

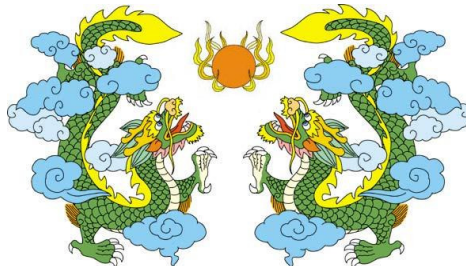
# Pearls of Wisdom Webinar

Approved for 3 CPE Points

AACMA, ANTA and NZRA

Organised and Hosted by Pearls of Wisdom Chinese Medicine

Sponsored by Health World Limited



**LIVE INTERACTIVE VIDEOCONFERENCE and REPLAY ON DEMAND**

**14th June 2014**

**9am-12pm (Melbourne)**

## **Writing Precise Prescriptions with Qin Bo-Wei's 56 Methods**

### **Session 2 - Phlegm (cont) & Food**

Presented by

**Jason Blalack L.Ac**

**Coughs, asthma and digestive complaints are the bread and butter of the modern Chinese Herbalist in the West. Mastering the nuances of these common disorders will give you the clarity and flexibility to achieve lasting results with your patients that will get them talking.**

#### **WHAT YOU WILL LEARN FOR THIS SESSION**

This 3 hour lecture will continue with a detailed exploration of the Methods Qin Bo-Wei recommended for the effective treatment of Phlegm. We then move to understanding the broad picture of Food as a pathogenic factor, including:

- Its source and causes
- Clinical manifestations, locations and symptoms

The Treatment Methods for Phlegm and Food covered for this session will include:

- Key clinical diagnostic criteria
- The associated flagship formula and how to customise it for the unique case presenting
- How the Method relates to classical Chinese medicine
- Numerous case studies, modern and premodern, to demonstrate how they are used, as well as how to learn from the cases presented by the old masters.

With this knowledge, you will be able to apply techniques immediately to obtain superior, more precise results in the clinic. At the same time, you will be connecting to a clearer way of thinking that will continue to deepen with your practice.

Jason Blalack is an international lecturer and the translator, compiler, and editor of, Qin Bo-Wei's 56 Treatment Methods: Writing Precise Prescriptions, with clinical commentary by Wu Bo-Ping (published in 2011 by Eastland Press).

Having made numerous trips over the past decade to study closely with Dr. Wu Bo-Ping, one of Qin Bo-Wei's most intimate and long-standing students, as well as several other older generation doctors, Jason's approach embodies a style that precedes our modern TCM system.

Jason is a graduate of the Pacific College of Oriental Medicine in San Diego and maintains a full-time practice in Boulder, Colorado. He is passionate about helping students and practitioners bridge the gap between this approach and our modern TCM model by clearly presenting a clinically oriented method of thinking.

## TESTIMONIALS FROM SESSION 1

*"Love the case studies. Love the theory. Love the challenge."* -TCM Bachelor's Course Advisor

*"I found the course very clear. I have not long since graduated and have found the classics a lot more logical to my way of thinking in the treatment of Chinese Medicine. To have the opportunity for this information being shared with me is amazing. Thank you so much."* -Recent TCM Graduate

*"Thanks Jason, I really enjoyed the presentation and found it very clear and informative, very helpful. I look forward to the next one."* - Experienced TCM Practitioner

## FULL COURSE DETAILS AND REGISTRATION:

Please visit:

<http://www.PearlsChineseMedicine.com/QBW56>

...for full course details, online registration and payment.

\* [Register now](#) for a **FREE** 90 minute course preview, to learn about who Qin Bo-Wei was, and how a Treatment Methods approach will take your herbal practice and understanding to the next level.

\* The above preview now includes a 30 minute bonus glimpse of Session 1 highlights. Find out why 100% of attendee feedback - from students, graduates, lecturers and experienced practitioners alike - are unanimously rating this course 5 out of 5.

## ENQUIRIES

For any questions you have, please don't hesitate to contact us at [pearlsreg@gmail.com](mailto:pearlsreg@gmail.com) or leave a number for a prompt return call on (02) 80616037.

Best Regards,

The Team @ Pearls of Wisdom Seminars

**NOTE:** What follows is the pre-contemplation worksheet for Session 2, which serves also as a preview of the types of questions and cases studies that will be covered.

Session 2: Phlegm & Food  
General questions to think about

How do you treat phlegm-heat in the Lungs?

What is a soggy pulse?

What is a pulse for food stagnation?

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Case Studies Preview – Recommended Approach

- Following are some of the case studies that will be covered during the lecture. You will get the most benefit from the course if you do some contemplation on them before the session
- Consider how to think about each case, what treatment principles and what herbs you would use. There is no right answer, therefore try and commit to something and write it down. It will only help the development of your thought process
- Sometimes only a minimal amount of information is given. That is OK. Try to read between the lines. Part of this course is to teach you how to read pre-modern case studies. This in turn helps streamline your clinical process
- We will send out to registrants a link to submit answers online before the session, and you can email Jason directly as well, to help him tailor the class. Any submissions discussed will remain anonymous.

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Case #1: Cough  
*Jason Blalack*

- Two year old boy
- Cough: sounds phlegmy
- Stuffy nose
- Red cheeks
- Hands not hot
- Good mood
- No bowel movement (1 day)
- Increased thirst

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Case #1: Cough

*Qin Bowei*

- Wind-phlegm damp-turbidity lingering in the upper & middle burners.
- Cough with profuse phlegm
- Lack of appetite
- Sweat with exertion.
- Pulse: soggy & slippery

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Case #3: Lingering Cough

*Jason Blalack*

- Previously: *gan mao*, no fever, painful cough from chest (never green), just slept
- Now: Cough, easy out of breath, sore ribs
- Frequent headache (moves, pressure / tension)
- Achy eyes
- Irritable
- Low appetite
- Previous nausea (last 4-5 days), now gone
- Was recently constipated
- No bitter taste, thirst, chills, achiness, abd. pain
- Pulse: fast, jumpy, soggy
- Tongue: thicker greasy yellow

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Case #4: Phlegm-heat in Lungs

*Qin Bowei*

- Fever had lightened
- Throat pain, gum swelling
- Dry mouth
- Headache
- Warm pathogen -> phlegm-heat constraint in the Lung and Stomach following the channel and harassing the upper burner
- Pulse: soggy, slippery, & fast.

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Case #3: Chronic Cough

*Qin Bowei*

- Chronic (rapid) cough
- Lots of rapid breathing
- Dizziness & tinnitus
- Pulse: thin & slippery
- Tongue: thick and greasy coat.
- Duration: 3 years

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Case #1: Asthma

*Ye Tianshi*

- Contracted cold pathogen
- Asthma and wheezing.
- Phlegm was blocking the qi
- Unable to lie down and rest

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Case #2: Wheezing

*Wu Jutong*

- A 26 year old alcoholic
- Wheezing, fullness, shortness of breath, & propped breathing with an inability to lie down
- Pain from the flank to abdomen
- Sweating
- Aversion to wind & cold
- Pulse: wiry, thin, & deep
- Tongue: white, slippery, & thick coat

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Case #4: Cough & Asthma  
*Qin Bowei*

- Cough and asthma more severe in the winter
- White profuse phlegm
- Physical cold & cold limbs
- Frequent urination & sloppy stools.
- Tongue: pale with a thin white coat.
- Pulse: deep & frail, distal was slippery

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Case #5 Constitutional Cough

- Constitutional cough; relapse from wind damage
- Cough and spitting of clear phlegm
- Breathing was short and shallow.
- Urine was clear and scanty
- Dizzy head and vision
- Chest and rib-side distention and fullness
- Bland taste in the mouth
- Reduced eating
- As if something is pulsating below the heart,
- Cold spot on the back about the size of a hand.
- Pulse: deep, thin, & wiry
- Tongue: tender & white and slippery coat

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Case Study #1: Meniere's

- Dizziness and tinnitus (Meniere's disease).
- Post Western medicine treatment: dizziness, heaviness head, tinnitus, stifling sensation of the chest, and nausea.
- Tongue: pale & white, thick and greasy coat.
- Pulse: deep and moderate

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Case #2 – Damp turbidity blocking the middle burner (QBW)

- Focal distention and clumping in the chest and gastric cavity
- Lack of thirst, torpid intake
- Cough
- Deficiency puffiness on the heel
- Pulse: soggy & thin
- Tongue: white greasy coat

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Case #1: Ascending Phlegm-heat  
*Jason Blalack*

- Rapid & urgent shallow breathing, difficulty lying down, dry cough, some yellow and green phlegm from Lungs.
- Fever & chills (equal) (cold hands, felt warm on surface)
- Very thirsty, dry mouth.
- Not hungry (bloated after eating, GERD) abdominal tightness.
- Muddled consciousness
- Headache, ears blocked, no dizziness
- Tight muscles, back spasm
- Bowels, firm, dark, solid, not dry, moving a lot every day. Normal urine
- Intense emotions, restlessness
- High D-dimer, pulmonary embolism negative.

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