

Editorial

Daniel Maxwell

🏮 Welcome to the February 2022 issue of the *Journal of Chinese Medicine* - and happy new year of the water tiger! It looks as though we may be in for a lively year due to the yang wood qi of the tiger being fed by the water qi of this particular cycle (as we all know, Tiggers like to bounce). Just as well perhaps, given the relatively subdued and fallow two previous pandemic years many of us have experienced. Anyway, if this issue can prise you away from your favourite box-set, I guarantee you will come away encouraged and reassured by the state of Chinese medicine. We start with *TCM Treatment of the Convalescent Stage of COVID-19* by Peilin Sun - a hugely experienced and prolific author who has shared his knowledge generously from the very start of the pandemic. This latest article will be essential reading for practitioners treating patients who have been adversely affected by COVID-19 (and I suspect there are few who are not). Literally this morning I was consulting with a mother and her 12 year-old son - he had contracted COVID-19 three months previously and ever since had suffered with constant headache, severe fatigue and insomnia. Despite a huge number of medical appointments and investigations, his GP and neurologist had both washed their hands of him, saying it was long-COVID and there was nothing more to do. Thank God for Chinese medicine, I sighed under my breath. The poor boy has a fairly obvious Shaoyang block, with blazing ministerial fire pushing up and out to cause headaches and stop him settling into sleep.

I heartily recommend acupuncturists read *Why Acupuncturists Should Practise Qigong* by Peter Deadman. For many this will be preaching to the converted, but for any who doubt the benefits of internal cultivation for acupuncture and bodywork practice, this article will seal the deal. Then we have Tom Ehrman's annotated translation of Xú Dàchūn's text *Yìxué Yuánliúlùn* (On the Origins and Development of Medicine), in which we get a Qing dynasty perspective on classical acupuncture. In *The Collective as Aetiology in the Clinical Practice of Chinese Medicine* Brian Falk makes a persuasive case for considering the role of society as a cause of disease - an aetiology that is missing in most modern Chinese medicine education. The enigmatic *jing bie* (divergent pathways) are tackled by Brechtje Sebregts in our next article, with a focus on their role in Lung and Large Intestine pathology. Michelle Gellis's *Anatomy of Expression* will provide clarity and depth for diagnosis and treatment via the face, and in *Myths of Menopause in Chinese Medicine Practice*, Caroline Radice

takes us way beyond Kidney yin deficiency to a solid understanding of the menopausal transition. In *Finding Your Way Through the Forest*, Tony Reid provides the second part of his '101' series teaching practitioners of Chinese medicine how to read and understand clinical research. Finally, in *In Pursuit of the Jade Body*, Jamie Lynn Villanueva presents research into the biological mechanisms that underlie the benefits of acupuncture for health and longevity. Added to all of this are two book reviews and news of all the latest research into acupuncture and Chinese medicine. I hope this gets you bouncing into the year of the Tiger. 🏮

