

Case 1

VU STUDENT TREATMENT NOTES

DATE 3/17/2023	TIME 10:00 am	PATIENT ID	DongJi Zhang
SUBJECTIVE CHIEF CONCERN			
Rt. Lower Abdomen Pain, KD Stones			
SYMPTOMS FIRST APPEARED		On file - First visit – March 24, 2015	
OTHER TYPES OF TREATMENT?		Herbs	
WHAT MAKES IT WORSE? N/A		BETTER? N/A	
OTHER SYMPTOMS Extreme Cold, Dry mouth, Superficial sleep, Itchy Throat			
CHILLS AND FEVER?	Coldness	PERSPIRATION?	N/A
HEAD/BODY PAIN?	N/A	URINATION/STOOL?	N/A
QUALITY OF PAIN?	N/A	CHEST (HEART/LUNGS?)	N/A
HEARING ABILITY?	N/A	THIRST?	N/A
ENERGY LEVEL 1-10?	7	EMOTIONS?	N/A
SIGHT?	Eyelids slightly pale	DIET/ APPETITE?	N/A
SLEEP?	WNR		
CAUSE OF AILMENT? Dampness & Heat			
MEDICAL HISTORY KD stones			
WESTERN MEDICAL DIAGNOSIS, IF ANY. KD Stones			
MENSTRUATION/GYNECOLOGICAL PROBLEMS		N/A	
CURRENT MEDICATIONS Herbs			
LEFT PULSE	Slippery & Choppy	RIGHT PULSE	Slippery & Choppy
TONGUE COLOR.	Reddish	BODY	WNR / Normal
SHAPE	Square	COATING	Yellowish
DIAGNOSIS/PATTERN KD & LU Dampness with Heat, HT & KD Disharmony, HT Bl. Def., KD Yang Def.			
TREATMENT PLAN Clear KD & LU Heat, Remove Dampness, Balance HT & KD, Circulate HT Bl., and Tonify KD Yang			
PRIMARY POINTS N/A			
SECONDARY POINTS. N/A			
HERBS, HERBAL FORMULA			
Xie He Gen Cao Tang, Amur Corktree Bark, Common Anemarrhena, Chinese Yam, Cornus officinalis, Paeonia anomala, Pyrrosia Leaf, Poria, Snowbellleaf Tickclover, Gallus Gallus Domesticus Brisson, Eriobotrya japonica thunb., Tatarian Aster			

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03/17/2023

Zhang, Dongji

312 Armour Ave

South San Francisco, CA 94080

415-680-6402

His right lower abdomen was painful, and now it is much better.

His extreme cold is much better too.

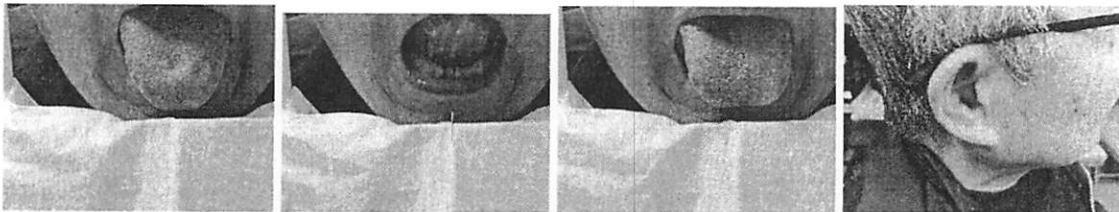
His neck trouble is serious. His pulse is slippery and choppy. The liver and the stomach are wiry, slippery, and floating

He can fall asleep but he wakes up four or five times a night because of his urine and superficial sleep quality. .

At night his mouth is seriously dry so he has a cough at night and he has to drink water.

In the afternoon, he easily has an itchy throat with a weak voice.

His pulse is slippery and choppy. There is jie and dai.



复诊诊断:

1. 趋于缓解中的湿热内积于肾，聚而成石
2. 趋于缓解中的湿热内积于肺，湿伤阳而冷，热袭咽而咽干
3. 缓解的湿热上泛于耳，而成囊肿
4. 仍存的湿热下注于肾、影响到膀胱，出现小便症状
5. 从舌下看，原来严重的瘀血正在缓解
6. 心肾不交，心血不足，肾阳不足

治疗原则:

1. 继续重点清利湿热，化石消囊
2. 同时调理前列腺

C 1 炒药

3. 同时清肺化痰利咽

治疗方法:

中药汤药,

处方 a 汤药 14天

黄柏6克 (另包14天份量, 放入砂锅, 炒至黄柏微黑, 干锅时放少量淡盐水一起炒)

用时, 每次取约1/14, 放入下面的处方

知母15克 熟地15克 山药10克

山茱萸6克 赤芍15克 石韦15克

茯苓10克 金钱草15克 鸡内金6克

枇杷叶15克 紫菀10克

将一包药材放入砂锅, 添加冷水没过药材, 水开起算, 煮30分钟

煎药液倒出, 取2杯

早中饭后5分钟内各服半杯

傍晚6-7点钟, 空腹服用一杯, 温服, 服用后5分钟, 轻轻引体向上蹦约10分钟

明天配方后再邮寄

处方B

用法: 每日1次, 早饭后或随汤药一起服用一包, 14天

治疗成分: 协和炙甘草汤 15粒

炙甘草 桂枝 生晒参 麦冬 阿胶 火麻仁 生地

Case 2

VU STUDENT TREATMENT NOTES

DATE 3/17/2023	TIME 11:00 am	PATIENT ID	Jacklin Arellano
SUBJECTIVE CHIEF CONCERN			
Cough, Yellowish/Greenish Phlegm, Runny Nose, Headache, Itchy Throat and Ears			
SYMPTOMS FIRST APPEARED One week			
OTHER TYPES OF TREATMENT?			
WHAT MAKES IT WORSE? N/A		BETTER? N/A	
OTHER SYMPTOMS Had a fever and lost her voice			
CHILLS AND FEVER?	Had a fever	PERSPIRATION?	N/A
HEAD/BODY PAIN?	N/A	URINATION/STOOL?	N/A
QUALITY OF PAIN?	N/A	CHEST (HEART/LUNGS?)	N/A
HEARING ABILITY?	N/A	THIRST?	N/A
ENERGY LEVEL 1-10?	7	EMOTIONS?	N/A
SIGHT?	Eyelids slightly pale	DIET/ APPETITE?	N/A
SLEEP?	WNR		
CAUSE OF AILMENT? Fever			
MEDICAL HISTORY N/A			
WESTERN MEDICAL DIAGNOSIS, IF ANY. Cough			
MENSTRUATION/GYNECOLOGICAL PROBLEMS N/A			
CURRENT MEDICATIONS N/A			
LEFT PULSE	Deep & Slippery	RIGHT PULSE	Deep & Slippery
TONGUE COLOR.	Reddish	BODY	WNR / Normal
SHAPE	Oval	COATING	Thick / Yellowish
DIAGNOSIS/PATTERN Dampness & Heat Toxin			
TREATMENT PLAN Remove Dampness & Clear Heat Toxin			
PRIMARY POINTS N/A			
SECONDARY POINTS. N/A			
HERBS, HERBAL FORMULA Xie He Bing Du Ling, Xie He Qing Long			

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03/17/2023

Arellano, Jacklin

F. 41 years old.

She has been coughing with yellow and clear phlegm, or dry cough. The phlegm was green. She has had a runny nose, headache, itchy throat and ears for about a week. She had a fever for two days at the beginning with a lost voice.



her pulse is deep and slippery.

Prescription A

Usage: take 20 pills right after breakfast and dinner. Today you can take after lunch and dinner. 7 days.

Ingredients:

Xie He Bing Du Ling

sang ye, ju hua, lian qiao jie geng

Prescription B

Usage: take 10 pills together with A. 7 days.

Ingredients:

xie he qing long

ma huang, gui zhi, bai shao, gan cao

Cost Office visit: \$75 free of charge

Herbal Medicine: Currently one package is \$15.98. You pay \$12.98 for each package.

Case 3

VU STUDENT TREATMENT NOTES

DATE 3/17/2023	TIME 12:00 noon	PATIENT ID	Mary Peng
SUBJECTIVE CHIEF CONCERN			
Ulcer in Mouth, Back flow of Nasal Discharge			
SYMPTOMS FIRST APPEARED		On file - First visit – October 28, 2022	
OTHER TYPES OF TREATMENT?		Herbal formula	
WHAT MAKES IT WORSE? N/A		BETTER? Herbal Formula, but felt nausea & dizzy	
OTHER SYMPTOMS Had a fever and lost her voice			
CHILLS AND FEVER?	Had a fever	PERSPIRATION?	N/A
HEAD/BODY PAIN?	N/A	URINATION/STOOL?	N/A
QUALITY OF PAIN?	N/A	CHEST (HEART/LUNGS?)	N/A
HEARING ABILITY?	N/A	THIRST?	N/A
ENERGY LEVEL 1-10?	7	EMOTIONS?	N/A
SIGHT?	Eyelids slightly pale	DIET/ APPETITE?	N/A
SLEEP?	WNR		
CAUSE OF AILMENT? Fever			
MEDICAL HISTORY N/A			
WESTERN MEDICAL DIAGNOSIS, IF ANY. Cough			
MENSTRUATION/GYNECOLOGICAL PROBLEMS N/A			
CURRENT MEDICATIONS N/A			
LEFT PULSE	HT over thenar	RIGHT PULSE	ST Wiry & Slippery
TONGUE COLOR.	Reddish	BODY	WNR / Normal
SHAPE	Oval-long	COATING	Yellowish
DIAGNOSIS/PATTERN HT, LV & LU Heat			
TREATMENT PLAN Clear HT, LV & LU Heat			
PRIMARY POINTS N/A			
SECONDARY POINTS. N/A			
HERBS, HERBAL FORMULA			
Xie He Ching Fei BDL, Reed Rhizome, Lightyellow Sophora Root, Imperata Root, Smilax Glabra, Weeping Forsythia Fruit, Biod Magnolia Bud, Coastal Glehnia Root, Burdock, Bamboo Shavings, Dendrobium Nobile, Tangerine Peels			

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03/17/2023

Mary Peng

10/24/1973 F

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The ulcer in her mouth is still there.

She feels a back flow of her nose discharge. It has been for a while.



Review

Her diagnosis is pityriasis lichenoides 苔癖

She took herbal medicine and felt effective but she also felt nausea and dizzy.



Her pulse is wiry and slippery on the stomach. The heart is over thenar.

诊断：心肝火旺而导致口腔问题，肺热导致鼻水倒流

治疗原则：清心清肝

处方A 汤药 5天

芦根15克 苦参15克 白茅根15克

土茯苓16克 连翘6克 辛夷15克

沙参15克 牛蒡子10克 竹茹15克

石斛10克 陈皮6克

~~旱莲草15克 陈皮6克~~

将一包药材放入砂锅，添加冷水漫过药材

C₃

水开起算，煮30分钟
煎药液倒出
分3份，每份约半杯
早中晚饭后5分钟内服用
本方不能空腹服用

处方B

用法：每次1包，每日1次，早饭后或中午饭后或晚饭后服用，5天份量

治疗成分：协和清肺BDL

桑叶 菊花 连翘 桔梗 藿香 佩兰 五味子 麦冬

费用

复诊45

治疗费12.98X10

Case 4

VU STUDENT TREATMENT NOTES

DATE 3/17/2023	TIME 12:19 pm	PATIENT ID	Dongmei Zhang
SUBJECTIVE CHIEF CONCERN			
Irregular period			
SYMPTOMS FIRST APPPEARED 4 – 5 weeks ago large dark red blood clot			
OTHER TYPES OF TREATMENT? Herbs, iron medicine			
WHAT MAKES IT WORSE? Cold/Spicy, Lifting or Emotional Ch.		BETTER? Yi Mu Cao	
OTHER SYMPTOMS Dark Red Blood Clot			
CHILLS AND FEVER?	N/A	PERSPIRATION?	N/A
HEAD/BODY PAIN?	N/A	URINATION/STOOL?	N/A
QUALITY OF PAIN?	N/A	CHEST (HEART/LUNGS?)	N/A
HEARING ABILITY?	N/A	THIRST?	N/A
ENERGY LEVEL 1-10?	6	EMOTIONS?	Sometimes
SIGHT?	Eyelids slightly pale	DIET/ APPETITE?	N/A
SLEEP? Sleep late			
CAUSE OF AILMENT? Spleen Qi & KD Yang Def.			
MEDICAL HISTORY N/A - last Examination 2018, last year period was normal after taking some herbs			
WESTERN MEDICAL DIAGNOSIS, IF ANY. Irregular Period			
MENSTRUATION/GYNECOLOGICAL PROBLEMS Irregular Period, Blood Clots			
CURRENT MEDICATIONS Iron Medicine & Herbs			
LEFT PULSE	Slippery & Choppy /LV weak	RIGHT PULSE	Slippery & Choppy / KD Deep & Weak
TONGUE COLOR.	Reddish	BODY	Slightly Enlarged / Thicken, Teethmarkl
SHAPE	Oval	COATING	Whitish
DIAGNOSIS/PATTERN KD Yang Def., LV Blood Def. & SP Failing to Regulate Blood with Dampness Retention,			
TREATMENT PLAN Tonify KD Yang, Promote LV Blood Circulation & Regulate SP Blood, Remove Dampness			
PRIMARY POINTS N/A			
SECONDARY POINTS. N/A			
HERBS, HERBAL FORMULA			
Oyster Shell Powder, Astragalus, Atractylodes, Cornus Officinalis, Cuttlebone Sepium, Trachycarpi Carboni Status, Bletilla Striata, Rubia Cordifolia, White Paeony Root, Zingiber officinale Rosc., Licorice and etc.			

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Vitality University 千帆大學

Clinical Record 臨床病歷

03/17/2023

Zhang, Dongmei

12/26/1970

Belmont, CA 94002

A. 問診 inquiry

a. 主訴 Chief Complaint

She has been irregular period for a couple of years. It contains large dark red blood clot. It is worse when she eats cold or spicy, lifts up heavy things or emotional change. The period has lasted for four or five weeks.

b. 現病史 History of Present Illness

Last year, her period was normal after she took herbal medicine. It came back this year. She took Yi Mu Cao and felt better.

She has no fibroid.

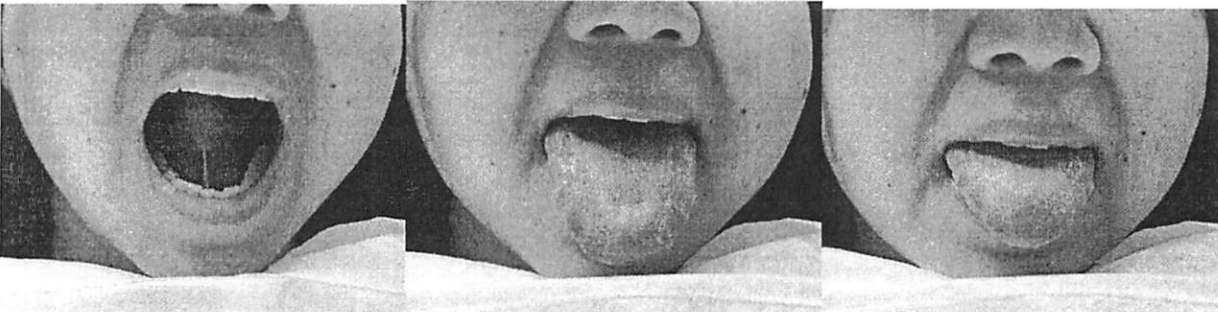
c. 既往史, 手术史, 妇产科史, 过敏史 Medical, Surgical, Ob/Gyn, and Allergies

N/A

d. 家族史 Family Medical History: *Please list major illness and age of occurrence.*

N/A

B. 望診 Tongue and Others (舌质, 舌苔, 舌形)



Her eyelids are slightly pale. She keeps taking iron medicine.

C. 聞診 Hearing and smelling

n/A

D. 切診 Pulse and Body Exam

The right kidney pulse is hiding (she had infectious kidney)

The liver is weak.

In general it is slippery and choppy.

E. 証候分析 Syndrome Analysis (疾病的发病原因, 症, 舌, 脉)

See Below

C 4

Vitality University 千帆大學

Clinical Record 臨床病歷

F. 証候診斷 Syndrome Diagnosis

1. 肾阳不足，脾不统血，导致月经崩漏
2. 肝血不足
3. 湿浊内积

G. 治療/調理原則 Treatment Principal

1. 温肾健脾固摄
2. 养肝血
3. 化湿

H. 治療計劃/調理計劃 Proposal of Treatment

調理月经 2-4 周，調理体质需要时间

I. 中草藥處方 Herbal Formula Prescription (CL1010, CL1020, CL1030, CL1040, CL1050, CL1060)

a. 中药处方 Herbal medicine prescription or 食疗处方 herbal dietary formula

汤药 7 天
 牡蛎粉 30 克（包）黄芪 15 克 白术 10 克 山茱萸 6 克
 海螵蛸 6 克 棕榈炭 15 克 白及 6 克
 茜草 15 克 白芍 10 克 炮姜 6 克
 甘草 6 克
 放入砂锅，添加冷水漫过药材吗，水开起算，煮 30 分钟
 煎药液倒出，分 3 份，早中晚饭前半小时或饭后半小时各服用一份，每份约半杯

b. 使用指导 Patient Instruction

如上

c. 针灸穴位 Acupuncture Points

d. 调整治疗 Adjust Modalities

拔罐 Cupping	
神灯 Inferred Lamp	
推拿 Tui Na	
运动疗法 Exercise	
刮痧 Gua Sha	
其它 Others:	

Case 5

VU STUDENT TREATMENT NOTES

DATE 3/17/2023	TIME 13:41 pm	PATIENT ID	Magdalen Cheng
SUBJECTIVE CHIEF CONCERN			
Breast Cancer Stage II, Lt. KD & LV cysts, Cataracts			
SYMPTOMS FIRST APPEARED		On file - First visit – October 23, 2018	
OTHER TYPES OF TREATMENT?		Herbs	
WHAT MAKES IT WORSE? N/A		BETTER? Yeast Control	
OTHER SYMPTOMS Mouth Swelling, Poor Memory, Weak Urination,			
CHILLS AND FEVER?	Coldness	PERSPIRATION?	N/A
HEAD/BODY PAIN?	Facial Slightly Reddish	URINATION/STOOL?	Weak / Not formed
QUALITY OF PAIN?	N/A	CHEST (HEART/LUNGS?)	N/A
HEARING ABILITY?	N/A	THIRST?	N/A
ENERGY LEVEL 1-10?	5	EMOTIONS?	N/A
SIGHT?	Cataracts, Some Allergies	DIET/ APPETITE?	N/A
SLEEP?	WNR		
CAUSE OF AILMENT? Old age & KD Weakness			
MEDICAL HISTORY Lt. KD & LV cysts, Cataract			
WESTERN MEDICAL DIAGNOSIS, IF ANY. Lt. KD & LV cysts, Cataract			
MENSTRUATION/GYNECOLOGICAL PROBLEMS N/A			
CURRENT MEDICATIONS Herbs			
LEFT PULSE	Slippery, Floating & Wiry	RIGHT PULSE	Slippery, Floating & Wiry (both over thenar)
TONGUE COLOR.	Slightly Reddish	BODY	Enlarged / Thick
SHAPE	Square - Lt. 1x1.5 cm danted	COATING	Whitish
DIAGNOSIS/PATTERN HT & KD Disharmony, LV Yin Def., and HT Heat, KD Yin & Yang Def.			
TREATMENT PLAN Balance HT & KD, Clear HT Heat, and Promote LV Yin, KD Yin & KD Yang			
PRIMARY POINTS N/A			
SECONDARY POINTS. N/A			
HERBS, HERBAL FORMULA			
Conso-therapy T13 BGui, Xie He Dan Sheng, and Xie He Ching Gen BDL			

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03/17/2023

Cheng, Magdalen

2049, 23rd Ave.

San Francisco, Ca 94116

A cyst in her left kidney is increasing. Another cyst is in her liver.

The sick area in her mouth is swelling again.

Her urine is incomplete due to weakness.

Her memory is poor.

The coldness is getting better.

Her cataracts have gotten worse.



Her pulse is over thenar on the lung and the heart. The liver and the stomach are slippery, floating, and wiry. In general, it is slippery and powerful.

复诊诊断

1. 心肾不交 (心火旺, 肾阴阳两虚)
2. 肝阴不足

处方A

用法: 每日1次, 早饭后5分钟内服用, 每周服用6天, 连续4周

治疗成分:

1. 康梭疗法 T13 BGui 5粒
消肿散结, 防治结合。成分同以前。
2. 协和丹参 12粒
通脉养心 (丹参, 檀香, 砂仁)
3. 协和清肝BDL 10粒
桑叶 菊花 连翘 薄荷 佩兰 芦根

Case 6

VU STUDENT TREATMENT NOTES

DATE 3/17/2023	TIME 13:43 pm	PATIENT ID	Cynthia Lin
SUBJECTIVE CHIEF CONCERN			
Health Maintenance			
SYMPTOMS FIRST APPEARED On file - First visit - September 29, 2020			
OTHER TYPES OF TREATMENT? Herbs			
WHAT MAKES IT WORSE? N/A		BETTER? N/A	
OTHER SYMPTOMS N/A			
CHILLS AND FEVER?	N/A	PERSPIRATION?	N/A
HEAD/BODY PAIN?	N/A	URINATION/STOOL?	N/A
QUALITY OF PAIN?	N/A	CHEST (HEART/LUNGS?)	N/A
HEARING ABILITY?	N/A	THIRST?	N/A
ENERGY LEVEL 1-10?	7	EMOTIONS?	N/A
SIGHT?	N/A	DIET/ APPETITE?	N/A
SLEEP?	WNR		
CAUSE OF AILMENT? Dampness & Heat			
MEDICAL HISTORY N/A			
WESTERN MEDICAL DIAGNOSIS, IF ANY. N/A			
MENSTRUATION/GYNECOLOGICAL PROBLEMS N/A			
CURRENT MEDICATIONS Herbs			
LEFT PULSE	Wiry & Slippery on LV	RIGHT PULSE	Wiry & Slippery on ST
TONGUE COLOR.	Pinkish	BODY	WNR / Normal
SHAPE	Oval	COATING	Whitish
DIAGNOSIS/PATTERN Dampness with Heat			
TREATMENT PLAN Remove Dampness & Heat			
PRIMARY POINTS N/A			
SECONDARY POINTS. N/A			
HERBS, HERBAL FORMULA			
Finger Citron Fruit, Villous Amomum Fruit, Medicated Leaven, Dried Orange Peels, Scutellaria Baicalensis Georgi, Common Selfheal Spike, Atractylodes Macrocephala, Poria, Greenbrier, Fluorite, and Ranunculus Ternatus Thunb.			

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03/17/2023

Lin, Cynthia



Her pulse is wiry and slippery on the liver and the stomach.

诊断: 刻下总体健康, 有湿热内阻

治疗原则: 维护健康水平, 继续清利湿热, 化痰消结

治疗方法: 中药浓缩颗粒剂配方

处方A

佛手500

砂仁500

建曲500

陈皮500

黄芩300

夏枯草1500

白术1000

茯苓1000

土茯苓300

紫石英500

猫爪草1500

分60包 每包3000mg (30天份量)

服法 可以选择以下用法

第一种, 每次1包, 每日2次, 早晚饭后5分钟内服用

第二种, 每次2包

每日1次, 早或晚饭后5分钟内服用

用法 将药粉倒入一个杯子中, 加少许温开水浸泡3分钟, 加入半杯热水 (如果一包药粉) 或一杯热水 (如果3包) 搅拌融化

处方B

外用30套 用法同前

门诊: 免费 治疗费只收内服的

paid



Case 7

VU STUDENT TREATMENT NOTES

DATE 3/18/2023	TIME 10:00 am	PATIENT ID	Miaozhen Zheng
SUBJECTIVE CHIEF CONCERN			
No Bowel Movement For 8 Days, Abdominal Pain			
SYMPTOMS FIRST APPEARED 8 days ago			
OTHER TYPES OF TREATMENT? Xie He Tong Chang San			
WHAT MAKES IT WORSE? Constipation		BETTER? Fatigue	
OTHER SYMPTOMS No Appetite			
CHILLS AND FEVER?	N/A	PERSPIRATION?	N/A
HEAD/BODY PAIN?	Abdominal Pain	URINATION/STOOL?	Constipated
QUALITY OF PAIN?	5 – 6	CHEST (HEART/LUNGS?)	Stagnant Water
HEARING ABILITY?	N/A	THIRST?	N/A
ENERGY LEVEL 1-10?	6	EMOTIONS?	N/A
SIGHT?	N/A	DIET/ APPETITE?	No Appetite
SLEEP?	N/A		
CAUSE OF AILMENT? Cancer, Lung Stagnant Water, Qi & Blood Deficiency			
MEDICAL HISTORY Cancer, Lung Stagnant Water			
WESTERN MEDICAL DIAGNOSIS, IF ANY. Cancer, Lung Stagnant Water			
MENSTRUATION/GYNECOLOGICAL PROBLEMS N/A			
CURRENT MEDICATIONS Herbal Formulas - Conso-Chin-Long & Pi-Yu San Fu Formula			
LEFT PULSE	Weak	RIGHT PULSE	Wiry & Slippery
TONGUE COLOR.	Pale Pink	BODY	WNR / Normal
SHAPE	Round Edged	COATING	Slightly Whitish
DIAGNOSIS/PATTERN Qi & Blood Deficiency, Intestinal Heat			
TREATMENT PLAN Tonify Qi & Blood, Clear Intestinal Heat			
PRIMARY POINTS Suggested - TE 8, TE 4, LR 3, GB 34, KI 5, LI 4			
SECONDARY POINTS. Suggested - SP 3, SP 6, LI 11			
HERBS, HERBAL FORMULA			
Conso-Chin-Long			
Pi-Yu San Fu Formula			

①, 10:00

寄稿. C7

加州東方醫學院

Institute of Oriental Medicine

干帆大学附属教学与医疗机构

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电话: 64745235/13520388635 微信: 13520388635

Email: hope@consotherapy.com.cn

03/18/2023

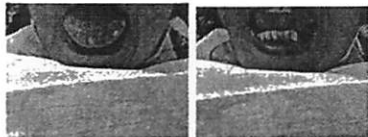
Zheng, Miaozen

1590 Broadway, Room 304 S

San Francisco, CA 94109

She had no bowel movement for 8 days and she took one bag of Xie He Tong Chang San and she felt abdominal pain.

Her fatigue is better than before.



Her pulse is wiry and slippery on the stomach, and the liver is weak.

Review

The pain on her right chest is getting better. She started Radiation last week. She only got once and her doctor told her to see what was going on.

Her stomach is not good with some abdominal pain.

She has no appetite.

She is constipated and difficult to complete.

复诊诊断

气血不足, 大肠燥热, 肠道气滞为主要病理

右肺积水从中医角度属于悬饮, 目前缓解之中

治疗原则

调补气血, 滋养阴津, 健脾和胃, 清燥润肠

治疗胸腔积液

治疗方法

继续康梭疗法以扶正抗癌

本月处方

处方A 早方 配制30天

用法: 每早饭前半小时或饭后半小时服用12粒, 每周六天, 休息一天, 连续四周

治疗成分: 康梭疗法 丹参饮

丹参 檀香 砂仁

处方B (针对胸水)

C7

用法：每次15粒，随处方A一起早上服用每周6天，休息1天，连续4周

治疗成分 康梭青龙

桂枝 芍药 甘草 五味子 麻黄 细辛

处方C（针对胸水）

用法：每次15粒，随处方A和B一起早上服用每周6天，休息1天，连续4周

治疗成分 协和清肺BDL

桑叶 菊花 连翘 杏仁 佩兰

处方D 晚方（根据情况也可以中午服用）

用法：每晚饭后5分钟内服用30粒，每周六天，休息一天，连续四周

治疗成分：

协和通便丹

桃仁 杏仁 郁李仁 火麻仁 松子仁 陈橘皮

处方E 外用疗法 48袋 邮寄

用法：在胸腹部疼痛明显的地方贴二个地方用前，打开二块胶带，分别贴上药袋固定，可以留存6-12小时

每周5天，休息2天，连续4周

备注：本次为外用新配方碧玉散复方

处方F 煲汤料

第一类

百合15克 沙参15克 莱菔子6克

5帖

第二类

玉竹15克 麦冬6克

5帖

第三类

龙眼肉6克 枸杞子3克

5帖

以上可以随瘦肉煲汤，每一类交替用，佐料根据情况自加加

费用：复诊免费，治疗费常规718

~~Case 8~~ Case 8

VU STUDENT TREATMENT NOTES

DATE 3/18/2023	TIME 11:11 am	PATIENT ID	Lina Gao
SUBJECTIVE CHIEF CONCERN			
Sleeping Disorder, Insomnia, Loose Stool, Heat in Five Centers			
SYMPTOMS FIRST APPEARED		On file - First visit – September 10, 2022	
OTHER TYPES OF TREATMENT?		Acupuncture & Herbs	
WHAT MAKES IT WORSE? Some Herbal Medicine		BETTER? Sleep is better	
OTHER SYMPTOMS N/A			
CHILLS AND FEVER? Body Heat		PERSPIRATION? N/A	
HEAD/BODY PAIN? N/A		URINATION/STOOL? Yes, loose stool	
QUALITY OF PAIN? N/A		CHEST (HEART/LUNGS?) N/A	
HEARING ABILITY? Normal		THIRST? N/A	
ENERGY LEVEL 1-10? 5		EMOTIONS? Moody, heated	
SIGHT? N/A		DIET/ APPETITE? N/A	
SLEEP? Insomnia			
CAUSE OF AILMENT? Heat in Five Centers			
MEDICAL HISTORY Insomnia, body heat			
WESTERN MEDICAL DIAGNOSIS, IF ANY. Insomnia & Loose Stool			
MENSTRUATION/GYNECOLOGICAL PROBLEMS N/A			
CURRENT MEDICATIONS Some Herbal Formulas			
LEFT PULSE Deep & Slippery		RIGHT PULSE Deep & Slippery	
TONGUE COLOR. Reddish		BODY WNR / Normal	
SHAPE Oval		COATING Yellowish	
DIAGNOSIS/PATTERN Qi & Blood Deficiency, Intestinal Heat			
TREATMENT PLAN Heart & Kidney Disharmony			
PRIMARY POINTS PC 6, PC 8, KD3, KD7, KD8, CV 9			
SECONDARY POINTS. ST 28, SP 6, SP 9, GB 34			
HERBS, HERBAL FORMULA			
Xie He Hong Jin Teng, Danshen, Jujube Seeds, Albizia Julibrissin, Turtle Shell, Amethyst, Shi Jueming			

(2)

11:11 am

C 8

Vitality University

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Email: consotherapy@gmail.com

电话: 64745235/13520388635 微信:

13520388635

03/18/2023

Gao, Lina

F. 11/29/1975

Millbrae

650 393 9335

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Copay \$20 Unlimited

Her sleep is much better. She has night. Her stool is loose.

She feels water-like in her stomach after she drinks the herbal medicine.

The heat in five centers is almost under control.

Her pulse is deep and slippery, and the left is slightly stronger than the right.



复诊诊断

刻下心肾不交有所缓解

治疗原则

刻下交通心肾

治疗方法

1. 针灸疗法
2. 中药疗法汤药

治疗疗程

继续之中

处方 A 7套

第一组

生石决明15克 鳖甲15克 紫石英6克

以上放入砂锅, 添加冷水漫过药材, 水开起算, 先煮30分钟

第二组

丹参6克 枣仁15克 合欢皮15克

C8

夜交藤6克远志6克 陈皮6克

白扁豆15克 黄连3克

自加生姜1片大枣3枚

以上合并入第一组，如果水量不够，添加冷水漫过药材，水开起算，再煮30分钟

第三组

肉桂3克

合并入第二组，再煮1分钟

煎药液倒出，取一杯半，中午饭后服用半杯，晚睡前15分钟服用一杯

处方B

用法：每日上午10时许，服用2粒，连续7天

治疗成分：协和红景天

红景天生晒参西洋参赤灵芝九首乌铁皮枫斗

费用：基本同以前

Case 9

VU STUDENT TREATMENT NOTES

DATE 3/18/2023	TIME 12:30 pm	PATIENT ID	Kenneth E. Lipson
SUBJECTIVE CHIEF CONCERN			
Lymphedema - Right side > Left side			
SYMPTOMS FIRST APPEARED		5 yrs. Ago	
OTHER TYPES OF TREATMENT?		HTN medicine	
WHAT MAKES IT WORSE? N/A		BETTER? N/A	
OTHER SYMPTOMS Dampness & Heat Toxin			
CHILLS AND FEVER?	N/A	PERSPIRATION?	N/A
HEAD/BODY PAIN?	N/A	URINATION/STOOL?	WNR
QUALITY OF PAIN?	N/A	CHEST (HEART/LUNGS?)	N/A
HEARING ABILITY?	Normal	THIRST?	N/A
ENERGY LEVEL 1-10?	7	EMOTIONS?	N/A
SIGHT?	N/A	DIET/ APPETITE?	N/A
SLEEP?	N/A		
CAUSE OF AILMENT? Flying from work			
MEDICAL HISTORY Family History of Heart Diseases			
WESTERN MEDICAL DIAGNOSIS, IF ANY. Lymphedema			
MENSTRUATION/GYNECOLOGICAL PROBLEMS N/A			
CURRENT MEDICATIONS CL1010, CL 1020, CL1030, CL1040, CL1050p, CL1060			
LEFT PULSE	Wiry, Floating & Slippery	RIGHT PULSE	Wiry, Floating & Slippery, ST worse
TONGUE COLOR.	Pinkish	BODY	WNR / Normal
SHAPE	Oval	COATING	Yellowish, wet
DIAGNOSIS/PATTERN Dampness with Heat Toxin, ST & LV Stagnation			
TREATMENT PLAN Remove Dampness & Clear Heat Toxin, Circulate ST & LV			
PRIMARY POINTS GV 20, ST 15, LI 4, LI11, LR 3, PC 6, HT 7, KD 7 + Ashi Pts.			
SECONDARY POINTS. GB 39, GB 34, SP 6, BL 62			
HERBS, HERBAL FORMULA			
Bai Zhu, Zhe Xie, Gui Zhi, Zhu Ling, Fu Ling, Mu Tong, Bian Xu, Hua Shi, Gu Mai, Niu Xi, Mu Xiang			

③ 12:30,

Vitality University 千帆大學
Clinical Record 臨床病歷

Vitality University

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www.123up.net

03/18/2023

Kenneth E Lipson

02/07/1955 M

733 Costa Rica Ave,
San Mateo, CA 94402
650-340-0133

A. 問診 inquiry

a. 主訴 Chief Complaint

Lymphedema on the right side, and a little bit on the left side. It is about five years.

b. 現病史 History of Present Illness

The edema was on the right side, and now it is on the left side too. He doesn't know what the reason is.
He takes medicine for high blood pressure.
His bowel movement and urination are both fine.

c. 既往史, 手术史, 妇产科史, 过敏史 Medical, Surgical, Ob/Gyn, and Allergies

He has no surgery history.
He used to fly a lot.

d. 家族史 Family Medical History: Please list major illness and age of occurrence.

He has family history of heart disease.

B. 望診 Tongue and Others (舌质, 舌苔, 舌形)

C₉

Vitality University 千帆大學

Clinical Record 臨床病歷

Last



The

Today



C. 聞診 Hearing and smelling

N/A

D. 切診 Pulse and Body Exam

His pulse is wiry, floating, and slippery on the liver and the stomach. The stomach is worse.

E. 証候分析 Syndrome Analysis (疾病的发病原因, 症, 舌, 脉)

See below

F. 証候診斷 Syndrome Diagnosis

Dampness with heat toxin in the lower jiao

From the pulse, there is a qi stagnation between the liver and the stomach.

G. 治療/調理原則 Treatment Principal

Transform the dampness and clear the heat toxin from lower jiao

Regulate the function between the stomach and the liver.

H. 治療計劃/調理計劃 Proposal of Treatment

It does take time.

You can do acupuncture or herbal medicine, or both.

You can try a few times first, but it should take at least half a year to see what is going on.

I. 中草藥處方 Herbal Formula Prescription (CL1010, CL1020, CL1030, CL1040, CL1050, CL1060)

a. 中药处方 Herbal medicine prescription or 食疗处方 herbal dietary formula

Vitality University 千帆大學

Clinical Record 臨床病歷

You can check the ingredients online and then decide. The following ingredients will be changed from time to time.

白朮 10 克 澤瀉 15 克 桂枝 10 克 bai zhu, zhe xie, gui zhi
 豬苓 15 克 茯苓 10 克 木通 6 克 zhu ling, fu ling, mu tong
 篇蓄 15 克 塊滑石 15 克 瞿麥 15 克 bian xu, hua shi, qu mai
 牛膝 15 克 木香 6 克 niu xi mu xiang X 7

b. 使用指導 Patient Instruction

1. Place one package of the herbs into a ceramic pot
2. Add cold water to cover the herbs
3. Cook for 30 minutes starting from the boiling point
4. Pour out the liquid into a container. It is about one cup.
5. Drink each half cup 30 minutes before or after breakfast and dinner.

c. 針灸穴位 Acupuncture Points

Bai hui, e wu, nei guan, shen men and fu zhen on the local area.

d. 調整治療 Adjust Modalities

拔罐 Cupping	
神燈 Inferred Lamp	
推拿 Tui Na	
運動療法 Exercise	
刮痧 Gua Sha	
其它 Others:	

Related Data:

Cost: \$45 for follow up; acupuncture \$75; herbal medicine 12.98X7

醫生 Doctor: Jeffrey Zhongxue Mah

Phone: 650 350 1863, 650 918 9968 (phone and text message)

VU STUDENT TREATMENT NOTES

DATE 3/18/2023	TIME 2:00 pm	PATIENT ID	Meili Zhu
SUBJECTIVE CHIEF CONCERN			
Skin rash – night time, Disturbance of Immune System			
SYMPTOMS FIRST APPEARED		On file - First visit – December 13, 2022	
OTHER TYPES OF TREATMENT?		Allergic medicine	
WHAT MAKES IT WORSE? N/A		BETTER? N/A	
OTHER SYMPTOMS Tinnitus, sleeping disorder, swollen lips, hoarse voice & constipation			
CHILLS AND FEVER? N/A		PERSPIRATION? N/A	
HEAD/BODY PAIN? N/A		URINATION/STOOL? Constipated	
QUALITY OF PAIN? N/A		CHEST (HEART/LUNGS?) N/A	
HEARING ABILITY? Tinnitus		THIRST? N/A	
ENERGY LEVEL 1-10? 6		EMOTIONS? N/A	
SIGHT? N/A		DIET/ APPETITE? N/A	
SLEEP?		Easily awaken	
CAUSE OF AILMENT? Immune System Disturbance			
MEDICAL HISTORY Immune System Disturbance			
WESTERN MEDICAL DIAGNOSIS, IF ANY. Immune System Disturbance			
MENSTRUATION/GYNECOLOGICAL PROBLEMS N/A			
CURRENT MEDICATIONS Some Herbal Formulas			
LEFT PULSE Rapid		RIGHT PULSE Rapid	
TONGUE COLOR. Reddish		BODY WNR / Normal	
SHAPE Oval		COATING Yellowish	
DIAGNOSIS/PATTERN LU Heat, HT Blood Stasis, SP Heat, KD Yin Essence Deficiency & LV Yin Deficiency			
TREATMENT PLAN Remove HT Blood Stasis, Clear LU & SP Heat Toxin, Tonify KD & LV Yin			
PRIMARY POINTS N/A.			
SECONDARY POINTS. N/A			
HERBS, HERBAL FORMULA			
Oyster Shell, Mother of Pearl, Rehmannia Glutinosa Libosch, Salvia Miltiorrhiza, Spine Date Seeds, Poria cum Radix Pini, Dried Tangerine Peels, Dictamnus Dasycarpus Turcz, Kochia Scoparia Schrad, and etc.			

(14) 14:00

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03/18/2023

Meili Zhu

01/14/1954 F

947 Park Ranch Way,

Sacramento, CA 95831

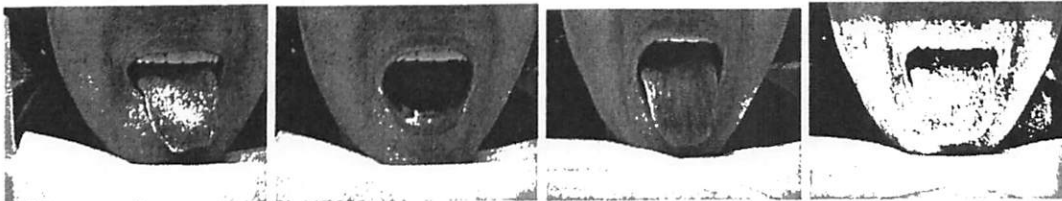
916-802-7031

She listed what her concerns:

1. skin rash showed every other night and it could be under control by allergic medicine.



2. Tongue is purple and the lips are red. The lips are easily swollen
3. The ringing is in the ears.
4. Sometimes her voice is clear and sometimes is hoarse.
5. disturbance of the immune system.
6. She likes to know what kind of food is not good for her.
7. She can fall asleep but easily wakes up.
8. Her bowel movement used to be normal. Two days ago, she was constipated.
9. Her urine is normal



Her pulse is deep and weak on the liver. In general, it is deep, thread, and wiry.

复诊诊断:

1. 肺热时而夜发
2. 心瘀脾热

3. 肾阴不足，肝阴不足（解毒功能不足）

治疗原则：

清肺清肝，滋养肾阴

化痰清脾

治疗方法：

汤药14天

第一组 生龙骨15克 生牡蛎15克 珍珠母15克

以上放入砂锅，添加冷水漫过药材，水开起算，先煮30分钟

第二组

生地15克 丹参 6克 酸枣仁15克

柏子仁15克 川芎10克 知母6克

茯苓神15克 白鲜皮15克 地肤子6克

陈皮6克 14帖

自加生姜3片，大枣6枚

将第二组药材合并入第一组，如果水量不够，添加冷水漫过药材，水开起算，大火转中小火，水开起算，再煮30分钟

煎药液倒出，取2杯，早饭后服用半杯，中午饭后服用半杯，晚睡前15分钟服用1杯

连续14天

根据情况复诊，或者将服药后的各种情况、连同舌图发到650 918 9968（服药任何问题，也可以打这个电话或发短讯）

VU STUDENT TREATMENT NOTES

DATE 3/18/2023	TIME 14:30 pm	PATIENT ID	Barbara Voldman
SUBJECTIVE CHIEF CONCERN			
Insomnia & Depression, Pain on both soles of feet, Plantar Fasciitis			
SYMPTOMS FIRST APPEARED		On file - First visit – January 21, 2023	
OTHER TYPES OF TREATMENT?		Herbs & Acupuncture	
WHAT MAKES IT WORSE? N/A		BETTER? N/A	
OTHER SYMPTOMS Left Knee Arthritis, left big toe pain			
CHILLS AND FEVER?	N/A	PERSPIRATION?	N/A
HEAD/BODY PAIN?	N/A	URINATION/STOOL?	Constipated
QUALITY OF PAIN?	N/A	CHEST (HEART/LUNGS?)	N/A
HEARING ABILITY?	Tinnitus	THIRST?	N/A
ENERGY LEVEL 1-10?	2-3	EMOTIONS?	N/A
SIGHT?	N/A	DIET/ APPETITE?	N/A
SLEEP?	Easily awaken		
CAUSE OF AILMENT? LV & HT heat			
MEDICAL HISTORY Thyroid Check			
WESTERN MEDICAL DIAGNOSIS, IF ANY. Insomnia, Depression, & Plantar Fasciitis			
MENSTRUATION/GYNECOLOGICAL PROBLEMS N/A			
CURRENT MEDICATIONS Some Herbal Formulas			
LEFT PULSE	Wiry & Slippery	RIGHT PULSE	Wiry & Slippery, Lt. > Rt.
TONGUE COLOR.	Reddish	BODY	WNR / Normal
SHAPE	Oval	COATING	Yellowish
DIAGNOSIS/PATTERN LV & HT Heat, LV & ST Disharmony, Dampness			
TREATMENT PLAN Clear LV & HT Heat, Balance LV & ST, Remove Dampness			
PRIMARY POINTS PC 6, LR 3(-), LI 4, LI 11(-), ST 36, SP 9, CV 12			
SECONDARY POINTS. CV 8, ST 25 (both sides)			
HERBS, HERBAL FORMULA			
Xie he xiang sha, Xie de an shen, & Xie he tong bian			

5. 14=30

C 11

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03/18/2023
Barbara Voldman
2/5/1953 F
201 7 St,
Redwood City, CA 94063
650-670-5024



The pulse of the stomach is floating, wiry, and slippery. The liver is not that weak.

Review

She has no energy, insomnia, depression, and pain on both soles of feet, Plantar Fasciitis.

She has arthritis on left knee. Also, she has pain in her left big toe.

She is going to check her thyroid next week.

Her stomach pulse is like a bean. In general, it is wiry and slippery. The left cun is more wiry and slippery.

Diagnosis: a disturbance between the heart and the kidney (the heart has too much fire, and the kidney is deficiency in essence.)

Principle of Treatment: balance the heart and the kidney (clear heart fire and reinforce the kidney essence)

诊断：刻下脉象提示肝心火旺、肝胃不和为主，有湿热

治疗原则：

Herbal Prescription

Usage: take one package of the pills, twice a day, 30 minutes before breakfast and dinner, or 30 minutes after them. 5 days's supply

Ingredients of Treatment:

1. xie he xiang sha 10 pills.
2. xie he an shen 10 pills.
3. xie he tong bian 6 pills

Cost

Office visit: \$45

Herbal Medicine: 12.98X5 Acupuncture: continue to go with package

VU STUDENT TREATMENT NOTES

Case 12

DATE 3/18/2023	TIME 4:40 pm	PATIENT ID Amanda Yang
SUBJECTIVE CHIEF CONCERN		
Lung nodules, Colon metastasis,		
SYMPTOMS FIRST APPEARED On file - First visit – December 3, 2022		
OTHER TYPES OF TREATMENT? Herbs		
WHAT MAKES IT WORSE? Metastasis		BETTER? Lower abdomen distension
OTHER SYMPTOMS Pain in stomach & lateral breast area, nasal discharge - yellowish		
CHILLS AND FEVER? Cold gone after colon surgery	PERSPIRATION?	N/A
HEAD/BODY PAIN? ST & Lat. Breast Numbness	URINATION/STOOL?	N/A
QUALITY OF PAIN? N/A	CHEST (HEART/LUNGS?)	N/A
HEARING ABILITY? N/A	THIRST?	N/A
ENERGY LEVEL 1-10? 5	EMOTIONS?	N/A
SIGHT? N/A	DIET/ APPETITE?	N/A
SLEEP? WNR		
CAUSE OF AILMENT? Metastasis		
MEDICAL HISTORY Colon Tumor & Lung Nodules		
WESTERN MEDICAL DIAGNOSIS, IF ANY. Colon Tumor & Lung Nodules		
MENSTRUATION/GYNECOLOGICAL PROBLEMS N/A		
CURRENT MEDICATIONS Pain Medication & Herbs		
LEFT PULSE Choppy	RIGHT PULSE	Choppy
TONGUE COLOR. Reddish	BODY	WNR / Normal
SHAPE Oval	COATING	Yellowish
DIAGNOSIS/PATTERN LU Heat Toxin, Blood Stasis, LV & ST Disharmony		
TREATMENT PLAN Clear LU Heat Toxin, Remove Blood Stasis, Balance LV & ST		
PRIMARY POINTS N/A		
SECONDARY POINTS. N/A		
HERBS, HERBAL FORMULA		
Bupleurum, Paeoniae Alba, Citrus Aurantium, Licorice, Corydalis yanhusuo, Szecwan Chinaberry Fruit, Japanese Inula Flower, Radix Curcumae & Finger Citron Fruit		

6. 16-40

C12

Vitality University 千帆大學
Clinical Record 臨床病歷

www.123up.net

03/18/2023

Amanda Yang

02/20/1984 F

15565 El Gato Ln,
Los Gatos, CA 95032
909-455-8718

She feels more energy.

She is going to see her doctor next week and get a new X-Ray.

She hated the cold when she was sick. The cold went away after surgery to remove the colon tumor.

Sometimes she feels pain in her stomach and left lateral breast area. It was numb. She considers it good for her.

Her nose discharge is yellow and dry.

She has no lower abdomen distension.

Her doctor told her that her lung needs to be cared because the controlled tumor might affect her lung eventually.



Her pulse is deep and thread with some wiry.

Review

Her biopsy after surgery showed that the lung issue of two nodules were from colon metastasis. Her doctor told her about it, and she has no literal report now.

She feels good. She has no pain in the surgery area. She was told that the pain might last six months. But she feels it is fine, and reduces the dosage of pain medication. The function of her lungs is normal.

Her pulse is choppy

F. 証候診斷 Syndrome Diagnosis

1. 继续逐步恢复中的瘀血热毒稽肺，但病灶已经切除，潜在局部损伤处于良好恢复状态
2. 刻下有肝胃气滞病理

G. 治療/調理原則 Treatment Principal

继续之中

刻下以疏肝和胃理气为主

a. 中药处方 Herbal medicine prescription or 食疗处方 herbal dietary formula

处方A 汤药

柴胡10克 白芍10克 枳壳10克

甘草6克 元胡6克 川楝子10克

旋复花6克 (包) 广郁金6克 佛手6克

C12

Vitality University 干帆大學
Clinical Record 臨床病歷

木香6克 黄芩15克 12帖

每周服用6帖，休息1天，服用二周，复诊调方

将一包药材放入砂锅，添加冷水漫过药材，水开起算，大火转中小火，煮30分钟

煎药液倒出，取一杯，早晚或中晚饭后5分钟内服用

费用：复诊及中药常规

VU STUDENT TREATMENT NOTES

DATE 3/19/2023	TIME 12:45 pm	PATIENT ID	Xiao Yan
SUBJECTIVE CHIEF CONCERN			
Neck & Upper Back Pains			
SYMPTOMS FIRST APPEARED		A while	
OTHER TYPES OF TREATMENT?		N/A	
WHAT MAKES IT WORSE?		BETTER?	
N/A		N/A	
OTHER SYMPTOMS N/A			
CHILLS AND FEVER?		PERSPIRATION?	
N/A		N/A	
HEAD/BODY PAIN?		URINATION/STOOL?	
N/A		N/A	
QUALITY OF PAIN?		CHEST (HEART/LUNGS?)	
N/A		N/A	
HEARING ABILITY?		THIRST?	
N/A		N/A	
ENERGY LEVEL 1-10?		EMOTIONS?	
7		N/A	
SIGHT?		DIET/ APPETITE?	
N/A		N/A	
SLEEP?		N/A	
CAUSE OF AILMENT? Qi Stagnation			
MEDICAL HISTORY N/A			
WESTERN MEDICAL DIAGNOSIS, IF ANY. Neck & Upper Back Pains			
MENSTRUATION/GYNECOLOGICAL PROBLEMS N/A			
CURRENT MEDICATIONS N/A			
LEFT PULSE		RIGHT PULSE	
Weak		Choppy	
TONGUE COLOR.		BODY	
Pinkish		Tongue Tip Split	
SHAPE		COATING	
Oval		Whitish Wet	
DIAGNOSIS/PATTERN Qi Stagnation			
TREATMENT PLAN Promote Qi Circulation			
PRIMARY POINTS PC 6, HT 7, SI 3, TE 3, LR 3, LI 4, Local Ashi pts. on neck			
SECONDARY POINTS. N/A			
HERBS, HERBAL FORMULA			
Shugan Wan			

12:46p.m.

C13

千帆大学义诊表

Vitality University Consultation Form

www.123up.net

Main Campus: 2497 Industrial PKWY West, Hayward, CA 94545

Satellite: 2304 S. El Camino Real, San Mateo, CA 94403

Tel: 650 918 9968 650 350 1863

日期 Date: March 19, 2023

患者姓名 Patient Name: Xiao Yan

性别 Gender: ♀ Female

出生日期 Date of Birth: 5-25-1962

主诉 Chief Complaint:

Neck pain, up. Back pain

兼症 Accompanied Symptoms and Signs:

检查 (舌, 脉) 及其他 Check (tongue, pulse) & Others:

tongue: center digit dam split, whitish wet pinkish

Rt: choppy Left: weak

证候诊断 Diagnostic Syndrome:

Qi Stagnation

治疗原则 (治疗原则, 治疗方法, 治疗计划) Proposal of Treatment (Principle, Therapy, Plan):

Circulate Qi

舒肝丸

医生 Doctor:

Signature: [Handwritten Signature]

备注 Note:

Case 14

VU STUDENT TREATMENT NOTES

DATE 3/23/2023	TIME 11:00 am	PATIENT ID	Hanshong Zhu
SUBJECTIVE CHIEF CONCERN			
Cough, Lung Cancer Surgery in 2014 with a recent 14mm shadow (Lt. LU)			
SYMPTOMS FIRST APPEARED		Cough - Recently	
OTHER TYPES OF TREATMENT?		N/A	
WHAT MAKES IT WORSE?		BETTER?	
N/A		N/A	
OTHER SYMPTOMS N/A			
CHILLS AND FEVER?	N/A	PERSPIRATION?	N/A
HEAD/BODY PAIN?	N/A	URINATION/STOOL?	N/A
QUALITY OF PAIN?	N/A	CHEST (HEART/LUNGS?)	N/A
HEARING ABILITY?	N/A	THIRST?	N/A
ENERGY LEVEL 1-10?	6	EMOTIONS?	N/A
SIGHT?	N/A	DIET/ APPETITE?	N/A
SLEEP?	N/A		
CAUSE OF AILMENT? Lung Cancer Surgery in 2014			
MEDICAL HISTORY Lung Cancer Surgery in 2014			
WESTERN MEDICAL DIAGNOSIS, IF ANY. Cough			
MENSTRUATION/GYNECOLOGICAL PROBLEMS N/A			
CURRENT MEDICATIONS Herbs			
LEFT PULSE	Wiry & Slippery	RIGHT PULSE	Wiry & Slippery
TONGUE COLOR.	Slightly Purplish	BODY	WNR
SHAPE	Oval	COATING	Wet Whitish
DIAGNOSIS/PATTERN LU Dampness & Heat, Blood Stasis			
TREATMENT PLAN Remove Dampness, Clear LU Heat, Remove Blood Stasis			
PRIMARY POINTS Suggested – LU 5, LU 8, LI3, SP 6, KI 7, CV 12			
SECONDARY POINTS. N/A			
HERBS, HERBAL FORMULA			
Fluoritum, Rice, Chinese Wolfberry Root, Morus alba L., Licorice, Iris Domestica, Raw Ephedra, Asarum Sieboldii, Honeysuckle, Ternate Pinellia, Platycodon Grandiflorus, Ansu Apricot Seed, Aster Tataricus			

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Fax: 650 286 1965

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03/23/2023

Zhu, Hanshong

3697 Deadham Dr.

San Jose, Ca 95148

F. 08/20/1962

Tel 408 690 2716

Her cough is on and off.

One of her left lobe was removed due to lung cancer in 2014. She has never followed up. Until recently another shadow about 14 mm was found in her left lung. Her doctor told her that it might be due to infection.

Her throat doesn't hurt anymore.

**复诊诊断**

1. 目前痰热仍存但缓解
2. 瘀血原因待继续观察, 但从舌像看有明显改进

治疗原则

刻下继续以健脾止咳为原则

处方汤药

第一组 紫石英6克 大米(自备)一把
以上先煮30分钟

第二组

地骨皮15克 桑白皮15克 甘草6克
射干15克 生麻黄3克 细辛3克
款冬花6克 紫菀6克 清半夏6克

C14

桔梗6克 杏仁10克

7帖

合并入第一组。如果水量不够，添加冷水漫过药材，水开起算，煮30分钟 煎药液倒出，分3份，早中晚饭后5分钟内服用，每份约半杯

Cost: \$45

\$16.98X 7 for herbal medicine

Case 15

VU STUDENT TREATMENT NOTES

DATE 3/23/2023	TIME 10:00 am	PATIENT ID	Nan Wang
SUBJECTIVE CHIEF CONCERN			
Irritated Throat, Dry Cough, Lower Back & sometimes Hip Area Coldness (Rt. > Lt.)			
SYMPTOMS FIRST APPPEARED		Recently	
OTHER TYPES OF TREATMENT?		N/A	
WHAT MAKES IT WORSE?		N/A	
BETTER?		N/A	
OTHER SYMPTOMS N/A			
CHILLS AND FEVER?	N/A	PERSPIRATION?	N/A
HEAD/BODY PAIN?	N/A	URINATION/STOOL?	N/A
QUALITY OF PAIN?	N/A	CHEST (HEART/LUNGS?)	N/A
HEARING ABILITY?	N/A	THIRST?	N/A
ENERGY LEVEL 1-10?	7	EMOTIONS?	N/A
SIGHT?	N/A	DIET/ APPETITE?	N/A
SLEEP?	N/A		
CAUSE OF AILMENT? Qi Stagnation			
MEDICAL HISTORY N/A			
WESTERN MEDICAL DIAGNOSIS, IF ANY. Neck & Upper Back Pains			
MENSTRUATION/GYNECOLOGICAL PROBLEMS N/A			
CURRENT MEDICATIONS N/A			
LEFT PULSE	Wiry & Slippery	RIGHT PULSE	Wiry & Slippery, ST Choppy, LU over thenar
TONGUE COLOR.	Pale Pink	BODY	WNR
SHAPE	Oval	COATING	Dry
DIAGNOSIS/PATTERN Dampness & LU Heat			
TREATMENT PLAN Remove Dampness, Clear LU Heat			
PRIMARY POINTS Suggested – LU 5, LU 8, LI3			
SECONDARY POINTS. N/A			
HERBS, HERBAL FORMULA			
Raw Ephedra, Ramulus Cinnamomi, Asarum sieboldii, Paeoniae Alba, Schisandra chinensis, Ternate Pinellia, Platycodon grandiflorus, Ansu Apricot Seed, Loquat Leaves, Aster tataricus, Japanese Stemon Root			

10:00 a.m.

C15

Vitality University 千帆大學 Clinical Record 臨床病歷

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03/23/2023

Wang, Nan

2712 Clarion CT

San Jose, CA 94148

F. 12/25/1962

Tel: 510 565 6651

Recently she has had an irritating throat with a dry cough.

Her lower back is cold and sometimes the coldness is on the buttock. The right side is worse.

Her pulse is wiry, slippery, and some choppy on the stomach. The lung is over thenar.



Review

She came back from a cruise. She was sick and she just took a few packages of herbs.

Her bowel movement was diarrhea and now it is still a little bit loose.

She still has nausea.

复诊

刻下中湿肺热

治疗原则

温中化湿，清肺止咳

继续服用汤药，目前症状缓解后再服用之前的成药

处方：7帖

生麻黄3克 桂枝10克 细辛3克

白芍10克 五味子5克 清半夏6克

桔梗6克 杏仁10克 枇杷叶15克

紫菀10克 百部10克

将一包药材放入砂锅，添加冷水漫过药材，水开起算，煮30分钟

煎药液倒出，分3份，每份约半杯，早中晚服用饭后半小时服用，连续7天

费用：保险给付的项目加收25% 复诊45 中药\$16.98X7

Case 16

VU STUDENT TREATMENT NOTES

DATE 3/23/2023	TIME 12:00 noon	PATIENT ID	Melody Chan
SUBJECTIVE CHIEF CONCERN			
Lt. Breast Cancer Stage II - painful			
SYMPTOMS FIRST APPEARED On file - First visit – November 18, 2022			
OTHER TYPES OF TREATMENT? Herbs			
WHAT MAKES IT WORSE? Oily or Fried Food / Chicken		BETTER? Herbs	
OTHER SYMPTOMS Nose Bleeding			
CHILLS AND FEVER?	N/A	PERSPIRATION?	N/A
HEAD/BODY PAIN?	N/A	URINATION/STOOL?	N/A
QUALITY OF PAIN?	8 – sharp	CHEST (HEART/LUNGS?)	N/A
HEARING ABILITY?	N/A	THIRST?	N/A
ENERGY LEVEL 1-10?	7	EMOTIONS?	N/A
SIGHT?	N/A	DIET/ APPETITE?	N/A
SLEEP? WNR			
CAUSE OF AILMENT? Breast Cancer			
MEDICAL HISTORY Breast Cancer			
WESTERN MEDICAL DIAGNOSIS, IF ANY. Breast Cancer			
MENSTRUATION/GYNECOLOGICAL PROBLEMS N/A			
CURRENT MEDICATIONS Consomate Herbs			
LEFT PULSE	Floating, Thread & Soft	RIGHT PULSE	Wiry & Slippery
TONGUE COLOR.	Purplish	BODY	Slightly Thick
SHAPE	Oval	COATING	Whitish
DIAGNOSIS/PATTERN HT & LV Heat, Blood Stasis			
TREATMENT PLAN Clear HT & LV Heat, Promote Blood Circulation			
PRIMARY POINTS N/A			
SECONDARY POINTS. N/A			
HERBS, HERBAL FORMULA Consomate One T13			

12:00 noon

⑨ 周四=病人
今天取药

C16

Vitality University 干帆大學
Clinical Record 臨床病歷

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03/23/2023

Melody Chan

11/7/1952 F

21475 Mission Blvd,

Hayward, CA 94541

510-586-8466

Her pain happened when she woke up in the morning, and it was 8 grade. Sometimes it is sharp, and sometimes it is uncomfortable. Whenever she eats oily food, the pain easily happened.

Her left pulse is floating, thread, and soft.

Her right pulse is wiry and slippery

Recently her doctor checked her left breast and she was told that the mass looked the same.



Review

The pain on the left breast area comes if she eats fried or oily foods. She had pain this morning after she took pizza with ice water. The area of pain becomes hot when a pain happens.

She easily has nosebleeds.

Her pulse is wiry and slippery with some choppy.

复诊诊断

刻下瘀血内积，肝心火旺

⑨ 周田福人. 今天聊完

C16

Vitality University 千帆大學
Clinical Record臨床病歷

疼痛有时严重需要进一步观察
仍需要进一步努力方可达到真正的改善
是否手术需要根据西医的意见进行自我评判

治疗原则
继续现有疗法
治疗方法
继续中药疗法

内服处方
用法：每日2次，每次一包，早晚或中晚饭后5分钟内服用，连续14天
治疗成分：（详细成分见附表）

Consomate One T13 18 pills 康梭疗法癌症核心病理阻断剂
治疗成分见列表
协和丹参 10粒
丹参 檀香 砂仁
协和理气 120粒
木香 香附 陈皮 枳壳
协和清肝BDL 20粒
薄荷 连翘 桑叶 菊花

Consomate One T13

- 1. 山慈姑 *Cremastra Appendiculata*
- 2. 石見穿 *Salvia chinensia* Benth.
- 3. 半枝蓮 *Ban Zhi Lian*
- 4. 白花蛇蛇草 *Oldenlandia diffusa*
- 5. 鳳尾草 *Feng Wei Cao*
- 6. 海金沙 *Lygodium japonicum*
- 7. 續爪草 *Rununculus ternatus* Thunb
- 8. 三棱 *Sparganium eurycarpus* Buch
- 9. 莪術 *Curcuma phaeocaulis* Val
- 10. 蒲黃 *Typha angustifolia*
- 11. 五靈脂 *Trogopterus xanthipes* Milne
- 12. 乳香 *Boswellia sacra* Birdw
- 13. 沒藥 *Commiphora myrrha* Engl
- 14. 川棟子 *Melia toosendan* Sieb
- 15. 琥珀 *Succinum*
- 16. 片薑黃 *Pian Jiang Huang*
- 17. 王不留行 *Vaccaria segetalis*
- 18. 牡蠣 *Ostrea gigas* Thunberg
- 19. 郁金 *Curcuma aromatica*
- 20. 浙貝母 *Pritillaria thunbergii* Miq
- 21. 通草 *Tetrapanax papyriferus*
- 22. 十大功勞葉 *Mahonia fortunei* (Lindl.) Fedde
- 23. 仙鶴草 *Agrimonia pilosa* Ledeb
- 24. 蘇梗 *SU Geng*
- 25. 佛手 *Citrus medica*
- 26. 山楂 *Crataegus cuneata*
- 27. 生薑 *Zingiber officinale* Rosc
- 28. 大棗 *Ziziphus jujuba* Mill
- 29. 甘草 *Glycyrrhiza glabra* L.

MENSTRUATION/GYNECOLOGICAL PROBLEMS		N/A	
CURRENT MEDICATIONS		Consomate Herbs	
LEFT PULSE	Wiry, Floating, Slippery & Choppy	RIGHT PULSE	Wiry, Floating, Slippery & Choppy
TONGUE COLOR.	Purplish	BODY	Slightly Thick
SHAPE	Oval	COATING	Slightly Wet & Whitish

14:00 p.m.

C17

加州東方醫學院

Institute of Oriental Medicine American Consotherapy Center

舊金山中半島專家門診

舊金山東灣校區及名醫堂門診

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Email: consotherapy@gmail.com

电话: 64745235/13520388635 微信: 13520388635

Email: hope@consotherapy.com.cn

03/23/2023

Lv, Hao

He feels about the same. The both sides of the right and left lateral abdomen still hurt.

The left side seems better.

His hips also hurt.

He feels good if he feels the herbal medicines have enough dosage.

His pulse is wiry, some floating, slippery, and some choppy.



复诊诊断: 西诊肾癌, 观察之中。从中医舌脉分析, 仍然属于肾脏寒湿瘀血所导致, 刻下内中热毒也比较明显

治疗原则: 在西医观察期, 通过中医药疗法, 控制病情发展, 促进向愈

治疗方法: 本院康梭疗法, 是中医药特色防癌抗癌疗法

1. 中药内服疗法
2. 针灸疗法(选择性)

处方

用法: 每天2次, 每次1包, 早饭前30分钟或后三十分钟内服用, 或中饭前后, 连续30天

治疗成分:

1. Consomate 清肝BDL 20 pills
2. Consomate 清肠 20 pills

VU STUDENT TREATMENT NOTES

DATE 3/23/2023	TIME 15:15 pm	PATIENT ID	Cui Hong Zhou
SUBJECTIVE CHIEF CONCERN			
Cough, Phlegm, and COVID			
SYMPTOMS FIRST APPPEARED two years, COVID -last week			
OTHER TYPES OF TREATMENT? N/A			
WHAT MAKES IT WORSE? Masks		BETTER? N/A	
OTHER SYMPTOMS N/A			
CHILLS AND FEVER? N/A		PERSPIRATION? N/A	
HEAD/BODY PAIN? N/A		URINATION/STOOL? N/A	
QUALITY OF PAIN? N/A		CHEST (HEART/LUNGS?) N/A	
HEARING ABILITY? N/A		THIRST? N/A	
ENERGY LEVEL 1-10? 8		EMOTIONS? N/A	
SIGHT? N/A		DIET/ APPETITE? N/A	
SLEEP? WNR			
CAUSE OF AILMENT? Masks & COVID			
MEDICAL HISTORY COVID – last week			
WESTERN MEDICAL DIAGNOSIS, IF ANY. Coronavirus			
MENSTRUATION/GYNECOLOGICAL PROBLEMS N/A			
CURRENT MEDICATIONS N/A			
LEFT PULSE Wiry & Slippery LV choppy		RIGHT PULSE Wiry & Slippery ST choppy/LU over thenar	
TONGUE COLOR. Pinkish		BODY WNR / Normal	
SHAPE Oval		COATING Whitish	
DIAGNOSIS/PATTERN Dampness Disturbing LU, Cold & Heat Co-existence, LV & ST Disharmony			
TREATMENT PLAN Remove Dampness, Expel Cold & Heat, Balance LV & ST			
PRIMARY POINTS N/A			
SECONDARY POINTS. N/A			
HERBS, HERBAL FORMULA Further Discussion Required			

15:15 PM.

C18

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03/23/2023

Zhou, Cui Hong

07/29/1964

She has been coughing for two years since she started wearing mask. Mostly it is dry cough. Sometimes she has white phlegm.

Last week, she got covid when she travelled to Canada.



Her pulse is wiry, slippery, and some choppy on the liver and the stomach. The stomach is also some ge.

The lung is over thenar.

初诊诊断

痰浊伏肺，寒热并存，脉象提示肝胃不和

治疗原则

化痰清肺止咳

治疗方法：讨论

治疗疗程：3个月左右

门诊费用：75 优惠只收一半

药费：12.98X10 优惠20%

VU STUDENT TREATMENT NOTES

DATE 3/23/2023	TIME 16:15 pm	PATIENT ID	Huang Guo
SUBJECTIVE CHIEF CONCERN			
Rt. Abdominal & Rt. Back Pains, Metastasis to Bone and Lung			
SYMPTOMS FIRST APPEARED		Last Month	
OTHER TYPES OF TREATMENT?		N/A	
WHAT MAKES IT WORSE?		BETTER?	
N/A		N/A	
OTHER SYMPTOMS N/A			
CHILLS AND FEVER?	N/A	PERSPIRATION?	N/A
HEAD/BODY PAIN?	Abdominal pains	URINATION/STOOL?	N/A
QUALITY OF PAIN?	5	CHEST (HEART/LUNGS?)	N/A
HEARING ABILITY?	N/A	THIRST?	N/A
ENERGY LEVEL 1-10?	6	EMOTIONS?	N/A
SIGHT?	N/A	DIET/ APPETITE?	N/A
SLEEP?	Can't lie down flat		
CAUSE OF AILMENT? Smooth Muscle Sarcoma, Metastasis to Bone and Lung			
MEDICAL HISTORY No Cancer History before this event - Smooth Muscle Sarcoma, Metastasis to Bone and Lung, Family history of diabetics, Mother -102 yrs. Old			
WESTERN MEDICAL DIAGNOSIS, IF ANY. Smooth Muscle Sarcoma, Metastasis to Bone and Lung			
MENSTRUATION/GYNECOLOGICAL PROBLEMS N/A			
CURRENT MEDICATIONS Herbs			
LEFT PULSE	Wiry, Slippery & Choppy LV Floating, soft & long	RIGHT PULSE	Wiry, Slippery & Choppy (Both over thenar)
TONGUE COLOR.	Slightly Purplish	BODY	Skewed to the Left
SHAPE	Oval-Round	COATING	Slightly Thick & Yellowish
DIAGNOSIS/PATTERN Dampness & Heat Toxin, Meridian Blockage Causing Blood Stasis, LV & ST Disharmony			
TREATMENT PLAN Remove Dampness & Heat Toxin, Remove Blood Stasis, Balance LV & ST			
PRIMARY POINTS N/A			
SECONDARY POINTS. N/A			
HERBS, HERBAL FORMULA			
Consomate One T13, External Herbal Medicine Paste			

3/23/2023
4:15 p.m.

C19

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Main Campus: 2499 Industrial PKWY West
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Phone: 650 350 1863; 650 918 9968

Toll-Free: 888 243 1368

Fax: 650 286 1965

www.123up.net

03/23/2023

Guo, Huang

80 years old.

06/04/1943 M

35631 Emlassy Common,

Fremont, CA 94536

510-598-0493

Patient ID (Full Name) :

A. 問診 inquiry

a. 主訴 Chief Complaint

He was diagnosed with cancer in abdomen last month. It is sarcoma in smooth muscle and is metastasis to bone and lung.

b. 現病史 History of Present Illness

He has pain in his right abdomen and right back. It is about 5 grades. He can't lie down in flat. He has to sit in a sofa for a month and becomes used to the position. His doctor is going to give him a combination of therapies. Before that starts, he likes to get Chinese medicine for three or four weeks. He didn't take pain medicine.

The pain affected his sciatic area, and it affected his driving.

Other than that, he has good energy, good appetite, good sleep and good urination and bowel movement.

c. 既往史, 手术史, 妇产科史, 过敏史 Medical, Surgical, Ob/Gyn, and Allergies

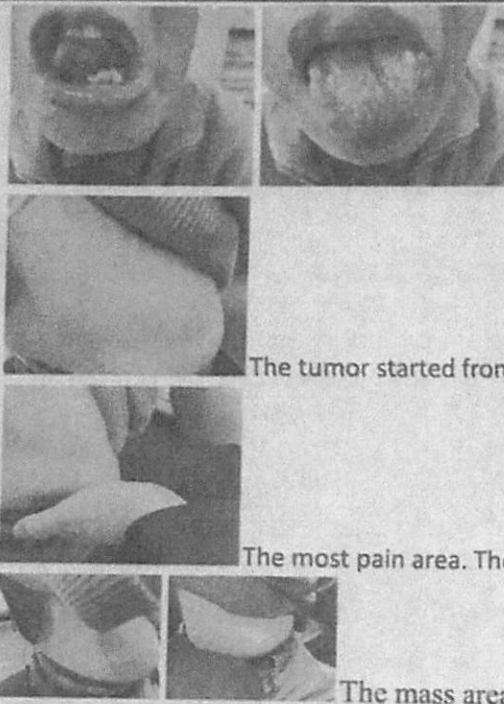
He had no cancer history before this.

d. 家族史 Family Medical History: Please list major illness and age of occurrence.

He denied family cancer history but diabetes. His mother is 102 years old now.

B. 望診 Tongue and Others (舌质, 舌苔, 舌形)

C19



The tumor started from his right middle of back.

The most pain area. The touch pain is ++

The mass area from right abdomen to right back

C. 聞診 Hearing and smelling
His voice is fine.

D. 切診 Pulse and Body Exam
His pulse is wiry and slippery and choppy. The liver and the stomach is slightly floating. It is soft and long. The both cuns are over thenar.

E. 証候分析 Syndrome Analysis (疾病的发病原因, 症, 舌, 脉)
热瘀互结形成平滑肌肉瘤

F. 証候診斷 Syndrome Diagnosis

1. 热毒内盛, 炼液为痰, 阻滞气血导致血瘀肉瘤
2. 轻度肝胃不和之脉
3. 长寿之脉, 但需要祛除目前的疾病才可以确保长寿不受到影响
4. 全身正气仍强, 属于局部病变重, 但全身抗病力仍强

G. 治療/調理原則 Treatment Principal

1. 解熱毒, 去瘀血, 抑腫瘤
2. 維護全身正氣保持抗病力

H. 治療計劃/調理計劃 Proposal of Treatment

1. 西醫療法前, 中醫強力解毒抗瘤, 扶正祛邪
2. 西醫療法確定後, 討論進一步中醫治療方案
3. 全程治療預計2-5年

I. 中草藥處方 Herbal Formula Prescription (CL1010, CL1020, CL1030, CL1040, CL1050, CL1060)

a. 中藥處方 Herbal medicine prescription or 食療處方 herbal dietary formula

A. 內服處方 (討論湯藥, 顆粒劑, 或成藥)

B. 外用

C. 刻下治療天數討論

A. 內服: 經討論用成藥

用法: 每日2次, 每次一包, 早中或中晚飯後10分鐘內服用, 連續14天

治療成分: (詳細成分見附表)

Consomate One T13 30 pills 康梭療法癌症核心病理阻斷劑

B. 外用處方 14套

用法:

1. 將一塊膠布從中間打開
2. 將一袋藥粉貼到膠布上
3. 將藥袋貼到最痛的地方
4. 可以保持6-12小時, 如果完全沒有任何皮膚刺激現象, 3天後可以保持更長時間
5. 每天一次, 任何時間開始, 連續14天

b. 使用指導 Patient Instruction

任何問題, 打電話給麻仲學醫生 650 918 9968 (盡量發短訊)

c. 針灸穴位 Acupuncture Points

N/A	
d. 调整治疗 Adjust Modalities	
拔罐 Cupping	
神灯 Infrared Lamp	
推拿 Tui Na	
运动疗法 Exercise	
刮痧 Gua Sha	
其它 Others:	

Cost:

首次门诊 75 以后复诊 45

治疗药费: 16.98X14

醫生 Doctor: Jeffrey Zhongxue Mah

Phone: 650 350 1863, 650 918 9968 (phone and text message)

VU STUDENT TREATMENT NOTES

DATE 3/24/2023	TIME 10:30 a.m.	PATIENT ID	Amelia Lam
SUBJECTIVE CHIEF CONCERN			
Metastasis to Bone, Cough, Chest Pain, Shortness of Breath			
SYMPTOMS FIRST APPEARED On file - First visit – July 23, 2022			
OTHER TYPES OF TREATMENT? Herbs			
WHAT MAKES IT WORSE? Immunotherapy		BETTER? Herbs	
OTHER SYMPTOMS Tail bone Discomfort			
CHILLS AND FEVER?	N/A	PERSPIRATION?	N/A
HEAD/BODY PAIN?	N/A	URINATION/STOOL?	N/A
QUALITY OF PAIN?	3 - uncomfortable	CHEST (HEART/LUNGS?)	N/A
HEARING ABILITY?	N/A	THIRST?	N/A
ENERGY LEVEL 1-10?	2-3 exhausted	EMOTIONS?	N/A
SIGHT?	N/A	DIET/ APPETITE?	ST Qi after eating
SLEEP?	WNR		
CAUSE OF AILMENT? Cancer			
MEDICAL HISTORY Cancer, Metastasis to Bone			
WESTERN MEDICAL DIAGNOSIS, IF ANY. Metastasis to Bone			
MENSTRUATION/GYNECOLOGICAL PROBLEMS N/A			
CURRENT MEDICATIONS Consomate Herbs			
LEFT PULSE	Wiry & Slippery, LV weak	RIGHT PULSE	Wiry & Slippery, ST Floating, Rt. > Lt.
TONGUE COLOR.	Purplish	BODY	Dried with slightly cracks
SHAPE	Oval – tip slightly pointy	COATING	Whitish
DIAGNOSIS/PATTERN LU Qi Def., ST Qi Stagnation, LV Bl. Stasis, Inner Pressure Imbalance			
TREATMENT PLAN Tonify LU Qi, Promote ST Qi Circulation, Remove LV Bl. Stasis, Balance Inner Pressure			
PRIMARY POINTS N/A			
SECONDARY POINTS. N/A			
HERBS, HERBAL FORMULA			
Astragalus, Cimicifuga, Bupleurum, Codonopsis, Atractylodes macrocephala, Angelica, Licorice, Poria, Rehmannia glutinosa, Chuanxiong, Amethyst			

(3) 10:30. 5:15

C20

加州東方醫學院

Institute of Oriental Medicine American Consotherapy Center

舊金山半島專家門診 舊金山東灣校區及名醫堂門診

2304 S. El Camino Real 2499 Industrial PKWY West
San Mateo, CA 94403 Hayward, CA 94545

Phone: 650 350 1863, Toll-Free: 1 888 243 1368 中国聯絡: 麻仲學博士北京聯絡處

www.123up.net Wechat: 650 918 9968 北京市朝阳区望京圣馨大地家园E座0101室

Email: consotherapy@gmail.com 电话: 64745235/13520388635 微信: 13520388635

Email: hope@consotherapy.com.cn

03/24/2023

Lam, Amelia

F. 03091960

Sunnyvale

She finished her first immunotherapy. She felt exhausted. She is short of breath when she moves.

She is going to get radiation on her chest and shuo gu bones.

She still coughs with chest pain.

Her appetite is fine but feels qi against stomach after eating.

Her tailbone on left is uncomfortable in the morning.



The right pulse is more powerful than the left. In general, it is wiry and slippery. The liver is somewhat weak, and the stomach is floating. The both Cuns are floating over thenar.

复诊诊断

目前肺气衰弱比较明显

脉象仍提示胃气壅滞, 肝有瘀血, 体内压力失衡

治疗原则

改善肺气, 化瘀养肝, 平衡压力

佐以通脑络化瘀血

治疗方法 汤药 12帖

黄芪15克 升麻3克 柴胡3克

党参10克 白术10克 当归6克

甘草6克 茯苓10克 熟地15克

川芎10克 紫石英6克

将一包药材放入砂锅，添加冷水没过药材，水开起算，煮30分钟，

煎药液倒出，分2份，每份约半杯，

早中或中晚饭后5分钟服用，每日2次

因仅用汤药，需要保持药力，每帖可以服用1天。每周服用7天，连续14天。

费用调整：门诊定常规复诊45，中药常规

VU STUDENT TREATMENT NOTES

DATE 3/24/2023	TIME 11:15 a.m.	PATIENT ID	Bing Chu
SUBJECTIVE CHIEF CONCERN			
Lt. Knee Pain			
SYMPTOMS FIRST APPEARED N/A			
OTHER TYPES OF TREATMENT? Herbs			
WHAT MAKES IT WORSE? Walk & Stretch		BETTER? Herbs	
OTHER SYMPTOMS N/A			
CHILLS AND FEVER? N/A		PERSPIRATION? N/A	
HEAD/BODY PAIN? N/A		URINATION/STOOL? N/A	
QUALITY OF PAIN? 3-4		CHEST (HEART/LUNGS?) N/A	
HEARING ABILITY? N/A		THIRST? N/A	
ENERGY LEVEL 1-10? 6		EMOTIONS? N/A	
SIGHT? N/A		DIET/ APPETITE? N/A	
SLEEP? WNR			
CAUSE OF AILMENT? Old age			
MEDICAL HISTORY Lt. Knee Pain			
WESTERN MEDICAL DIAGNOSIS, IF ANY. Lt. Knee Pain			
MENSTRUATION/GYNECOLOGICAL PROBLEMS N/A			
CURRENT MEDICATIONS N/A			
LEFT PULSE Wiry & Slippery on LV & KD		RIGHT PULSE Wiry & Slippery on LV & KD	
TONGUE COLOR. Pale		BODY WNR	
SHAPE Oval		COATING Little	
DIAGNOSIS/PATTERN KD Essence Def., LV & ST Disharmony			
TREATMENT PLAN Tonify KD Essence, Balance LV & ST			
PRIMARY POINTS Xiyian (I & O on Lt.), ST34, KD 3, KD 14			
SECONDARY POINTS. SP 10, SP6			
HERBS, HERBAL FORMULA Xie He Zi Bai & Xie He Chong Gu Kuan Jia			

④. 11:15

C21

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03/24/2023

Chu, Bing

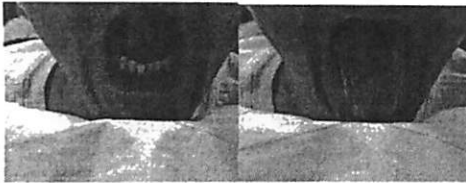
M 5/01/1956

1407 14th Ave

San Francisco CA 94122

415-990-0087

His left knee is inactive. He feels rigid when he walks. He feels pain if he stretches it.



His pulse is wiry and slippery on the liver and the kidney

诊断：肾主骨，肾精不足，则影响膝关节

脉象提示有肝胃不和

治疗原则：

滋养肾精，壮骨通络

治疗方法：

针灸+中药

用法： 每日 1 次，每次 1 包，早饭饭后 5 分钟服用，连续 3 周

治疗成分：

1. 协和知柏 10 粒 (知母 黄柏 熟地 山药 山茱萸 泽泻 丹皮 茯苓)
2. 协和壮骨关节 15 粒 (牛膝 桑寄生 路路通 杜仲 独活)

VU STUDENT TREATMENT NOTES

DATE 3/24/2023	TIME 12:00 noon	PATIENT ID	Caihuan Lin
SUBJECTIVE CHIEF CONCERN			
Skin itchy on eyelids, neck & right armpit			
SYMPTOMS FIRST APPEARED		One week	
OTHER TYPES OF TREATMENT?		Some medications for shingles	
WHAT MAKES IT WORSE? N/A		BETTER? N/A	
OTHER SYMPTOMS N/A			
CHILLS AND FEVER? N/A		PERSPIRATION? N/A	
HEAD/BODY PAIN? N/A		URINATION/STOOL? N/A	
QUALITY OF PAIN? 3-4		CHEST (HEART/LUNGS?) N/A	
HEARING ABILITY? N/A		THIRST? N/A	
ENERGY LEVEL 1-10? 6		EMOTIONS? N/A	
SIGHT? N/A		DIET/ APPETITE? N/A	
SLEEP? WNR			
CAUSE OF AILMENT? Shingles			
MEDICAL HISTORY 2019 Shingles			
WESTERN MEDICAL DIAGNOSIS, IF ANY. Skin rash			
MENSTRUATION/GYNECOLOGICAL PROBLEMS N/A			
CURRENT MEDICATIONS Some medications for shingles			
LEFT PULSE Deep, Wiry, Slippery, Choppy & Dai		RIGHT PULSE Deep, Wiry, Slippery, Choppy & Dai	
TONGUE COLOR. Reddish		BODY WNR	
SHAPE Oval-like		COATING Little	
DIAGNOSIS/PATTERN Dampness & Heat, Yuan Qi Def.			
TREATMENT PLAN Remove Dampness & Clear Heat, Tonify Yuan Qi			
PRIMARY POINTS Local Ashi Pts.			
SECONDARY POINTS. N/A			
HERBS, HERBAL FORMULA			
Qing Wen Bai Du Yin			

(5) 11:45

C22

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Clinical Record 臨床病歷


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www.123up.net

03/24/2023

Caihuan Lin
12/17/1970 F
278 Village way,
South San Francisco, CA 94080
415-420-2642

带状疱疹

A. 問診 inquiry
a. 主訴 Chief Complaint
She has skin itchy on eyelids, neck, and right arm pit about a week.
b. 現病史 History of Present Illness
She considered it was shingles and she took some medicine to treat it.
c. 既往史, 手术史, 妇产科史, 过敏史 Medical, Surgical, Ob/Gyn, and Allergies
She had shingles in 2019.
d. 家族史 Family Medical History: Please list major illness and age of occurrence.
N/A

B. 望診 Tongue and Others (舌质, 舌苔, 舌形)


C. 聞診 Hearing and smelling

C22

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Clinical Record 臨床病歷

N/A

D. 切診 Pulse and Body Exam

Deep, wiry, slippery, choppy, and dai

E. 証候分析 Syndrome Analysis (疾病的发病原因, 症, 舌, 脉)

See below

F. 証候診斷 Syndrome Diagnosis

1. 湿热内积外发
2. 脉象有元气不足

G. 治療/調理原則 Treatment Principal

刻下以清利湿热为主

H. 治療計劃/調理計劃 Proposal of Treatment

2-3 周

I. 中草藥處方 Herbal Formula Prescription (CL1010, CL1020, CL1030, CL1040, CL1050, CL1060)

a. 中药处方 Herbal medicine prescription or 食疗处方 herbal dietary formula

生石膏 15 克 黄连 3 克 黄芩 15 克
生地 15 克 丹皮 6 克 栀子 6 克
桔梗 6 克 竹叶 15 克 知母 6 克
连翘 6 克 赤芍 15 克 X7

清瘟败毒饮

b. 使用指导 Patient Instruction

将一包药材放入砂锅, 添加冷水漫过药材, 水开起算, 煮 30 分钟, 煎药液倒出, 分 3 份
早中晚饭后 5 分钟内服用

c. 针灸穴位 Acupuncture Points

Local a shi

Cost: 初诊 75 中药 12.98X7 针灸 75

醫生 Doctor: Jeffrey Zhongxue Mah

Phone: 650 350 1863, 650 918 9968 (phone and text message)

Case 23

VU STUDENT TREATMENT NOTES

DATE 3/24/2023	TIME 15:00	PATIENT ID Claire Liu
SUBJECTIVE CHIEF CONCERN		
Phlegm, Stomachache, acnes on forehead, moving pain in multiple joints		
SYMPTOMS FIRST APPEARED 3 years		
OTHER TYPES OF TREATMENT? Some herbs, jin gu shen qi wan		
WHAT MAKES IT WORSE? N/A		BETTER? jin gu shen qi wan
OTHER SYMPTOMS Bitter mouth, diarrhea		
CHILLS AND FEVER? N/A	PERSPIRATION?	N/A
HEAD/BODY PAIN? N/A	URINATION/STOOL?	N/A
QUALITY OF PAIN? Stomachache	CHEST (HEART/LUNGS?)	N/A
HEARING ABILITY? N/A	THIRST?	N/A
ENERGY LEVEL 1-10? 7	EMOTIONS?	N/A
SIGHT? N/A	DIET/ APPETITE?	N/A
SLEEP? Wakes up due to her back pain		
CAUSE OF AILMENT? Rheumatic Arthritis		
MEDICAL HISTORY Polyarticular Rheumatic Arthritis		
WESTERN MEDICAL DIAGNOSIS, IF ANY. Polyarticular Rheumatic Arthritis		
MENSTRUATION/GYNECOLOGICAL PROBLEMS WNR		
CURRENT MEDICATIONS Some medications for shingles		
LEFT PULSE Wiry, Slippery & Choppy over thenar	RIGHT PULSE	Wiry, Slippery & Choppy over thenar
TONGUE COLOR. Pinkish	BODY	Slightly fat
SHAPE Rounded	COATING	Wet
DIAGNOSIS/PATTERN Cholesterol & Phlegm Disturbance, Polyarticular Rheumatic Arthritis		
TREATMENT PLAN Reduce Cholesterol, Clear Phlegm & Dampness, Expel Wind		
PRIMARY POINTS BL 12, BL 18, BL 19, BL 13, BL 40 (both)		
SECONDARY POINTS. N/A		
HERBS, HERBAL FORMULA		
Qing Pinellia, Zhuru, Poria, Scutellaria baicalensis, Citrus aurantium, Jasper Powder, Tangerine Peel, Licorice, Albizia Jubilata, Nocturnal Vine, White Kidney Beans		

⑥ New 14:30

C23

Vitality University 千帆大學
Clinical Record 臨床病歷

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03/24/2023

Claire Liu
12/3/1974 F
1938 Brittan Ave,
San Carlos, CA 94070
408-859-9338

A. 問診 inquiry

a. 主訴 Chief Complaint

About three years, she has phlegm in throat that is difficult to spit out every spring. Then she has stomachache and acne on head.

Now she has much acne on head.

b. 現病史 History of Present Illness

She took four months of herbal medicine last spring, but it wasn't good result.

Recently she has diarrhea and she took some jin gui shen qi wan and felt better.

She has moving pain in multiple joints including back. It is worse when the weather is damp.

She has a bitter mouth.

She can fall asleep, but she wakes up due to back pain.

c. 既往史, 手术史, 妇产科史, 过敏史 Medical, Surgical, Ob/Gyn, and Allergies

Her period is normal.

d. 家族史 Family Medical History: Please list major illness and age of occurrence.

N/A

B. 望診 Tongue and Others (舌质, 舌苔, 舌形)



C. 聞診 Hearing and smelling

N/A

C23

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Clinical Record 臨床病歷

D. 切診 Pulse and Body Exam
Wiry, slippery, and some choppy. The both cuns are over thenar.
E. 証候分析 Syndrome Analysis (疾病的发病原因, 症, 舌, 脉)
See below
F. 証候診斷 Syndrome Diagnosis
1. 胆郁痰扰, 逢春肝气引动而发
2. 多发性骨关节风湿
G. 治療/調理原則 Treatment Principal
1. 清胆化痰, 清肝疏肝
2. 祛风胜湿, 通畅经络
H. 治療計劃/調理計劃 Proposal of Treatment
先治疗一周, 复诊调方
I. 中草藥處方 Herbal Formula Prescription (CL1010, CL1020, CL1030, CL1040, CL1050, CL1060)
a. 中药处方 Herbal medicine prescription or 食疗处方 herbal dietary formula
讨论: 1. 中药: 汤药或颗粒剂, 或成药; 2. 背痛及关节痛可以针灸 经讨论用汤药
清半夏 6 克 竹茹 15 克 茯苓 10 克 黄芩 15 克 枳壳 10 克 碧玉散 (青黛 2 克, 滑石粉 3 克, 放入过滤袋) 陈皮 6 克 甘草 6 克 合欢皮 15 克 夜交藤 6 克 白扁豆 15 克
b. 使用指导 Patient Instruction
将一包药材放入砂锅, 添加冷水漫过药材, 水开起算, 煮 30 分钟, 煎药液倒出, 分 3 份 早中晚饭后 5 分钟内服用
c. 针灸穴位 Acupuncture Points
Back pain group

蒿苓清胆汤加減.

Cost: 初诊 75 中药 12.98X7 针灸 75

醫生 Doctor: Jeffrey Zhongxue Mah

Phone: 650 350 1863, 650 918 9968 (phone and text message)

VU STUDENT TREATMENT NOTES

DATE 3/24/2023	TIME 17:00 pm	PATIENT ID Ho, Chi, Phan
SUBJECTIVE CHIEF CONCERN		
Tireness due to Recovery from Breast Cancer		
SYMPTOMS FIRST APPEARED On file - First visit – September 14, 2022		
OTHER TYPES OF TREATMENT? Some herbs		
WHAT MAKES IT WORSE? N/A		BETTER? N/A
OTHER SYMPTOMS N/A		
CHILLS AND FEVER? N/A	PERSPIRATION? N/A	
HEAD/BODY PAIN? N/A	URINATION/STOOL? Loose Stool with Blood	
QUALITY OF PAIN? N/A	CHEST (HEART/LUNGS?) N/A	
HEARING ABILITY? N/A	THIRST? N/A	
ENERGY LEVEL 1-10? 3	EMOTIONS? N/A	
SIGHT? N/A	DIET/ APPETITE? N/A	
SLEEP? Insomnia		
CAUSE OF AILMENT? Breast Cancer Recovery		
MEDICAL HISTORY Breast Cancer		
WESTERN MEDICAL DIAGNOSIS, IF ANY. Breast Cancer Recovery		
MENSTRUATION/GYNECOLOGICAL PROBLEMS WNR		
CURRENT MEDICATIONS Some herbs		
LEFT PULSE Wiry, Slippery & Choppy	RIGHT PULSE Wiry, Slippery & Choppy / ST Floating	
TONGUE COLOR. Pale	BODY Dried	
SHAPE Oval-like	COATING Slightly	
DIAGNOSIS/PATTERN Earth Stagnation & Wood Depression		
TREATMENT PLAN Nourish Stagnation & Soothe LV		
PRIMARY POINTS LR3, LR 8, LI 4, ST 36, CV 12		
SECONDARY POINTS. Suggested SP 14, ST 21		
HERBS, HERBAL FORMULA		
Xie He Bu Zhong Yi Qi, Xie He BDL		

⑧ 17:30

C23

加州東方醫學院

Institute of Oriental Medicine

2304 South El Camino Real

San Mateo, CA 94403

Tel 650 350 1863 Text 650 918 9968

Email consotherapy@gmail.com

www.123up.net

03/24/2023

Ho, Chi, Phan

F. 02/08/1948

San Francisco

Breast Cancer recovered

She feels tired.

She is tired.

Her stool is loose with a little bit of blood.

She has insomnia.



Her pulse is wiry and slippery and choppy. The stomach is floating.

複診診斷：土壅木郁

治療原則：宣壅解郁

治療方法：繼續中藥

处方 24袋

用法：每天1次，每周服用6天，连续4周

治疗成分：

3. 协和补中益气15粒

4. 协和BDL 8粒

费用相同

VU STUDENT TREATMENT NOTES

DATE 3/25/2023	TIME 09:30 am	PATIENT ID Terry Hong
SUBJECTIVE CHIEF CONCERN		
Sleeping Disorder, Dizziness, Trouble Focusing		
SYMPTOMS FIRST APPEARED On file - First visit – December 24, 2022		
OTHER TYPES OF TREATMENT? N/A		
WHAT MAKES IT WORSE? Running		BETTER? N/A
OTHER SYMPTOMS N/A		
CHILLS AND FEVER? N/A	PERSPIRATION? N/A	
HEAD/BODY PAIN? N/A	URINATION/STOOL? N/A	
QUALITY OF PAIN? N/A	CHEST (HEART/LUNGS?) N/A	
HEARING ABILITY? N/A	THIRST? N/A	
ENERGY LEVEL 1-10? 8	EMOTIONS? N/A	
SIGHT? Trouble Focusing	DIET/ APPETITE? N/A	
SLEEP? Easily wake-up after 2-3 hours., Difficult to fall asleep, max. sleep is 6 hours		
CAUSE OF AILMENT? LV Qi Stag. & HT Yin Def.		
MEDICAL HISTORY Sleeping Disorder, Convergence Insufficiency		
WESTERN MEDICAL DIAGNOSIS, IF ANY. Sleeping Disorder, Convergence Insufficiency		
MENSTRUATION/GYNECOLOGICAL PROBLEMS N/A		
CURRENT MEDICATIONS Herbs		
LEFT PULSE Wiry & Slippery LV Floating	RIGHT PULSE Wiry & Slippery LU over thenar	
TONGUE COLOR. Reddish	BODY WNR / Normal	
SHAPE Oval	COATING Thin	
DIAGNOSIS/PATTERN LV Qi Stagnation Causing LV-Heat, HT Yin Deficiency, Yang Qi Deficiency		
TREATMENT PLAN Promote LV Qi Circulation, Reduce LV Heat, Nourish HT Yin, Tonify Yang Qi		
PRIMARY POINTS Neck group + GV 20, ET 1, e wu, ET 5, TE 23, GB 1, PC 6, HT 7, KD 6, LR 3, LR 2		
SECONDARY POINTS. N/A		
HERBS, HERBAL FORMULA		
Euphorbia Trigona, Cassia Lithops, Magneto, Fluoriturum, Uncaria, Paeoniae Alba, Ophiopogon Japonicus, Chrysanthemum, Albizia Bark, Tuber Fleeceflower Stem, Habitat, Prunella Vulgaris, Salvia Miltiorrhiza, Jujube Seed, Artemisia Annua		

09:30

C24

Vitality University 千帆大學
Clinical Record 臨床病歷

千帆大學 Vitality University

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Hayward, CA 94545
Satellite Campus: 2304 S. El Camino Real
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www.123up.net

03/25/2023

Hong, Terry

M. Aug. 5, 2000

2199 Galveston Ave. Unit B

San Jose, Ca 95122

408 287 6824

Last Visit

He can fall asleep at 10pm, but he wakes up after 2 or 3 hours, and then it is hard to fall asleep again.

His dizziness was serious and now it is improving.

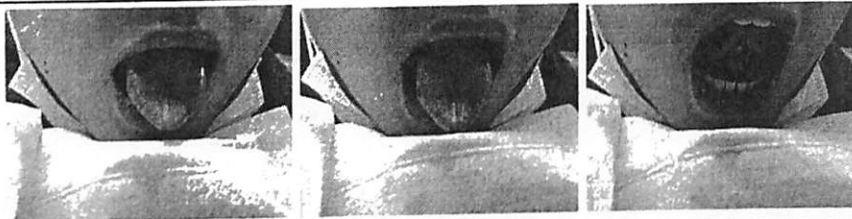
When he runs, his eyes keep moving and can't focus.

Today

He goes to bed at 11:30 pm and wakes up at 2 am or 3 am, and he can sleep back; sometimes he wakes up at 4 am and then it is difficult to fall asleep. The maximum of his sleeping time is 6 hours.

Overall his dizziness is improving. It happens when he turns his head fast; it is either fast or slow.

B. 望診 Tongue and Others (舌质, 舌苔, 舌形)



D. 切診 Pulse and Body Exam

His pulse is slippery and wiry, and the liver is floating. The lung is over thenar.

E. 証候分析 Syndrome Analysis (疾病的发病原因, 症, 舌, 脉)

From the tongue and the pulse, combining with symptoms and signs, it should be related the liver and the heart.

F. 証候診斷 Syndrome Diagnosis

C24

Vitality University 干帆大學
Clinical Record 臨床病歷

<p>1. 逐步改善中的肝气郁滞, 化火上旋而眩晕、行步不稳 The liver qi is stagnated and produces heat to make vertigo</p> <p>2. 有待继续改善的肝火耗阴, 心阳不足而睡眠易醒 the liver fire consumes the heart yin to make sleeping issue</p> <p>3. 改善中的火郁于内、阳气不展而手足冷 The fire is accumulated and the yang qi can't spread regularly.</p> <p>其它症状体征均与这些病理相关 All of the symptoms and signs are related to the diagnoses in Chinese medicine. -</p>
--

G. 治療/調理原則 Treatment Principal
<p>1. 继续疏肝清肝, 定眩熄风, promote the liver qi circulate, clear the liver fire</p> <p>2. 继续清心宁神, 养阴通阳 calm down the spirit through clearing the heart fire.</p>

H. 治療計劃/調理計劃 Proposal of Treatment
预计三个月左右 About 3 months.

I. 中草藥處方 Herbal Formula Prescription (CL1010, CL1020, CL1030, CL1040, CL1050, CL1060)

<p>a. 中药处方 Herbal medicine prescription or 食疗处方 herbal dietary formula</p> <p>以下服用10天, 然后休息几天, 直到二周后复诊</p> <p>第一组 生龙骨15克 生石决明15克 灵磁石6克 紫石英6克</p> <p>以上放入砂锅, 添加冷水漫过, 水开起算, 大火转中小火, 煮30分钟</p> <p>第二组</p> <p>钩藤6克 白芍10克 麦冬6克</p> <p>菊花6克 合欢皮15克 夜交藤6克</p> <p>生地15克 夏枯草15克 丹参6克</p> <p>酸枣仁15克</p> <p>以上合并入第一组, 如果水量不够, 添加冷水漫过药材, 水开起算, 大火转中小火, 再煮30分钟</p> <p>第三组</p> <p>青蒿15克 以上合并入第二组, 再煮1分钟</p> <p>煎药液倒出, 取约二杯, 早中饭后5分钟内各服用半杯, 晚睡前15分钟服用1杯, 睡前注意排小便</p> <p>服用10天, 休息几天, 隔周的周六复诊</p>

c. 針灸穴位 Acupuncture Points
Neck Group+baihui, si shen chong, e wu, tai yang, si zhu kong, tong zi liao, nei guan shen men, zhao hai, tai chong, xing jian

Cost: Initial office visit \$ 75 (follow up will be \$45) Acupuncture \$75 Herbal Medicine \$15.98X 10

Case 25

VU STUDENT TREATMENT NOTES

DATE 3/25/2023	TIME 10:00 am	PATIENT ID	Genie Chen
SUBJECTIVE CHIEF CONCERN			
Lt. Sciatic Discomfort, Lower Back Weakness, Phlegm			
SYMPTOMS FIRST APPEARED On file - First visit – June 04, 2022			
OTHER TYPES OF TREATMENT? N/A			
WHAT MAKES IT WORSE? N/A		BETTER? N/A	
OTHER SYMPTOMS N/A			
CHILLS AND FEVER? N/A	PERSPIRATION? N/A		
HEAD/BODY PAIN? Lt. Sciatic Discomfort	URINATION/STOOL? N/A		
QUALITY OF PAIN? N/A	CHEST (HEART/LUNGS?) N/A		
HEARING ABILITY? WNR	THIRST? N/A		
ENERGY LEVEL 1-10? 7	EMOTIONS? WNR		
SIGHT? WNR	DIET/ APPETITE? N/A		
SLEEP? WNR			
CAUSE OF AILMENT? Old age			
MEDICAL HISTORY N/A			
WESTERN MEDICAL DIAGNOSIS, IF ANY. N/A			
MENSTRUATION/GYNECOLOGICAL PROBLEMS N/A			
CURRENT MEDICATIONS Herbs			
LEFT PULSE Deep & Thready	RIGHT PULSE Deep & Thready		
TONGUE COLOR. Reddish @ LV & HT	BODY WNR / Normal		
SHAPE Oval	COATING Little		
DIAGNOSIS/PATTERN LV & HT Heat			
TREATMENT PLAN Clear LV & HT Heat			
PRIMARY POINTS SI 6, HT 7, PC 6, KD 3, KD 6, GV 20, LR 3, SP 6, ST 36			
SECONDARY POINTS. N/A			
HERBS, HERBAL FORMULA Xie He Dan Sheng, Xie He Zi Bu, Xie He Hong Qin Teng			

② 10:00am

C25

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Institute of Oriental Medicine American Consotherapy Center

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Email: consotherapy@gmail.com 电话: 64745235/13520388635 微信: 13520388635
Email: hope@consotherapy.com.cn

03/25/2023

Chan, Genie

She is 83 years old.

She feels a phlegm that is sticky on her throat and is difficult to split out.

She feels uncomfortable on her left sciatic area. Her lower back is weak.

Her tongue is choppy, Se, for a long time.

Her pulse is deep and sometimes turns thread.



诊断: 目前身体总体健康, 舌像提示目前体质偏热 (肝心)

脉象提示长寿脉, 但有一定程度的硬化现象 (心血管)

治疗原则: 继续维持健康水平, 清肝清心, 活心软脉

治疗方法本院特色成药

继续康梭疗法

用法: 每日1次, 每次1包, 早或中或晚饭后服用, 连续30天

治疗成分:

1. 协和丹参 8粒
丹参 檀香 砂仁
2. 协和知柏 8粒
知母 黄柏 熟地 山茱萸 山药 丹皮 茯苓 泽泻
3. 协和红景天 1粒
红景天 生晒参 西洋参 赤灵芝 铁皮枫斗 九首乌

Cost

Office Visit \$45 free of charge

Herbal Medicine \$12.98x30

15% off

VU STUDENT TREATMENT NOTES

DATE 3/25/2023	TIME 10:35 am	PATIENT ID Kitty Lok
SUBJECTIVE CHIEF CONCERN		
Chest Pain, Palpitation, Sticky Stool, Lateral abdominal bloating with moving pains, Lower Back Pain		
SYMPTOMS FIRST APPEARED One week		
OTHER TYPES OF TREATMENT? N/A		
WHAT MAKES IT WORSE? N/A		BETTER? N/A
OTHER SYMPTOMS Bitter / Sweet Mouth		
CHILLS AND FEVER? N/A	PERSPIRATION? N/A	
HEAD/BODY PAIN? Chest, Lat. Abdominal & Lower Back Pains	URINATION/STOOL? Sticky	
QUALITY OF PAIN? Dull & Pressured	CHEST (HEART/LUNGS?) N/A	
HEARING ABILITY? N/A	THIRST? N/A	
ENERGY LEVEL 1-10? 7	EMOTIONS? WNR	
SIGHT? WNR	DIET/ APPETITE? N/A	
SLEEP? WNR		
CAUSE OF AILMENT? Qi Stagnation & Blood Stasis		
MEDICAL HISTORY N/A		
WESTERN MEDICAL DIAGNOSIS, IF ANY. Palpitation, Lower Back Pain		
MENSTRUATION/GYNECOLOGICAL PROBLEMS N/A		
CURRENT MEDICATIONS Herbs		
LEFT PULSE Deep, Thready & Choppy	RIGHT PULSE Deep, Thready & Choppy	
TONGUE COLOR. Purplish	BODY WNR / Normal	
SHAPE Oval-like	COATING Slightly Yellowish	
DIAGNOSIS/PATTERN HT Qi Stagnation with Dampness & Heat, Blood Stasis		
TREATMENT PLAN Promote Hi Qi Circulation, Remove Dampness & Heat, Reduce Blood Stasis		
PRIMARY POINTS SI 6, HT 7, PC 2, PC 6		
SECONDARY POINTS. N/A		
HERBS, HERBAL FORMULA		
Gua Lou Xie Bai Bai Jui Tang + Qi Regulating Herbs		

(3) 10-35

(26

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03/25/2023

Lok, Kitty

F 05/10/1962

186 Simpson Dr

Daly City CA 94015

650-238-4870



Adobe Scan Apr 16,
2022 (2).pdf

A week ago, she went to the ER due to chest dullness, pressure, and pain in the middle of chest and heart area. She feels palpitations in the middle of lower chest. The lab test, X-Ray, and EKG are all negative.

Her stool is sticky and sometimes it takes for a long time in the restroom.

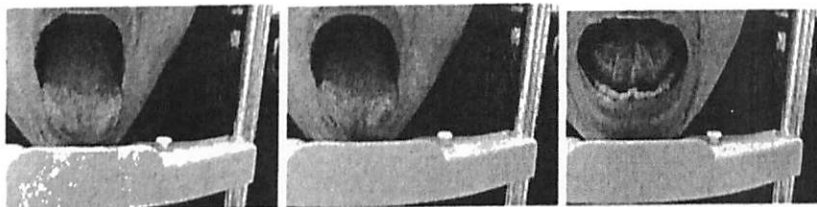
Her lower lateral abdomen is bloating as qi pao that she mentioned. It is moving with pain. It is like a hernia but not.

She can fall asleep for a whole week with a bitter and sweet mouth.

She has lower back pain.

口苦 口甜

Her pulse is deep, thread, and choppy.



复诊诊断

刻下心脏气滞血瘀痰热为主，

治疗原则

理心气，化心瘀，化痰热

治疗方法

汤药2周

处方

C26

瓜蒌薤白白酒汤+理气药

全瓜蒌15克 薤白6克 枳壳10克

厚朴6克 桂枝3克 甘草6克

旋复花6克 (包) 广郁金6克 丹参6克

元胡6克 川楝子10克 14帖

将一包药材放入砂锅，添加冷水漫过药材，水开起算，煮30分钟

煎药液倒出，取约一杯半，分3份

早中晚饭后5分钟内各服用半杯，温热服用，连续14天

费用

针灸走Package

中药常规

VU STUDENT TREATMENT NOTES

DATE 3/25/2023	TIME 11:00 am	PATIENT ID	Michala Chen
SUBJECTIVE CHIEF CONCERN			
Feet Pain			
SYMPTOMS FIRST APPEARED Four or five years			
OTHER TYPES OF TREATMENT? N/A			
WHAT MAKES IT WORSE? Walking or running		BETTER? N/A	
OTHER SYMPTOMS Bitter / Sweet Mouth			
CHILLS AND FEVER?	N/A	PERSPIRATION?	N/A
HEAD/BODY PAIN?	Feet Pain	URINATION/STOOL?	Sticky
QUALITY OF PAIN?	7 - serious after walking > 45 min.	CHEST (HEART/LUNGS?)	N/A
HEARING ABILITY?	N/A	THIRST?	N/A
ENERGY LEVEL 1-10?	8	EMOTIONS?	WNR
SIGHT?	WNR	DIET/ APPETITE?	N/A
SLEEP?	WNR		
CAUSE OF AILMENT? Walking or running			
MEDICAL HISTORY N/A			
WESTERN MEDICAL DIAGNOSIS, IF ANY. Plantar Fasciitis			
MENSTRUATION/GYNECOLOGICAL PROBLEMS N/A			
CURRENT MEDICATIONS N/A			
LEFT PULSE	Slippery & Choppy	RIGHT PULSE	Slippery & Wiry ST Floating
TONGUE COLOR.	Pale-Pink	BODY	Slightly Swollen w/ Teeth mark
SHAPE	Round-like	COATING	Whitish
DIAGNOSIS/PATTERN LV & KD Essence Def., SP Qi Def. with Dampness			
TREATMENT PLAN Nourish LV & KD Essence, Tonify SP Qi, Remove Dampness			
PRIMARY POINTS LR 8, KD 3, KD 6, SP 6, SP 9 + local Ashi pts. on feet			
SECONDARY POINTS. N/A			
HERBS, HERBAL FORMULA			
Recommended – Patient wants to try acupuncture first.			

(4) 11:00 am

C27

Michala

Vitality University 千帆大學

Clinical Record 臨床病歷

Vitality University

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www.123up.net

03/25/2023

Michala Chen

9/17/2008

2843 Gazelle Drive

Campbell, CA 95008

408-666-7606

A. 問診 inquiry

a. 主訴 Chief Complaint

Pain of the bottom of feet. It has been four or five years.

b. 現病史 History of Present Illness

The pain happens when she walks or runs. It is fine with 10 or 15 minutes of walking. It is serious when she walks more than 45 minutes at 7 grades. Her diagnosis from her doctor is planter fasciitis, 足底筋膜炎 N/

c. 既往史, 手术史, 妇产科史, 过敏史 Medical, Surgical, Ob/Gyn, and Allergies

NA

d. 家族史 Family Medical History: Please list major illness and age of occurrence.

NA

B. 望診 Tongue and Others (舌质, 舌苔, 舌形)



C. 聞診 Hearing and smelling

NA

Vitality University 千帆大學

Clinical Record 臨床病歷

D. 切診 Pulse and Body Exam

The right pulse is slippery and wiry. The left is slippery and choppy. The stomach is slightly floating.

E. 証候分析 Syndrome Analysis (疾病的发病原因, 症, 舌, 脉)

肾主骨, 肝主筋。久行伤筋, 久立伤骨。

F. 証候診斷 Syndrome Diagnosis

1. 肝肾精虚导致局部筋骨失养
2. 从舌像有脾虚湿阻的现象

G. 治療/調理原則 Treatment Principal

1. 滋养肝肾之精
2. 健脾化湿

H. 治療計劃/調理計劃 Proposal of Treatment

先治疗三个月然后总结

可以考虑针灸与中药配合 (中药讨论: 汤药, 颗粒剂, 或成药)

如果针药同治, 每周 1 次针灸, 6 天中药

如果只采取针灸, 每周需要 2 次

经讨论, 先从针灸开始

I. 中草藥處方 Herbal Formula Prescription (CL1010, CL1020, CL1030, CL1040, CL1050, CL1060)

a. 中药处方 Herbal medicine prescription or 食疗处方 herbal dietary formula

b. 使用指导 Patient Instruction

c. 针灸穴位 Acupuncture Points

局部+肝肾

d. 调整治疗 Adjust Modalities

拔罐 Cupping

神灯 Infrared Lamp

推拿 Tui Na

运动疗法 Exercise

刮痧 Gua Sha

其它 Others:

Vitality University 千帆大學
Clinical Record 臨床病歷

Related Data:

Cost: 針灸 走保險，如果中藥需自費

醫生 Doctor: Jeffrey Zhongxue Mah

Phone: 650 350 1863, 650 918 9968 (phone and text message)

VU STUDENT TREATMENT NOTES

DATE 3/25/2023	TIME 11:59 am	PATIENT ID	Wenjing Bai
SUBJECTIVE CHIEF CONCERN			
Cough & Phlegm			
SYMPTOMS FIRST APPEARED Ten day+			
OTHER TYPES OF TREATMENT? N/A			
WHAT MAKES IT WORSE? Sweat		BETTER? N/A	
OTHER SYMPTOMS N/A			
CHILLS AND FEVER? N/A		PERSPIRATION? Sweat	
HEAD/BODY PAIN? N/A		URINATION/STOOL? N/A	
QUALITY OF PAIN? N/A		CHEST (HEART/LUNGS?) N/A	
HEARING ABILITY? WNR		THIRST? N/A	
ENERGY LEVEL 1-10? 9		EMOTIONS? WNR	
SIGHT? WNR		DIET/ APPETITE? N/A	
SLEEP? WNR			
CAUSE OF AILMENT? Sweat			
MEDICAL HISTORY N/A			
WESTERN MEDICAL DIAGNOSIS, IF ANY. N/A			
MENSTRUATION/GYNECOLOGICAL PROBLEMS N/A			
CURRENT MEDICATIONS N/A			
LEFT PULSE Jie, Dai, Slippery & Choppy / HT over thenar		RIGHT PULSE Jie, Dai, Slippery & Choppy / LU over thenar	
TONGUE COLOR. Reddish Pink		BODY WNR	
SHAPE Slightly Long-Oval		COATING Little	
DIAGNOSIS/PATTERN Dampness & Heat, HT Qi & Yin Def.			
TREATMENT PLAN Remove Dampness, Clear Heat, Nourish HT Qi & Yin			
PRIMARY POINTS N/A			
SECONDARY POINTS. N/A			
HERBS, HERBAL FORMULA			
Rice, Morus Alba, Lycium Chinense, Licorice, Mulberry Leaves, Chrysanthemum, Radix Isatidis, Folium Isatidis, Loquat Leaves, Concha Meretricis Seu Cyclinae, Radix Platycodonis, Ansu Apricot Seed			

⑥ 11:59 am

C 28

Vitality University
2304 South El Camino Real
San Mateo, Ca 94403
www.123up.net

03/25/2023

Bai, Wenjing

M. 08271956

He feels a white phlegm in his throat.

Ten days ago, he was in the gym and was sweating that he didn't clear it on time.

He has a cough that comes either 5 or 6 hours or 10 minutes or more.



His pulse is jie and dai, slippery and choppy. The lung and the heart are over thenar.

诊断:

1. 刻下潜伏之痰热又浮现
2. 仍有心脏气阴两伤之问题

治疗原则:

刻下重点治疗痰热, 心脏继续观察西药情况再做决定

治疗方法: 中药疗法 (汤药)

第一组: 大米一小把 (自备) 煮20分钟

第二组

桑白皮15克 地骨皮15克 甘草6克

桑叶10克 菊花6克 板蓝根15克

大青叶15克 枇杷叶15克 海蛤壳15克

桔梗6克 杏仁10克 7帖

合并入第一组, 如果水量不够, 添加冷水漫过药材吗, 水开起算, 煮30分钟, 煎药液倒出, 分3份, 每份约半杯

早中晚饭后5分钟左右个服用半杯, 不要空腹服

费用: 复诊与中药常规

VU STUDENT TREATMENT NOTES

DATE 3/25/2023	TIME 14:28 pm	PATIENT ID	Sau Chu Chan
SUBJECTIVE CHIEF CONCERN			
Shoulder Pain (both sides), Tongue Fire,			
SYMPTOMS FIRST APPEARED Two months			
OTHER TYPES OF TREATMENT? N/A			
WHAT MAKES IT WORSE? Morning time		BETTER? N/A	
OTHER SYMPTOMS N/A			
CHILLS AND FEVER? N/A		PERSPIRATION? N/A	
HEAD/BODY PAIN? N/A		URINATION/STOOL? Dry or loose	
QUALITY OF PAIN? N/A		CHEST (HEART/LUNGS?) N/A	
HEARING ABILITY? N/A		THIRST? N/A	
ENERGY LEVEL 1-10? 9		EMOTIONS? N/A	
SIGHT? N/A		DIET/ APPETITE? N/A	
SLEEP? N/A			
CAUSE OF AILMENT? N/A			
MEDICAL HISTORY N/A			
WESTERN MEDICAL DIAGNOSIS, IF ANY. N/A			
MENSTRUATION/GYNECOLOGICAL PROBLEMS N/A			
CURRENT MEDICATIONS N/A			
LEFT PULSE Deep, Slippery & Choppy		RIGHT PULSE Deep, Slippery & Choppy	
TONGUE COLOR. Reddish Pink		BODY WNR	
SHAPE Slightly Long-Oval		COATING Little	
DIAGNOSIS/PATTERN Qi & Blood Stagnation, Meridian Blockage			
TREATMENT PLAN Promote Blood & Qi Circulation, Dredge the Meridians			
PRIMARY POINTS Recommended – Patient wants to try herbs first.			
SECONDARY POINTS. N/A			
HERBS, HERBAL FORMULA			
Chrysanthemum, Xie He Chuan Bi Wan, Xie He Wei Ling Wan			

(9) 2:28 pm

C29

Vitality University 千帆大學

Clinical Record 臨床病歷

Vitality University

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(五+肩=那位女士)

03/25/2023

Sau Chu Chan

9/18/1972 F

436 Peninsula Ave,

San Mateo, CA 94401

415-786-8837

A. 問診 inquiry

a. 主訴 Chief Complaint

She has pain on both shoulders for a couple of months.

b. 現病史 History of Present Illness

The pain was worse in the morning, and now she can't lift her arms.

She feels fire and her tongue is hot. If she eats spicy or fried food she feels shang huo, or fire up.

Her stool is dry or loose.

c. 既往史, 手术史, 妇产科史, 过敏史 Medical, Surgical, Ob/Gyn, and Allergies

NA

d. 家族史 Family Medical History: Please list major illness and age of occurrence.

NA

B. 望診 Tongue and Others (舌质, 舌苔, 舌形)



C. 聞診 Hearing and smelling

NA

D. 切診 Pulse and Body Exam

The pulse is deep, slippery, and some choppy.

E. 証候分析 Syndrome Analysis (疾病的发病原因, 症, 舌, 脉)

Vitality University 千帆大學
Clinical Record 臨床病歷

See Below

F. 証候診斷 Syndrome Diagnosis
1. 双肩局部气血经络痹阻 2. 从舌像湿热、心阴虚虚火的现象

G. 治療/調理原則 Treatment Principal
刻下重点疏通局部经络气血运行

H. 治療計劃/調理計劃 Proposal of Treatment
经讨论，先服用中成药

I. 中草藥處方 Herbal Formula Prescription (CL1010, CL1020, CL1030, CL1040, CL1050, CL1060)	
a. 中药处方 Herbal medicine prescription or 食疗处方 herbal dietary formula	
用法：每日 1 次，每次 1 包，早饭后 5 分钟内服用，连续 7 天，复诊调方 用菊花（自备）6 朵左右热水浸泡约 2 分钟，冲服药丸 治疗成分： <ol style="list-style-type: none"> 1. 协和蠲痹丸 30 粒（路路通，伸筋草，络石藤，海风藤，防己，木瓜） 2. 协和胃苓丸 15 粒（苍术，厚朴，陈皮，白术，桂枝，泽泻） 	
b. 使用指导 Patient Instruction	
c. 针灸穴位 Acupuncture Points	
d. 调整治疗 Adjust Modalities	
拔罐 Cupping	
神灯 Inferred Lamp	
推拿 Tui Na	
运动疗法 Exercise	
刮痧 Gua Sha	
其它 Others:	

Related Data:

Cost: 常规，针灸可以购买 Package

醫生 Doctor: Jeffrey Zhongxue Mah

Phone: 650 350 1863, 650 918 9968 (phone and text message)