

USU'S Center for Advanced Nutrition Hosts Nutrition Researcher from China

The Center for Advanced Nutrition is excited to welcome Dr. Junfeng He as a visiting scholar from China for a one-year period. He brings, among other things, experience in immunohistochemistry and electrophysiology.

He received an award from the China Association of Chinese Medicine's Science and Technology Progress Prize for his "Research on the effects of acupuncture at acupoints in Foot-Yangming-Meridian to the Stomach" project in 2007, the same year he received the "Young Excellent Teacher of Hunan Province Award". He recently participated in a science project entitled "Establishment of Rat Bronchitis Model TCM's Deficiency of Kidney and Spleen". His visit to USU is sponsored by a grant from the China Scholarship Council.

He is an associate professor at the Hunan University of Traditional Chinese Medicine where he teaches undergraduates the skills to diagnose disease using traditional Chinese medicine methods, and graduates the guidelines for animal experiments.

He said he was especially interested in coming to work with CAN'S director, Dr. David York, because of York's expertise in obesity and York's current research on enterostatin's influence on obesity in humans. He is also anxious to learn more about certain research techniques that are used in the CAN laboratories to further his own knowledge of treating obesity with acupuncture and traditional Chinese medicine.

"While obesity is not yet a large health problem in China," He said, "in recent years there has been a significant growth pattern for children and young adults." He attributes much of that change to the same environmental factors as America obesity: a more sedentary lifestyle and increased consumption of food, both in frequency and in amount, and especially of fast foods. "McDonald's and KFC are very much in style with the younger generations," he noted.

In addition to being a research scientist, He is also a practitioner of Traditional Chinese Medicine. He noted that combining the two types of medications (traditional Chinese and western) is commonly used for many diseases and has been shown to be effective in most clinics. But, when it comes to his own medical practice, He prefers and uses traditional Chinese herbal prescriptions, and acupuncture. "I rarely prescribe western medicines," he said, "because the Chinese medicine is more individualized."

"It is very important to keep the body in balance, and prescribing the wrong combination of herbs (or medicine) can actually do more harm than good," he cautioned. He says he instead looks at each of his patients in a very personal way, using a combination of examination, visual observation, and interview techniques to diagnose the problem. Then, based on his investigation, he prescribes a combination of herbs, which is taken as a tea, and possibly a course of acupuncture, the subject of some of his prior research.

He expects his wife and young daughter to join him later in the summer.



Dr. Junfeng He is a researcher and a physician of Traditional Chinese Medicine working with CAN to exchange nutrition research techniques focusing on treating obesity.