nowadays tend to bear children later in life, more and more children whose mother's essence had already declined too much will be deficient in congenital essence. Acquired essence is derived from food and bad nutrition and/or eating habits (skipping meals, diets, fast food etc.) contributes to deficiency of acquired essence and premature decline of congenital essence. In biomedical terms, kidney deficiency is often related to anovulation due to hormonal disturbances. Kidney deficiency either tends towards kidney yin or kidney yang deficiency, although it can involve both.

Symptoms and signs:

Kidney yang deficiency:

Delayed menstruation: Scanty and light coloured menstrual flow or amenorrhoea. Low sex drive: Low back pain, knee and waist weakness and soreness. Aversion to cold: Cold extremities, fatigue, pale complexion, poor appetite, loose stools and frequent pale urination. Tongue: Pale, swollen and moist. Pulse: Fine and weak. In biomedical terms, hypothyroidism tends to manifest the symptoms of kidney yang deficiency.

Combination of herbs: *Ba Zhen Tang* [Dang Gui & Ginseng Eight Combination] with Xian Ling Pi (Yin Yang Huo) [Epimedium] and Ba Ji Tian [Morinda] and Rou Cong Rong [Cistanche] and Suo Yang [Cynomorium Dongariorum]. *Ba Zhen Tang*, also known as Women's Precious Pills, supplements both qi (spleen) and blood (liver) and the four additional herbs are a powerful combination to supplement the kidney and fortify yang. As kidney yang deficiency tends to involve spleen yang deficiency and the spleen is the source of qi and blood formation, it is a good idea to strengthen the spleen and supplement blood with *Ba Zhen Tang*. Also, a strengthened spleen will ensure the optimal absorption of the kidney tonics.

Kidney yin deficiency

Often shortened menstrual cycle, scanty menstrual flow, dizziness, tinnitus, dry mouth, sensation of heat, night sweating, heat sensation in the palms, soles and chest and afternoon heat effusion. Low back pain, knee and waist weakness and soreness and fatigue. Tongue: Red and dry with little coating. Pulse: Fine and weak.

Combination of herbs: *Liu Wei Di Huang Wan* [Rehmannia Six Combination] with Tu Si Zi [Cuscuta] and Fu Pen Zi [Rubus Chingii] and Han Lian Cao [Eclipta] and Nu Zhen Zi [Ligustrum]. *Liu Wei Di Huang Wan* is a very balanced formula, fundamentally supplementing kidney yin, but also addressing underlying or concurrent patterns by supporting the spleen and liver in order to insure adequate supply of acquired essence.

2. Liver qi stagnation

Two functions of the liver are important in the treatment of infertility: "The liver governs free coursing (which means free flow)", which includes free flow of qi, blood and unobstructed mental and emotional activity and "The liver stores blood". The liver function of storing

blood has a direct impact on the two extraordinary vessels (Chong Mai and Ren Mai) that regulate menstruation. If the liver function of ensuring free flow of qi and blood is disturbed, this can result in menstrual irregularities, pain and distention in the breast before menstruation. Also, if the couple puts themselves under considerable emotional and mental pressure to conceive, this is likely to impair the free flow of liver qi and also result in menstrual irregularities.

Symptoms and signs: Infertility, irregular menstruation, scanty (or sometimes profuse) flow, may have clots. Premenstrual breast distension, abdominal distention or pain, premenstrual tension. Depression, irritability and short-temperedness. Tongue: Pink. Pulse: Wiry.

Formula: *Xiao Yao San* [Bupleurum & Dang Gui Formula], which is also called 'Free and Easy Wanderer Powder'.

3. Phlegm damp

This pattern is often seen in obese patients.

Symptoms and signs: Infertility, overweight or obese, prolonged menstrual cycle or amenorrhoea. Copious white or turbid leucorrhoea. Pale complexion, chest and epigastric distension, sensation of heaviness. Dizziness, palpitations, nausea. Tongue: White sticky coating. Pulse: Slippery.

Formula: *Wen Dan Tang* [Bamboo & Hoelen Combination] (After this pattern has been treated, the kidneys should be strengthened).

4. Blood stagnation

Symptoms and signs: Infertility, prolonged menstrual cycle, scanty and dark menstrual flow with clots, dysmenorrhoea aggravated by pressure and alleviated with the passing of menstrual clots.

Tongue: Purple or stasis speckles at the sides
Pulse: Wiry or choppy.

Combination of herbs: *Si Wu Tang* [Dang Gui Four Combination] plus Tao Ren [Persica] and Hong Hua [Carthamus] to reinforce its blood quickening action.

In biomedical terms, blood stagnation is observed in any kind of masses, including pelvic adhesions, uterine myomas and blockage of the fallopian tubes, all of which tend to be combined with damp heat or phlegm. In cases of damp heat or phlegm, treatment can be combined with formulas that treat dampness such as *Liu Jun Zi Tang* [Six Major Herb Combination] or formulas that move blood and disperse masses at the same time such as *Gui Zhi Fu Ling Wan* [Cinnamon & Hoelen Combination]. Also, liver qi stagnation is often at the

root of blood stagnation. In cases of concurrent liver qi stagnation manifesting as distending pain, depression, irritability and the condition being aggravated by mental stress and/or emotional changes, add *Chai Hu Shu Gan Tang* [Bupleurum & Cyperus Combination].

Patient participation: Rather than merely labelling the patient as “infertile”, TCM has the great advantage of being able to explain most symptoms and signs that the patient is experiencing, putting them into context by explaining that these symptoms and signs create an actual disharmony pattern of the zang organs and providing medicinal combinations that rectify that very imbalance. The patient thus feels understood, often gains greater understanding of their body and does not feel helpless.

TCM treatment however, also means a high level of patient responsibility. Changes in lifestyle are often a necessary part of the treatment as the actual herbs, especially changes in diet and inappropriate stress levels. Rather than being the result of a high workload, stress levels often get out of hand due to an inability to relax, e.g. too strenuous exercise or gym workouts after work, late night T.V. and consumption of stimulants.

A few conditions have shown rather low chances of improvement (although there are always exceptions), including congenital malformation or hypoplasia of the uterus, tuberculosis (TB) of the uterus, and antisperm antibodies.

Overview of Formulas Commonly Used in the Treatment of Infertility

KIDNEY YANG DEFICIENCY	
<i>Ba Zhen Tang</i> [Dang Gui & Ginseng Eight Combination]	Supplements qi and blood, strengthens the spleen to ensure supplementation of acquired essence.
Xian Ling Pi [Yin Yang Huo] [Epimedium] and Ba Ji Tian [Morinda] and Rou Cong Rong [Cistanche] and Suo Yang [Cynomorium Dongariorum]	Combination to strongly supplement kidney yang.
KIDNEY YIN DEFICIENCY	
<i>Liu Wei Di Huang Wan</i> [Rehmannia Six Combination]	Balanced formula, fundamentally supplementing kidney yin, but also addresses underlying or concurrent patterns by supporting the spleen and liver in order to ensure adequate supply of acquired essence.
Tu Si Zi [Cuscuta] and Fu Pen Zi [Rubus Chingii] and Han Lian Cao [Eclipta] and Nu Zhen Zi [Ligustrum]	Combination to strongly supplement kidney yin.
LIVER QI STAGNATION	
<i>Xiao Yao San</i> [Bupleurum & Dang Gui Formula]	Courses the liver and resolves depression, nourishes liver blood and supplements spleen qi.
PHLEGM DAMP	
<i>Wen Dan Tang</i> [Bamboo & Hoelen Combination]	Dries damp and transform phlegm, rectify qi and harmonise the middle jiao (spleen and stomach). Also clears heat, often a by-product of long-term dampness and phlegm.
BLOOD STAGNATION	
<i>Si Wu Tang</i> [Dang Gui Four Combination] plus Tao Ren [Persica] and Hong Hua [Carthamus] to reinforce its blood quickening action.	Moves and supplements blood.
With dampness (often the case with abdominal masses):	
<i>Gui Zhi Fu Ling Wan</i> [Cinnamon & Hoelen Combination]	Quickens blood and transforms stasis, reduces masses.
With liver qi stagnation:	
<i>Jia Wei Xiao Yao San</i> [Bupleurum & Peony Combination]	Moves liver qi.

今期中醫師 FEATURED PRACTITIONER

Jann Mehmet

Presenter for the Sun Ten Practitioner Seminar February 2007



Sun Ten is proud to introduce Jann Mehmet as presenter for the Sun Ten Practitioner Seminar 'Preconception Care for Men and Women' in February 2007. In close to 20 years of full-time clinical practice, Jann has developed a strong interest in clinical research on infertility and in 2004 conducted a randomised clinical trial using Chinese Medicine on sub-fertile men at the University of Technology, Sydney. Her seminar will include a review of the Chinese Medicine clinical evidence findings from her research trial, tips for diagnosing the causes of male and female infertility and sub-fertility in Chinese Medicine and biomedicine, explanation of the semen analysis and basal temperature graph as a diagnostic tool, essential clinical protocols when further tests are required, Chinese Medicine diagnostic and treatment strategies in light of further evidence and numerous case studies.

Q. What made you interested in conducting a study on Chinese Medicine and male sub-fertility?

Over 15 years ago, as a Practitioner, I noticed that the Chinese Medicine treatments I gave to sub-fertile men based on treatment protocol were not

getting the results I wanted. Later as my clinical experience developed, I came to the conclusion that unfortunately, there appeared to be a huge discrepancy between what I was seeing in my clinic in terms of the signs and symptoms and causes of male sub-fertility and what was being taught in Chinese Medicine. I also concluded that while Chinese Medicine was very advanced in diagnostic and treatment protocols for infertile women, there was very little guidance in Chinese Medicine in treating men. I basically wanted to know more, so I spent a lot more time thoroughly investigating male sub-fertility using all the investigative tools available and becoming much more acquainted with these tools. I have found very little interest in investigating the male factor in biomedicine. So I also needed to find the right people to help me understand more, as well as come to the realisation that a lot of what I wanted to know, was not really out there. If I wanted to know more, I was going to have to do the research myself.

Of course this was all made possible as a result of a wonderful opportunity I was given. This allowed me to become very familiar with the semen analysis test, while being mentored by a scientist who was just as excited as me about finding out more about male sub-fertility and whether or not Chinese Medicine could assist his patients to become fathers. As I observed semen analysis results, interestingly, I started to see correlations between Chinese Medicine health patterns, just as we understand correlations between menstrual cycle patterns and Chinese Medicine diagnosis. For example, I began to see correlations between certain types of semen head defects and patient body symptoms that were consistent with heavy metal contamination. Or I noticed that men with sperm antibodies always had common Chinese Medicine signs and symptoms that had not been written about

or identified previously. The more men I saw, the more patterns I observed and the men were very keen to help me work these factors out because they seriously wanted to understand the cause of their infertility or sub-fertility.

It is probably important to state at this point, that an excellent understanding of the semen analysis result is essential when working with sub-fertile couples. Because while a women will have so many menstrual symptoms that give us a lot of information about the cause of her sub-fertility, a man's fertility potential might be very asymptomatic. For example, even on a very basic level, unless we have a semen analysis done, we do not even know if the man has any sperm in his ejaculation! You cannot tell this from the pulse.

Also, I have found that some of the most serious and common causes of male sub-fertility are not commonly identified by Chinese Medicine Practitioners because we will not see it in the pulse and tongue easily, unless we know what markers are important and relevant to note. For example, while we discuss the fact that a man can be sub-fertile based on environmental factors or heavy metal poisoning, we do not have a protocol to identify when this is a causative factor. I believe that there are markers that we can see, but they have not been identified or developed and taught to Chinese Medicine Practitioners. This is an area that I have developed and will be discussing during the seminar. It is important to know because the man will also not necessarily think of giving you the information either, because he won't even think that it is relevant. Therefore a good understanding of the semen analysis results and a good understanding of Chinese Medicine diagnosis specifically in this area is essential for firstly making the appropriate diagnosis and secondly for choosing the appropriate intervention and thirdly for knowing when it is appropriate

to refer for further investigation. There are many levels of male sub-fertility and Practitioners also need to be aware of the issues in terms of what is possible and what is a realistic expectation of results after Chinese Medicine treatments. What is an appropriate time frame to wait to see results? In this area, there needs to be treatment with leadership, it is up to the Practitioner to know what is the aim of the treatment while knowing the strengths and limitations of what we can do. Unless a Practitioner is clear about this, they will not gain the confidence of their patients.

Q. Do you have any advice for other Practitioners wishing to do research, or conduct clinical trials?

One of the reasons why I have agreed to speak at the Sun Ten Seminar is that I would like to strongly encourage Practitioners to contribute to research. I think this might be a very useful forum

to establish some collaborative projects, or at the very least help like-minded professionals meet. I think it is really important for the profession and essential, if we wish to see a first-class health service offered to the Australian community. I have written a paper on this subject which is soon to be published.

Q. What else will you be presenting at the seminar?

As a Practitioner, first and foremost, I am interested in discussing and presenting practical areas of Chinese Medicine that may not have been well covered in the past. We will be covering a lot of material that shows that male sub-fertility is really quite complex. We will be looking at case histories to try and clarify the issues.

As a researcher, I am also more aware of sticking to the evidence and clearly getting results, is how Practitioners make

their living. I like testing the theories and critically analysing the results because my livelihood depends upon this. Therefore, critically analysing the evidence and drawing out what is reliable, is a very useful exercise. Unfortunately, unless you have expertise in this field it is quite difficult to critically analyse the data, so a background in research and clinical expertise in this area is very useful. This includes understanding all the issues related to semen analysis results, testicular ultrasounds, varicocele, blood tests, testicular biopsy methods, as well as the issues around statistical analysis and p values. All this is important in preconception for men.

When we look at preconception for women, again the presentation will be very practical and I want to cover areas of weakness in Chinese Medicine and commonly seen problems in clinic.



SUN TEN Seminar
FEBRUARY 2007

PRECONCEPTION CARE FOR MEN & WOMEN

Exciting New Research Findings and Refinement of Chinese Medicine Concepts in the Treatment of Preconception Care and Fertility

Participate in this ground-breaking seminar by Jann Mehmet, presenting clinically trialled methods in the treatment of preconception care and male and female fertility problems. Jann originally qualified as a TCM Practitioner in 1988 and subsequently graduated as a Master of Science (by research) from the University of Technology in Sydney in 2006.

DATES AND VENUES

Brisbane - Sunday, February 4th 2007, Holiday Inn Brisbane, Roma Street, Brisbane. **Sydney** - Saturday, February 10th, 2007, Menzies, 14 Carrington Street, Sydney. **Melbourne** - Sunday, February 11th, 2007, Novotel Melbourne on Collins, 270 Collins Street, Melbourne. **Perth** - Tuesday, February 13th, 2007, Novotel Langley, 221 Adelaide Terrace, Perth.

Seminar Times: Registration from 1:30 pm to 2:00 pm
Seminar runs from 2:00 pm to 7:00 pm (including two half-hour breaks)
Dinner will be served from 7:00 pm to 8:30 pm
Total lecture time of four hours.

To find out more information or to book your place, call Sun Ten / Health World Limited on 1800 777 648.



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