



Spring 2009

A triannual publication

In This Issue:

- **Featured Article:**
Bu Zhong Yi Qi Tang & Pregnancy
By Raven Lang, L.Ac., OMD
- **Featured Article:**
**Master Tung's Magic Points:
Water Gold, Water Through:
Harnessing the Power of the Kidney
and Lung**
By Susan Johnson, L.Ac.
- **Mayway Lecture Series:**
 - The Art and Science of Obstetrics
 - Introduction to Pediatrics
 - The Best of Master Tung's Magic Points
- **Global Community:**
**Acupuncture & Herbs for
Tibetans in Exile**
By Sarah Hauer, L.Ac., and Sig Hauer, L.Ac.
- **Product News:**
**Yin Chiao Sugar Coated has a new
look with less packaging**

Dear Mayway,

Thank you so much for the support you have provided to the AWB training I received this past weekend in Orlando, Florida. The experience was awesome and inspiring. They perform "good works" for the community with nothing asked in return except to help others.

Thank you for your corporate support of them.
Peggy

Dear Mayway,

I just want to thank you for being a sponsor of Acupuncturists Without Borders and for all you do for the organization. I recently attended a training seminar in Albuquerque, NM and had the experience of a lifetime. I am certain I will use the knowledge I gained from the experience to help veterans in my area and those in need when a disaster arises. Without your help, AWB would not exist and I am so grateful to you for helping make this happen.

Sincerely,
Leah



*Sig Hauer, L.Ac., (above)
Sarah Hauer, L.Ac.
(at right) treat Tibetan
refugees at the Mainpat
Camp in Surguja district,
Chhattisgarh, India.*



Visit Us At These 2009 Events

Mayway Lecture Series
The Art and Science of Obstetrics
Raven Lang, L.Ac. OMD
Part One: May 30 & 31
Part Two: June 27 & 28
Part Three: July 18 & 19
Oakland, CA

Mayway Lecture Series
The Best of Master Tung's Magic Points
Susan Johnson, L.Ac.
August 1 & 2
Oakland, CA

Mayway Lecture Series
Introduction to Pediatrics
Raven Lang, L.Ac., OMD
August 22 & 23
Oakland, CA

FSOMA 2009 Fall Conference
August 28-30
Tampa, FL

**Contact us at 1-800-2-MAYWAY
or log onto www.mayway.com**

**Mayway Corp. 1338 Mandela Parkway,
Oakland CA 94607**

Acupuncture and Herbs for Tibetans in Exile

By Sarah Hauer, L.Ac., and Sig Hauer, L.Ac.

According to the International Campaign for Tibet there are over 150,000 Tibetan refugees in over 6 countries. India is host to over 110,000. One refugee camp, known as Mainpat, is home to over 2500 Tibetans. This remote camp is a two hour, 30 mile trip from Ambikapur, the nearest city. The support that other camps receive from relief organizations rarely makes it to Mainpat. Acute medical emergencies are a particular concern, as many do not survive the long and difficult trip in compromised health to emergency care.

Tulku Karma Rinpoche, a Buddhist Lama, has been tirelessly working to provide support and basic needs for the community. At the request of his people, the Rinpoche invited acupuncturists to treat at the camp.

In June of 2008 Sarah and Sig Hauer, licensed acupuncturists from Sedona, Arizona, traveled to the camp, bringing treatment supplies, including a small herbal pharmacy. In ten days they treated 450 patients. The response to acupuncture and herbs was very successful, with 90 percent reporting marked improvement in follow-up interviews 6 weeks later.

Upon returning from India, Sarah and Sig formed the TIBETANS IN EXILE HEALTH PROJECT, a nonprofit tax exempt



Sig Hauer & Tulku Karma Rinpoche listen to the complaints of a Tibetan Refugee

corporation dedicated to meeting healthcare needs along with facilitating training and education in health care to support the autonomy of the Tibetan community. A permanent clinic is a vision of the future, where visiting practitioners will offer care and continuing education.

Thanks to herbal product donations and monetary support from conscious organizations like MAYWAY, we will continue to make a difference in the lives of the Tibetans.

Please help. A second medical relief trip to India is slated for May of 2009.

To donate to TIBETANS IN EXILE HEALTH PROJECT, go to www.TIEHP.org and use our secure Pay Pal online. Or send donations to: TIBETANS IN EXILE HEALTH PROJECT 65 Coffee Pot Drive, Suite D, Sedona, Az 86336. For more information email us at info@TIEHP.org.

Yin Chiao - New Look, Less Packaging Q&A



Beginning with Yin Chiao-sugar coated #3167, Plum Flower® labels will be getting a new look. New label formats will be phased in beginning April 2009. Expect the same great products with friendlier labels.

Q: Why are the labels changed?

A: We wanted to present information to consumers in a format they are more accustomed to.

Q: What are the "other ingredients" used for?

A: "Other ingredients" refer to the excipients that are commonly used in making tablets to promote absorption, efficacy, and stability and may include:

Dextrin: A commonly used binding agent made from corn.
Sucrose and Talcum: Used on the exterior of the tablet for coating and smoothness to increase ease with swallowing.
Magnesium stearate: In tablet manufacturing it is used for its lubricating properties, preventing ingredients from sticking to manufacturing equipment during the compression of the extracts into solid tablets. It is also commonly used as a food additive, used in other industries as an emulsifier (syrops and sauces), and as an anti-caking agent or binder.



Peach gum: A natural gum made of plant sap used as a stabilizer.

Q: Are these newly added ingredients or have they always been in your tablets?

A: These ingredients have always been used in the production of our tablets. The amount of excipients is so small in relation to the amount of herb extract that they were not included on past labels. This information has been added to the new label to comply with current labeling laws.

Q: Are these other ingredients in all of your products?

A: No. Each tablet has a slightly different "Other ingredients". Tablets tend to require more excipients, while teapills require very few. Teapills have just botanical wax, activated carbon and talcum, which are used in the coating for smoothness.

Q: Will all of your labels be changing to this new format?

A: All of the Plum Flower Classic and Traditional teapills and tablets will be updated in the months ahead. You can expect to see more labels such as these in the next 6-12 months.

For more details, please go to: www.mayway.com/store/herbal_news_productupdate.jsp.

Master Tung's Magic Points: Water Gold, Water Through: Harnessing the Power of the Kidney and Lung

By Susan Johnson, L.Ac.

Little known are two of Master Tung Ching Chang's most effective points for tonifying the Kidneys, referred to as Shui Jin and Shui Tong - Water Gold 1010.20 and Water Through 1010.19. These points, being on the chin, are very easy to locate and insert, making them extremely useful clinically. In the treatment of chronic cough or



asthma, I would say they rival the power of LU5, also known as 33.16 in Tung's Acupuncture. Tung's System offers many extraordinary points for the treatment of asthma, chronic or acute. Shui Jin and Shui Tong can stand alone, but I frequently combine them to refine or hone the direction of my treatment, to add to the overall power of the treatment, and to increase the power of the Kidney Qi, which comes from Kidney and Lung, hence the points' elemental names.

Water Gold and Water Through are used to open, tonify, and regulate the Qi, in the treatment of any disease involving the Qi or water levels. They tonify when the Kidney is deficient; increasing energy (including sexual energy), treating impotence, paralysis, leg weakness, lower back pain, exhaustion, joint pain, prostate enlargement, even vertigo and blurred vision. They regulate if the Kidney energy is not receiving, making breathing long and labored; or when the Lung energy is not descending, causing the breath to come fast, as in panting. They are good for symptoms of reversal of Qi, like asthma, hiccups or vomiting.

For our elderly patients suffering from emphysema, bronchitis, chronic cough or asthma, these points are enormously helpful. Other points to consider in combination with Water Gold and Water Through might be: Four Horses, 88.17, 88.18, 88.19, LU 10 aka Tu Shui 22.11, Qu Ling (Curved Mound) or 33.16, San Cha III, ST36 aka Four Flower Upper or 77.08, Ling Gu 22.05 or Da Bai 22.04. We choose from these for most respiratory issues.

Ling Gu and Da Bai can also assist Water Gold and Water Through for chronic lower back pain, especially when we add Wrist Prosperous 22.08 (SI3) or Zhong Bai 22.06 (TW3), directing the energy from the opposite side toward the affected area. For cough with lower back pain, what a combo!

My teacher, Dr. Miriam Lee, OMD, enjoyed telling the story of when she worked in a clinical setting in China, and was mocked by a group of doctors after requesting an equal chance to attempt the treatment of a gentleman whose back pain they had been unable to resolve. He was leaning against the wall as she inserted four needles into his chin.

Only a few minutes later, the patient let out a deep cough. In that moment, everyone in the room turned to look at her, all simultaneously realizing that the man was radically improved. The pain was practically gone. Those of us who primarily practice Tung's Points are not surprised by those kinds of results.

Combined with Three Emperors, 77.18, 77.19, 77.21 (Shen Guan and SP6), and LV1 Da Dun, Water Gold and Water Through will treat impotence and premature ejaculation. In this combination, they will also be helpful in the treatment of frequent urination, though it is possible that Ma Jin Shui 1010.13 and Ma Kwai Shui 1010.14 may be needed.

For hiccups, combine Water Gold and Water Through with SP9 (a He-Sea point for descending Spleen Qi), or with 77.18 Shen Guan to descend the Stomach Qi. Water Gold and Water Through are located along the Large Intestine meridian, as it wraps around the mouth and connects to the Foot Yangming, Stomach channel.

The location of Water Gold and Water Through on the chin makes them very easy to find and apply. Water Through 1010.19, or Shui Tong, is located 0.4 cun inferior to the corners of the mouth. Water Gold 1010.20, or Shui Jin, is found 0.3 cun inferior and 0.5 cun medial to Water Through 1010.19. All four points are needled horizontally, toward the angle of the jaw or mandible.

On some patients, this means that the handles of the needles of the Shui Jin, or Water Gold points, may actually cross, over the midline of the chin. The tips of the Shui Tong or Water Through needles may contact blood vessels associated with the masseter muscles if needled too deeply, so be sure to keep your insertion to a more superficial level. I will typically use a 30mm needle, inserted horizontally, at least one cun, on each point. A finer needle, like 36mm-40mm gauge, will usually avoid bruising.

At this time of year, as we transition from winter to spring, all of us have lots of patients who suffer from allergies and/or asthma. Water Gold and Water Through are among my favorites of Master Tung's Magic Points, ones that I find myself using every day. For more information about these points, and many others, please visit our website at www.tungspoints.com, and check out the seminar schedule.

Mayway Corporation will be hosting a "Best of Master Tung's Magic Points" weekend seminar, this coming August 1st and 2nd, 2009. To register, please call Mayway, at 1-800-2-MAYWAY or visit www.mayway.com.

Susan Johnson, Licensed Acupuncturist, has been practicing Tung's style of acupuncture since 1982 and licensed in California, since 1985. She studied Master Tung's Points with Dr. Young Wei-Chieh and Dr. Miriam Lee for more than 12 years and has been using them almost exclusively in her practice since that time. Susan maintains a private practice in Santa Cruz, California. She is a dynamic teacher who loves her work and is renowned for her clear presentation of this style of acupuncture.

2009 Mayway Lecture Series in Oakland, CA

The Art and Science of Obstetrics Raven Lang, L.Ac., O.M.D.

Part One: May 30 & 31, 2009
Part Two: June 27 & 28, 2009
Part Three: July 18 & 19, 2009
9:00 a.m. to 5:30 p.m. each day
Approved for 15 CEUs per weekend

This series of three workshops combines the physiology, psychology, science and spirituality of the birth experience and will demystify the reproductive state. The practitioner will come away with a deeper understanding of child bearing, and the knowledge necessary to deal with problems that can arise during that time. Case histories and stories related to each subject will be presented from Raven's experience as a midwife, a mother and a TCM practitioner. You may attend any one or all three workshops.

Part One: Covers the psychology and physiology of reproduction, counseling for first trimester, early signs of pregnancy, anemia, diet and nutrition, miscarriage, morning sickness, hyperemesis, abdominal palpation and finding and interpreting fetal heart tones.

Part Two: Covers treatment of common infections in pregnancy, history and politics of women's health as it relates to obstetrics, counseling for the second trimester, low back pain, sciatica, hemorrhoids and varicosities, counseling for the third trimester, hypertensive disorders of pregnancy, carpal tunnel, gestational diabetes, and vaginal infections.

Part Three: Covers turning breech and posterior presentations, the Blessing Way ceremony, TCM's educational role in late pregnancy, labor and birth, labor augmentation and induction, treatment of pain in labor, TCM's role in post partum care, mother roasting, postpartum problems, lactation, mastitis, and care of the newborn.

Introduction to Pediatrics

Raven Lang, L.Ac., OMD

August 22 & 23, 2009
9:00 a.m. to 5:30 p.m. each day
Approved for 15 CEUs

In this introductory course in pediatric acupuncture we will cover conditions that are typically seen in the acupuncturist's office are well within the scope of TCM treatment and which respond well and quickly to this type of medicine. Students will learn how to discern what is normal in children, what can be addressed with TCM, and when to refer to an allopathic physician.

Treatments for the following conditions will be presented: common cold, fever, ear infections, allergies, coughs, asthma, poor appetite, indigestion, vomiting, diarrhea, constipation, stomach pain, rash, eczema, hives and hyperactivity.

The following unusual pediatric problems will be discussed and treatments for at least one of these conditions will be demonstrated: Brachial Plexus, Cerebral Palsy, Seizures, Whooping Cough, Hydronephrosis

Formulas for Obstetrics and Pediatrics

Free for seminar participants!
Pending for 1 CEU & 1 NCCAOM PDA each.
May 31, June 28, July 19, August 23, 2009
8:00 a.m. - 9:00 a.m.

Join the Mayway Herbal Consultants for a complimentary light breakfast and a presentation on Chinese herbal products associated with OB/GYN and Pediatrics. Topics will include TCM pattern differentiation, classical functions and indications of formulas and the application of traditional Chinese herbs for biomedically defined complaints. Relevant clinical information on dosing administration and combining herbal therapies will be offered.

For more information and to register for classes with Raven Lang, L.Ac., please contact Caryle at 831.426.2977 or email caryle1946@sbcglobal.net

The Best of Master Tung's Magic Points With Susan Johnson, L.Ac.

August 1 & 2, 2009
10:00 a.m. to 6:00 p.m. each day
Approved for 12 PDAs and 12 CEUs

Susan Johnson has used Dr. Tung's points in her practice exclusively for the past 24 years and has specially selected the points and point patterns discussed in this course for their clinical usefulness. Susan calls these the "heavy-hitters" of Master Tung's point system. There are many extraordinary points from Master Tung's work, which can yield immediate and lasting results, but some of them Susan finds herself using all day, every day. These "heavy-hitters" will be shared in this weekend seminar so that practitioners will be able to return to their clinics with new ideas for immediate implementation and improved clinical success.

This two-day course provides acupuncturists with an understanding of the energetics employed when using Tung's Points, a brief history of this points system and a wide variety of the most commonly used point combinations. Each day of class will end with a 90-minute demonstration of point locations and techniques.

Testimonials:

Several of my long-standing questions about acupuncture were answered in the first hour of class (quick treatments for migraine relief, questions about eye disease and Lung weakness). I feel inspired and have a deeper appreciation of this medicine now. Susan is a talented speaker with great command of the material. I am ecstatic that this information is available.

—Wendy Stein, L.Ac.
Berkeley, California

Susan Johnson is a very inspiring teacher and practitioner. These classes will transform your practice immediately. They

will boost your confidence both in terms of performing difficult techniques and treating challenging cases.

—Audrey Ordon, L.Ac.
San Francisco, California

Take this class! It will revolutionize your practice. I bless the day I met Susan Johnson. This is the most effective acupuncture I have ever seen done. My patients are very happy with the changes in their health.

—Kathi Drake, C.A.
Madison, Wisconsin

There are required materials for this course, please go to Susan's website for details: tungspoints.com.

Licensed Acupuncturists and other health practitioners:
Early Bird Special: \$300 by July 3, \$350 thereafter
Student Early Bird: \$200 by July 3, \$250 thereafter
Receive a \$50 gift certificate towards your next purchase

of Plum Flower® & Min Shan® products with your registration. For more information and to register for this class, visit mayway.com, call 1-800-262-9929 x 8137 or email us at seminars@mayway.com.

Formulas to Treat Painful Conditions with Alisa Wrinkle, L.Ac.

Free for seminar participants!
Pending for 1 CEU & 1 NCCAOM PDA.
Sunday August 2, 2009 8:45 a.m. - 9:45 a.m.

Join Alisa Wrinkle, L.Ac., for a light breakfast before Susan's Sunday lecture for a presentation on Chinese herbal products associated with common painful conditions. Topics will include TCM pattern differentiation, classical functions and indications of formulas, and the application of traditional Chinese herbs for biomedically defined complaints. Relevant clinical information on dosing, administration and combining herbal therapies will be offered.

New Products

Mayway Lecture Series Distance Education Course

Lingering Pathogens with William Maclean, M.Sc. Chin. Med.

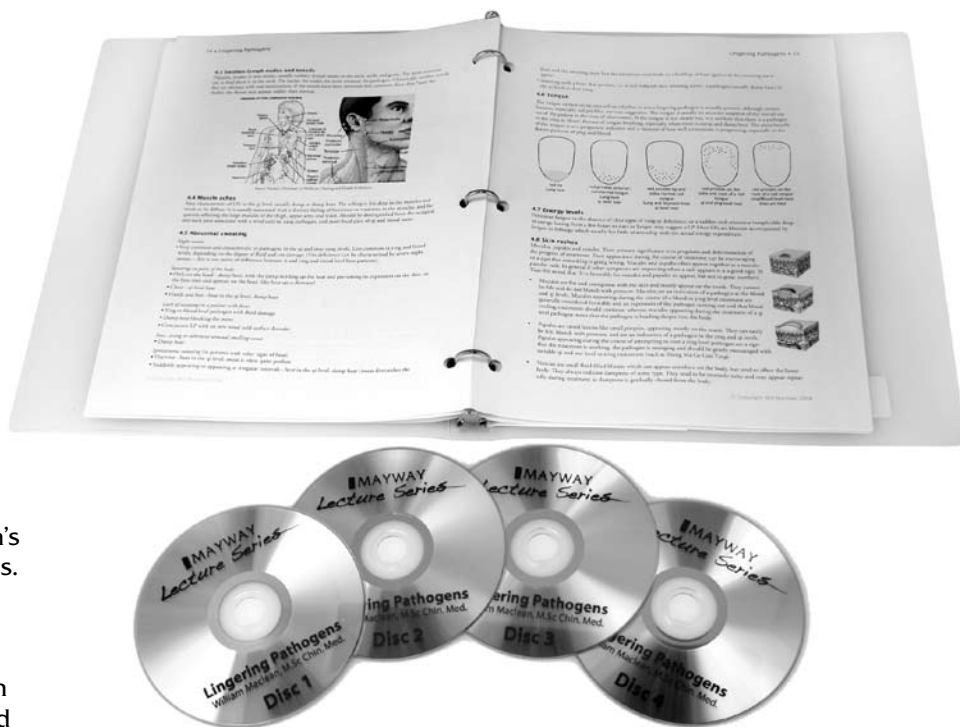
This course is approved for 9 CAB CEUs/NCCAOM PDAs.

Program description:
This distance-learning course consists of a 4-disc DVD set. DVD contains seminar from Will Maclean's 2008 lecture on lingering pathogens.

Extensive lecture notes are also included.

Course description:
Lingering pathogens are a common and often unrecognized cause of persistent, baffling and often debilitating health problems. This course is designed to provide an analytical framework to assess and manage disorders associated with "lingering pathogens" as defined by Chinese medicine. These disorders are characterized by persistent illness or morbidity subsequent to an acute infectious process that was unresolved, poorly managed or occurred in an individual without the resources to throw it off.

William Maclean, M.Sc. Chin. Med. is an internationally renowned practitioner, teacher and author, with 20 years of clinical experience in the field of Chinese medicine. In addition to his long years in practice, Will is the author (with Jane Lyttleton) of the Clinical Handbook of Internal Medicine



series Volumes 1 and 2 and the Clinical Manual of Chinese Herbal Patent Medicines. Will teaches in the Masters programs at the University of Sydney and University of Technology Sydney, and has lectured to students and practitioners in the US, UK, South Africa and New Zealand, and will lecture at the Rothenberg conference in Germany in 2009.

To order visit mayway.com or call 1-800-2-MAYWAY and ask for MW #1970.

Thyroid Dysfunction with William Maclean, M.Sc. Chin. Med. is coming to DVD soon!

Bu Zhong Yi Qi Tang and Pregnancy

By Raven Lang, L.Ac., OMD

I am often asked if there are any formulas that can be safely used throughout pregnancy and Bu Zhong Yi Qi Tang always comes up in big bold letters in my mind.



Many classical formulas are specific for different trimesters in pregnancy. Pill Curing may be used for morning sickness, a condition of the first trimester, and Wu Ling San may be used when there is retention of waters, normally a

condition of the third trimester. But Bu Zhong Yi Qi Tang is not a formula that is limited to a specific time in pregnancy. It can be used in all three trimesters of pregnancy and in the postpartum months following birth.

In early pregnancy, Bu Zhong Yi Qi Tang is used for women who are generally cold and present with physical weakness, low energy, poor appetite, spontaneous sweating (especially with light exercise), and shortness of breath (especially with exertion). For women who have one or more of these symptoms and whose pulses are deficient, small, and often slow, Bu Zhong Yi Qi Tang can be amazing. A diagnosis of Spleen qi deficiency can be confirmed if the tongue appears pale with a thin coating, or possibly swollen which indicates dampness.

Women who have these types of symptoms at the onset of pregnancy or who develop it shortly after conception will be more prone to spotting, cramping, loose stools, threatened or habitual miscarriage, a body that continually seems cold, or prolapse of any type, such as varicose veins or hemorrhoids. Bu Zhong Yi Qi Tang treats each of these conditions very well, because many of them stem from a deficiency of qi and yang resulting in a lack of internal warmth.

In the second trimester, Bu Zhong Yi Qi Tang can be used for all the conditions mentioned above. If these conditions were not addressed in the first trimester, they are likely to worsen in the second. As the pregnancy advances, there are increased uses for this formula as the stresses of pregnancy become greater with each passing month. Irritable uterus, uterine bleeding, uncomfortable contractions, and premature shortening or thinning of the cervix are problems that can arise and that may be corrected with this formula. I have even used this formula for women with very low-lying (embedded in the lower segment of the uterus) placentas who discovered the location through ultrasound at some point in the first two trimesters and who wanted to prevent the placenta from growing further down in the lower uterine segment. In each of these cases, Bu Zhong Yi Qi Tang helped the placenta grow in an ascending direction, saving the woman from a possible caesarean section due to too low of an implantation.

In the third trimester, Bu Zhong Yi Qi Tang can be used for exhaustion, prolapse of any type, spotting with low back

pain, a sensation of coldness in the Ming Men or abdomen, or the ongoing contractions that threaten a premature labor.

In the immediate postpartum period, Bu Zhong Yi Qi Tang is perfect for fatigue and weakness following long or exhausting labors. Symptoms most typically present as: poor appetite, a sensation of deep coldness from the lack of external and/or internal warmth in the hours following birth, loose stools, or problems and pain due to prolapse resulting from the intensity and/or duration of pushing during the second stage of labor. For these women, this is a very warming and nourishing formula to rebuild qi. When taking pulses at this time, you will see that they are weak, deep, small or thready, and possibly slow. If Bu Zhong Yi Qi Tang is given prophylactically (either by itself or along with another constitutionally correct formula), it may even prevent these conditions from manifesting in a body that has just been spent.

For qi deficient women who lose two or more cups of blood at the time of delivery or in the third stage of labor, this formula will rebuild strength by building the qi and thus restoring the blood. Remember that qi generates blood, so for qi deficient women who have lost a significant amount of blood at delivery, this formula can be used by itself or in addition to another formula to build blood, such as Si Wu Tang. If a woman has extended lochia in the immediate postpartum, or spontaneous bleeding with slight exertion months after delivery, Bu Zhong Yi Qi Tang is the formula to use.

Traditionally, Bu Zhong Yi Qi Tang is used in pregnancy for cold women who need to warm the central qi, build and consolidate the yang, or pull the reproductive organs of the body back up, after their intense downward experience of labor and delivery. Here are a few other specific cases where it may prove useful:

- Women with a history of or tendency towards yang deficiency presenting with long and heavy menses, mid-cycle bleeding, loose stools (especially when it presents with heavy menses), history of miscarriage and/or premature birth, and the development or worsening of the symptoms of prolapse.
- Women who are generally exhausted, weak, pale, or who have no breath for light exercise.
- Pregnant women working in jobs that require a high output of qi, such as any standing job, or one carrying heavy objects.
- Women who are mothers of one or more children and who are again in a reproductive state can be strengthened by this formula, as it builds the qi so vital in the continual demands of reproduction.

The prerequisites that women need for this prescription are that they are deficient, cold or cool, and have weakness in the element of Earth. Typically, their tongues and their pulses will be deficient. Remember that in pregnancy a healthy pulse is full and slippery, so small and deficient pulses are strong indicators that the qi needs to be addressed. Since most of these Spleen deficient women have symptoms of Wu Han (Fear of Cold) and tell you that they feel comforted by warming foods, hot drinks, or warm environments, you can be assured that Bu Zhong Yi Qi Tang is an appropriate formula.

Plum Flower® Bu Zhong Yi Qi Tang contains the following ingredients:

Huang Qi (Radix Astragali)
 Gan Cao (Radix Glycyrrhizae Uralensis)
 Dang Shen (Radix Codonopsis Pilosulae)
 Bai Zhu (Rhizoma Atractylodis Macrocephalae)
 Dang Gui (Radix Angelicae Sinensis)
 Sheng Ma (Rhizoma Cimicifugae)
 Chai Hu (Rhizome Bupleurum)
 Chen Pi (Pericarpium Citri Reticulatae)
 Da Zao (Fructus Zizphi Jujubae)
 Sheng Jiang (Rhizoma Zingiberis Officinalis Recens)

In this formula, the vital qi that is so necessary in reproduction will be supported or replenished by Huang Qi, Dang Shen, Bai Zhu, Da Zao, and Gan Cao. These Spleen tonifying herbs will help to raise the yang qi of the Spleen, which will keep things in place, such as blood in the vessels and internal organs such as the uterus. These Spleen herbs are warming to the body so symptoms of cold or damp will be relieved. They also strengthen muscles, which in turn helps a uterus to hold a pregnancy to term. Strengthened muscles then produce energy that can be used to build or increase ongoing strength, so needed for the endurance and function of labor and birth, and the recovery in the postpartum. These Spleen herbs also aid appetite, digestion, assimilation, and excretion (all necessary functions in creating a healthy and full term fetus).

Dang Gui generates and invigorates the blood to build the qi and aid in circulation. Chen Pi warms the Spleen and Stomach, disperses dampness, regulates the qi and strengthens the functions of the other Spleen herbs. Sheng Jiang warms the central qi and aids the function of the Spleen herbs, thereby increasing the ability of the qi to rise. Sheng Ma and Chai Hu both raise the yang qi, which helps a pregnancy go to term, and also addresses prolapse.

The only caution regarding the use of this formula is that one must be sure that the signs and symptoms of disharmony are coming from deficiency and not from an acute illness or lingering pathogen. Assessing the pulse and examining the tongue will be the key confirmation needed for a proper diagnosis.

And lastly, if a practitioner prefers to use the powdered formulas instead of the pills, then one can add one or more extra herbs so that the formula of Bu Zhong Yi Qi Tang can be tailor made for a specific woman at any specific time.

As one can see from the many uses of this formula, it can be safely used in all three trimesters of pregnancy as well as in the postpartum period. It is a formula that a practitioner should not be without if he or she treats women in their window of reproduction.

Come to Mayway and learn from Raven LIVE in her series on Obstetrics & Pediatrics beginning in May. See Page 4 for details.

Bu Zhong Yi Qi Tang is available from Mayway in the following forms:



Plum Flower®
 Central Chi Teapills
 Bu Zhong Yi Qi Wan
 #3667E 1000 pills/bottle
 #3667 200 pills/bottle



Plum Flower®
 Bu Zhong Yi Qi San,
 5:1 concentrated extract
 powder #3668C,
 100 gram bottle



Min Shan®
 Bu Zhong Yi Qi Wan
 #3668, 200 pills/bottle

Other formulas mentioned by Raven Lang also available from Mayway:

Plum Flower® Curing Pills
 #3966 30 caps/bottle,
 #3966E 150 caps/bottle,
 3966i 24 packs/box

Plum Flower®
 Wu Ling Teapills #3330
 200 pills per bottle

Plum Flower®
 Four Substances Teapills/
 Si Wu Tang Wan #3355
 200 pills/bottle

Raven Lang was a Direct Entry midwife for 20 years, and was the founder of the Santa Cruz Birth Center and the Institute of Feminine Arts, two organizations dedicated to providing education and humane health care for women and children. She is the author of "Birth Book", "BlessingWay into Birth", and "Mother Roasting". In 1982 Raven began her TCM education and wove her midwifery skills into her TCM practice. In 1983 she began a three-year apprenticeship with Dr. Miriam Lee, one of the first acupuncturists in California. Raven has taught and continues to teach throughout North America, and presently practices TCM in Santa Cruz, California, specializing in women's medicine and pediatrics.

Monthly Specials

PRESORTED
STANDARD
US POSTAGE PAID
PERMIT NO. 2117
OAKLAND, CA

The MAYWAY MONTHLY SPECIALS are specially discounted items for the month indicated. Take 10% off these selected products.

May: Formulas for Exterior Wind-Cold-Damp

Release the Exterior Teapills/ Jing Fang Bai Du Wan #3367
Resilient Warrior Teapills/ Ren Shen Bai Du Wan #3384

June: Formulas for Hemorrhoids

Sophora Japonica Teapills/ Huai Jiao Wan #3397
Fargelin Pills/ Hua Zhi Ling Wan #3938

July: Formulas for Heat & Fire in the Middle Jiao

Liang Ge Wan #3373 & Xiang Lian Wan #3612

August: Formulas for Tonifying Spleen & Kidney

Huan Shao Dan Wan #3320 & Shi Chuan Da Bu Wan #3641

www.mayway.com

Mayway Corp. 1338 Mandela Parkway, Oakland CA 94607
Phone 1.800.2.MAYWAY or 510.208.3113, Fax 510.208.3069

Mayway News

Mayway News & General Announcements

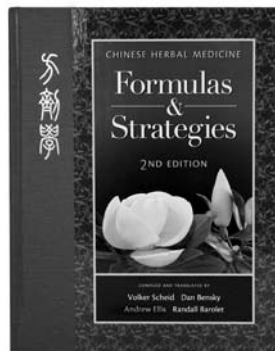
Website Updates

We recently updated the "Quality Assurance" and "About Mayway" sections of our website. Quality Assurance section now has more information about Quality, Brands and Manufacturing with more photos and friendlier navigation. "About Mayway" section has the new "at-a-glance" history of our company.

New Book

"Formulas & Strategies"
2nd edition,
by Dan Bensky
Features over 800 for-

mulas, expanded commentary and a new section on comparisons. A textbook for students and an authoritative reference for all practitioners of Chinese herbal medicine.



Introductory Special for Health Care Practitioners

Receive 50% off the cover price (regularly \$29.95) or receive a copy **FREE** with your order of \$200 or more.



- Full Color
- Functions
- Indications
- Tongue/Pulse
- Biomedical Applications
- Cautions & Contraindications
- Standard & Clinical Dosages
- Ingredients

Information contained in this newsletter is provided to assist trained practitioners of traditional Chinese medicine with selection of products. It is not meant to be used as a guide for treatment or diagnosis. If you are not already familiar with these formulas or concepts please consult a licensed practitioner of Chinese herbal medicine and/or more in-depth reference materials. Statements made in this newsletter have not been evaluated by the FDA.