

Udo Lorenzen

(Heilpraktiker, Medizinhistoriker M.A.; Diplom-Sozialpädagoge)

Higher Education:

1977 – 1980:

Study at the College of Education in Kiel, department of social education; diploma thesis: „*Social care and treatment of Schizophrenia in therapeutic apartments*“; passed successfully and leading to the academical degree: Dipl. Sozialpädagoge (Diploma in social education)

1992 – 2002:

Lectures at Christian Albrecht University (Kiel) in classical chinese language under the head of Prof. Dr. Gudula Linck, learning how to read and translate chinese classical texts (especially philosophical and medical texts)

2002 – 2006

Study at Christian Albrecht University in Kiel in the fields of medical history, Chinese sciences and theory and methology of education; Magister Thesis: „*A comparison between the ancient greece doctrine of the four elements and the ancient chinese doctrine of the five phases (wuxing) in the period before the Christian era*“; passed successfully with distinction, leading to the academical degree: Medical Historian M.A. (Magister Artium)

2007 – today:

Gaining of my Doctorate: dissertation thesis: „*A comparison between the educational ideal of the ancient Chinese and the ideas of Wilhelm von Humboldt in regard to the process of teaching Traditional Chinese medicine (TCM)*“ ... still in progress

Therapeutic Work:

1. (Diplom Sozialpädagoge)

1980 – 1981:

Working with alcohol- and drug addicted patients in the hospital „Landesklinik Elmschenhagen“ in Kiel;

1982 – 1985:

social education and support for adults, who searched for political asylum as refugees;

1986 – 1990:

working with out-patients suffering from mental diseases and dementia in the field of social help and education;

2. (Heilpraktiker)

1982 – 1986:

Medical training for the german profession „*Heilpraktiker*“ (beside the job), passed successfully all examinations and acquired the title „*Heilpraktiker*“, which is, apart from a medical doctor, the second way in Germany to conduct medical treatment of patients as a profession.

1986 – today:

working in my own clinic with Traditional Chinese Medicine (TCM), especially with acupuncture.

1992 – today: Chairman and owner of the „*Ausbildungszentrum Nord für Klassische Akupunktur und Traditionelle Chinesische Medizin*“ (ABZ NORD), a school for teaching and training Chinese Medicine, in cooperation with the Chengdu University of TCM and the Heilpraktiker cooperation FDH.

1988 – today: Lecturer and teacher in traditional acupuncture at different schools in Germany and abroad (mainly Switzerland)

TCM-Education:

1979 – 1982 Private lectures in traditional Chinese Acupuncture with Albert Manning in Kiel

1983 Lectures at the Academy of Chinese Acupuncture in Sri Lanka

1990 Passed the Examination with distinction in the northern school of Arbeitsgemeinschaft für Klassische Akupunktur und Traditionelle Chinesische Medizin e.V. (AGTCM) to get the Diploma.

1994 Diploma from Chengdu College of Traditional Chinese Medicine – International TCM Training Program

1986 – 2006 Annually participant and frequent speaker at the Rothenburg Congress of TCM, organized by AGTCM

1998 – 2005	Lectures and clinical work with <i>Prof. Dr. Hu Lingxiang</i> from Chengdu University of TCM, invited by ABZ Nord and AGTCM, in Hamburg und Kiel (Germany)
2007	Certificate from Chengdu University of Traditional Chinese Medicine - China
2008	Certificate from Chengdu University of Traditional Chinese Medicine - China
2010	Certificate from Chengdu University of Traditional Chinese Medicine - China
2011	Member of the World Federation of Chinese Medicine Societies in the “ <i>Committee of Examination and Evaluation</i> ”;

Publications:

Books:

- **The five Phases in Traditional Chinese Medicine**, 5 Volumes (in cooperation with Andreas Noll, München-Berlin): Wood (1992, 225 p.), Metal (1994, 310 p.), Earth (1996, 310 p.), Fire (1998, 340 p.), Water (2000, 655 p.); the Wood phase obtained a second enlarged und improved edition (2002, 485 p.); the Metal phase obtained a second enlarged und improved edition (2007, 550 p.); the Earth phase obtained a second enlarged and improved edition (2012, about 600 pages).

Special features: translation of point names and indications from classical texts like *Zhenjiu Dacheng*, *Zhenjiu Daquan*, *Zhenjiu Yujing*, *Leijing Tuyi*, *Neijing*, *Jiayijing*, etc.; fundamental description of the Hun- and Po-Souls; fundamental description of the Ghost-Points (*Guixue*) and the concept of mental disaeses; fundamental description and discussion of the Zangfu-organs and their functions; fundamental description of the system of corresponences of the *Wuxing*.

- **Basic Terms of Traditional Chinese Medicine** (1998, 208 p.)

Special features: This book had to be done because of many misunderstandings in Chinese Medical terms. It contains more than 1200 terms from all over the field of TCM. For every term there is the Chinese character (old and new style), the Pinyin transcription and a suitable German translation; many terms have a detailed explanation.

- **The Inner Landscape – Advanced concepts in Chinese Medicine** (2006, 660 p.), Part One

Special features: translation of point names and indications of *Du Mai* and *Ren Mai*, taken from classical texts like *Zhenjiu Dacheng*, *Zhenjiu Daquan*, *Zhenjiu Yujing*, *Leijing Tuyi*, *Neijing*, *Jiayijing*, *Shenghui Fang* etc.; a fundamental description and explanation of the *Qijing Bamai*, a full translation of the *Qijing Bamai Kao* written by *Li Shi Zhen* and many other classical sources to understand the theory and practice of these important vessels; a complete translation and explanation of the text on the picture of the Inner Body Landscape – *Neijing Tu*, to lay down the fundamentals of the inner alchemy – *Neidan*; a principal description of the *Sanbao* and the way to immortality as the Daoists believe.

- **The Inner Landscape – Advanced concepts in Chinese Medicine** (2007, 346 p.), Part Two

Special features: translation of point names and indications of the Pericard channel and the *San Jiao* channel, taken from classical texts like *Zhenjiu Dacheng*, *Zhenjiu Daquan*, *Zhenjiu Yujing*, *Leijing Tuyi*, *Neijing*, *Jiayijing*, *Shenghui Fang*, *Yixue Rumen* etc.; a fundamental description of advanced theory in TCM like *Xinbao Luo*, *Tanzhong*, *Mingmen*, translation of classical texts to go deep into these concepts, like *Neijing*, *Nanjing*, *Bencao Gangmu*, *Beiji Qianjin Yaofang*, *Leijing Tuyi*, *Waijing Weiyang* (*Chenshi Duo*) etc.; a full translation and explanation of the famous acupuncture poem *Biao You Fu* written by *Dou Hanqing*.

All books are in German language published at Publishing House Müller & Steinicke, München

Articles:

1. Volksheilkunde aktuell (in german language): issue/year/pages

- Time honoured Techniques in Traditional Acupuncture (9/89, 9 p.)
- Diet in Chinese Medicine, part 1 (12/89, 6 p.)
- Diet in Chinese Medicine, part 2 (1/90, 20 p.)
- Wind – Spearhead of 100 diseases, part 1 (6/90, 7 p.)
- Wind – Spearhead of 100 diseases, part 2 (7/90, 6 p.)
- The method of the Magical Tortoise – *Linggui Bafa* (8/90, 7 p.)
- The Dao of Chinese Medicine (12/90, 4 p.)
- Discussion about Damaging Cold – The *Shanghan Lun*, part 1 (9/91, 7 p.)
- Discussion about Damaging Cold – The *Shanghan Lun*, part 2 (10/91, 12 p.)
- Chinese Medicine from the Classics – *Suwen 23, Xuanming Wuqi* (6/92, 7 p.)
- Problems in Translating Chinese Medical Terms (1/97, 5 p.)
- The Girdle Vessel – *Dai Mai*, part 1 (11/05, 6 p.)
- The Girdle Vessel – *Dai Mai*, part 2 (12/05, 9 p.)
- Measurement in Chinese Medicine – the problem of standards in TCM, part 1 (1/08, 7 p.)
- Measurement in Chinese Medicine – the problem of standards in TCM, part 2 (2/08, 6 p.)
- Measurement in Chinese Medicine – the problem of standards in TCM, part 3 (4/08, 5 p.)
- Measurement in Chinese Medicine – the problem of standards in TCM, part 4 (5/08, 5 p.)
- Measurement in Chinese Medicine – the problem of standards in TCM, part 5 (9/08, 5 p.)
- Measurement in Chinese Medicine – the problem of standards in TCM, part 6 (10/08, 4 p.)
- Measurement in Chinese Medicine – the problem of standards in TCM, part 7 (11/08, 5 p.)
- Acupuncture Treatment of Kidney Stones (8/08, 5 p.)
- *Ziwu Liuzhu* – Translation and Explanation of the *Zhenjiu Dacheng*, chapt. 5, part 1 (11/09, 5 p.)
- *Ziwu Liuzhu* – Translation and Explanation of the *Zhenjiu Dacheng*, chapt. 5, part 2 (12/09, 6 p.)
- Green Tea – Stimulant, Drug or addiction? – News from the old *Bencao Gangmu* (5/10, 6 p.)
- About Tibetan Embryology (12/10, 13 p.)
- About a Straight Treatment – Chapter one from *Chen Shi Duo's book Shi Shi Mi Lu* (1687), a fully translation with commentaries (12/12, 23 p.)

- About a Reverse Treatment – Chapter two from *Chen Shi Duo's book Shi Shi Mi Lu* (1687), a fully translation with commentaries (3/13, 12 p.)
- *Yang Sheng* – The Chinese Way of Nurturing Life for Common Use (9/13, 23 p.)

And many more!

2. Naturheilpraxis (articles in German language): issue/year/pages

- Ethics in Chinese Medicine (7/00, 15 p.)
- *Nüke Baiwen* – 100 questions for women diseases, part 1 (2/03, 8 p.)
- *Nüke Baiwen* – 100 questions for women diseases, part 2 (4/03, 4 p.)
- *Nüke Baiwen* – 100 questions for women diseases, part 3 (5/03, 3 p.)
- *Nüke Baiwen* – 100 questions for women diseases, part 4 (9/03, 3 p.)
- The Clinical Importance of the Point *Waiguan* (SJ 5), part 1 (9/05, 7 p.)
- The Clinical Importance of the Point *Waiguan* (SJ 5), part 2 (10/05, 8 p.)

3. Taijiquan & Qigong Journal (in German language) issue/year/pages

- *Neijing Tu* – The Inner Body Landscape, part 1 (1/06, 7 p.)
- *Neijing Tu* – The Inner Body Landscape, part 2 (2/06, 5 p.)

4. CO'MED – Fachmagazin für Komplementäre Medizin (article in German language)

- Education and Training in TCM – a critical contribution (1/09, 5 p.)

5. Schleswig-Holsteinisches Ärzteblatt (article in German language)

- Traditional Chinese Drug Therapy – An Introduction (8/07, 5 p.)

6. Zeitschrift für Traditionelle Chinesische Medizin ZTCM (article in German language) issue/year/pages

- To be in the Center – The Importance of the Point *Zhongwan* (Ren 12) for clinical work (3/05, 8 p.)
- Fuke – Women's Health in Chinese Medicine (1/06, 9 p.)

- *Li Shi Zhen* – an Exceptional Doctor and Scientist in Chinese History, part 1 (4/06, 8 p.)
- *Li Shi Zhen* – an Exceptional Doctor and Scientist in Chinese History, part 2 (1/07, 4 p.)
- A comparison between the ancient greece doctrine of the four elements and the ancient chinese doctrine of the five phases (wuxing) in the period before the Christian era, part 1 (2/07, 5 p.)
- A comparison between the ancient greece doctrine of the four elements and the ancient chinese doctrine of the five phases (wuxing) in the period before the Christian era, part 2 (3/07, 8 p.)
- A comparison between the ancient greece doctrine of the four elements and the ancient chinese doctrine of the five phases (wuxing) in the period before the Christian era, part 3 (4/07, 7 p.)
- Chinese Medicine as a Regulatory System – *Zhang Jie Bin's* yearning for an orderly Classic of Medicine (*Leijing*), part 1 (3/08, 7 p.)
- Chinese Medicine as a Regulatory System – *Zhang Jie Bin's* yearning for an orderly Classic of Medicine (*Leijing*), part 2 (4/08, 8 p.)
- Chinese Medicine as a Regulatory System – *Zhang Jie Bin's* yearning for an orderly Classic of Medicine (*Leijing*), part 3 (3/09, 5 p.)
- Chinese Medicine as a Regulatory System – *Zhang Jie Bin's* yearning for an orderly Classic of Medicine (*Leijing*), part 4 (4/09, 6 p.)
- *Bian Que* – A famous Doctor in Ancient China (A Translation of his Biography from the *Shiji*, Chapter 105 (2/10, 12 p.)

7. Journal of Traditional Acupuncture Society (articles in English Language) issue/year/pages

- Chrono-Acupuncture – Rhythms of Time in Traditional Acupuncture (9/91, 8 p.)
- The Method of the Magic Turtle – *Lingui Bafa* (10/91, 6 p.)

Udo Lersche



Kiel, 28. Oktober 2013