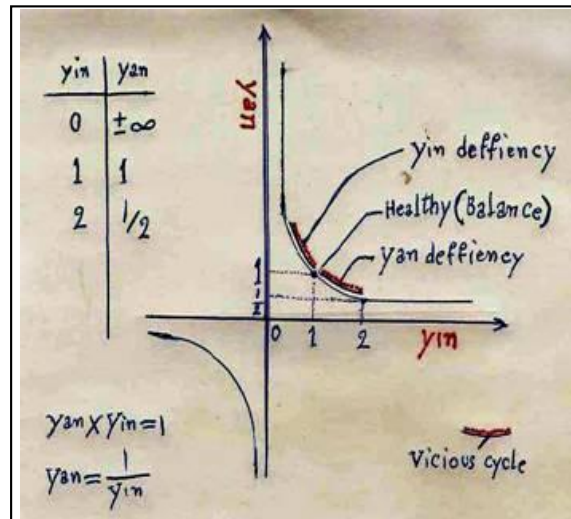


Ying Yang and mathematics

Nasser Tabesh MD DTCM

$$YanYin=1$$

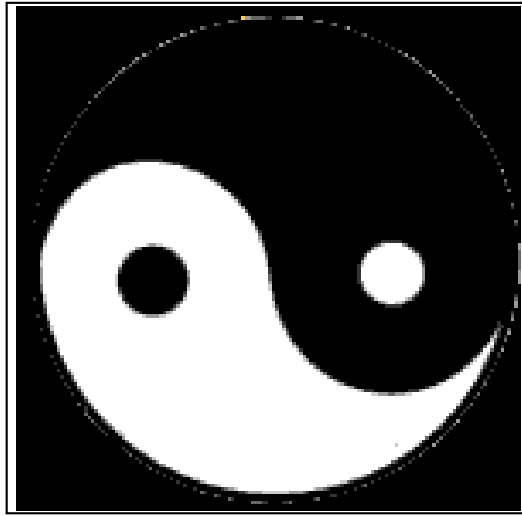
$$Yan=1/Yin$$



Acupuncture is an important constituent part of Traditional Chinese Medicine. By puncturing certain part of the body (point) with a metallic needle. Chinese doctors may regulate the abnormal wax and wane of visceral function, and correct the derangement of qi and blood.

Moxibustion is carried out by cauterizing a certain superficial part of the body with moxa cones or rolls to activate qi and blood and to eliminate pathogenic cold and damp.

Generally, it is used to prevent disease and improve one's health. The rationale of moxibustion is the same as that of acupuncture, although its manipulation is different from that of the latter. Acupuncture and moxibustion are often adopted conjointly in clinical practice, and that is why they are also called as one name, acupuncture moxibustion, or simply acupuncture.



I am grateful to have the opportunity to write autobiography and share my personal experience of Traditional Chinese Medicine and acupuncture.

As a practising general surgeon in Tehran, I began my study of Chinese medicine in 2000 at the International College of Traditional Chinese Medicine of Vancouver in Canada.

It was my original intention to learn how to perform anesthesia as an adjunct to my surgical practice, but I soon became aware that TCM provided a way of viewing life and human body which was totally different from the one I had received in medical school some 22 years before.

The acupuncture program in North America consisted of some 1000 of didactic hours and hundreds of additional hours in home assignments and clinical applications. It prepared the doctor with a full and complete knowledge of the academics, philosophies, procedures and techniques of acupuncture. The doctors who graduated from the program (90% were DCs and the rest were MDs) passed a comprehensive written examination and became the certified practitioners of acupuncture in the United States and Canada.

For four years I practised both acupuncture and Chinese herbology. I then became so involved with Chinese medicine that I gave up the surgery. It is most beneficial to have knowledge of this ancient system of healing for it provides an alternative approach to the promotion of health and to the treatment of those diseases.

processes which do not respond well to western medicine.