

Sanfu Ren-Du Holistic Care Program™

三伏任督整体调护项目™

In this booklet, Sanfu Ren-Du Holistic Care Program™ is abbreviated as the Sanfu™ Program.

Ren-Du Integrative Regulation During the Sanfu Season

Using the peak Yang energy of midsummer to support Ren-Du integrative care, whole-body balance, and deeper self-regulation.

A gentle opportunity to help the body reset from the inside out.

Appointment

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*** Individual results may vary. This program is intended as supportive care and does not replace medical diagnosis, emergency care, prescription medication, or disease-specific treatment.

1. Traditional Sanfu Acupuncture and Sanfu Herbal Patches

Sanfu care applies traditional seasonal treatment during the hottest period of the year. It follows the classical ideas of “treat winter diseases in summer” and “nourish Yang in spring and summer.”

Sanfu Acupuncture:

Sanfu acupuncture refers to the use of acupuncture, warm-needle acupuncture, fire-needle therapy, and related techniques during the Sanfu period. Treatment is selected according to the patient’s constitution and clinical presentation. By stimulating meridians and acupuncture points, it aims to support Yang, dispel cold, and promote health and recovery.

Sanfu Herbal Patches:

During the Sanfu period, Chinese herbal preparations with warming and circulation-promoting properties are made into cakes, pastes, or plasters and applied to specific acupuncture points. Their supportive effects are produced through local herbal exposure and stimulation of the selected acupuncture points.

Theoretical Foundation of Traditional Sanfu Acupuncture and Sanfu Herbal Patches

- Traditional Sanfu acupuncture and Sanfu herbal patch therapies are guided by the principles of “treating winter diseases in summer” and “nourishing Yang during spring and summer.” Their fundamental principles are to warm and support Yang, strengthen the body’s vital energy, dispel cold, and promote the free flow of Qi through the meridians and collaterals.
- Particular emphasis is placed on the regulatory role of the Du Meridian (Governing Vessel). The Du Meridian governs the Yang energy of the entire body. Together with the Back-Shu points of the Foot Taiyang Bladder Meridian, it can invigorate Yang energy, regulate the functions of the internal organs, and promote the circulation of Qi through the meridians.

- For this reason, Sanfu treatments commonly involve acupuncture or herbal patch application to points along the Du Meridian and the Back-Shu points located on both sides of the spine. The purpose is to support Yang, strengthen the body’s constitutional foundation, and help prevent and treat disease.

Plain English meaning

Sanfu is a seasonal window. Traditional practice uses this window to support circulation, warmth, immune resilience, and long-term constitutional strengthening.

2. Common Traditional Uses and Precautions

Common traditional uses	Precautions / not suitable without evaluation
Respiratory: bronchial asthma, chronic bronchitis, allergic rhinitis, chronic cough, recurrent colds.	Fever or acute infection, broken skin, eczema, skin infection, allergy to herbal patch ingredients. Avoid abdominal/lumbosacral patching during pregnancy. Use caution with unstable severe heart/liver/kidney disease, diabetes, reduced skin sensation, frailty, or advanced age because prolonged patching may injure the skin.
Musculoskeletal: neck pain, lumbar disc problems, lumbar strain, osteoarthritis, frozen shoulder, rheumatic joint pain.	
Digestive: chronic stomach discomfort, chronic diarrhea, indigestion.	

3. Traditional Sanfu vs. Sanfu Ren-Du Holistic Care Program™

Traditional Sanfu / Sanjiu patches	Originally Developed by Dr. Qian Sanfu Ren-Du Holistic Care Program™
Often concentrated on back acupoints and surface warming stimulation.	Five Years of Clinical Exploration and Refinement: Continuously developed and refined through five years of clinical practice, this approach uses precise acupuncture to regulate the Ren and Du meridians—the anterior and posterior midline pathways of the body—with highly encouraging results.
Often aimed at symptom relief for localized or single disease patterns.	Whole-Body Systemic Regulation: Promotes deep coordination among the brain, spinal cord, and autonomic nervous system pathways, helping activate the body’s innate defense mechanisms and address the underlying causes of illness.

4. Why Is the Sanfu Ren-Du Holistic Care Program™ Especially Important During the Sanfu Period?

1. Harnessing Seasonal Yang Energy
The Sanfu period is traditionally considered the time when Yang energy in nature reaches its peak and the body’s Yang-Qi is most abundant. Qi and blood move toward the body surface, and the pores open, creating a favorable seasonal window for activating the meridians and helping dispel deeply rooted cold and dampness.
2. Regulating the Ren–Du Central Axis
The Sanfu Ren-Du Holistic Care Program™ goes beyond treating a single symptom or isolated condition. Through targeted regulation of the Ren and Du meridians—the anterior and posterior midline pathways of the body—it aims to harmonize Yin and Yang, promote the circulation of Qi and blood, and support the body’s central regulatory functions.
3. Activating the Body’s Self-Regulatory Mechanisms
Rather than focusing only on one disease, the Sanfu Ren-Du Holistic Care Program™ aims to support systemic regulation of the nervous system and circulation, helping strengthen the body’s innate defenses, immune balance, and self-regulatory capacity.

5. Sanfu™ Program: 2026 Sanfu and 2026–2027 Sanjiu Appointment Windows

Season	Period	Dates
2026 Sanfu	First Fu (10 days)	July 15–July 24, 2026
2026 Sanfu	Middle Fu (20 days)	July 25–August 13, 2026; extended Middle Fu: August 4–13
2026 Sanfu	Last Fu (10 days)	August 14–August 23, 2026
2026-2027 Sanjiu	First Nine (9 days)	December 22–December 30, 2026
2026-2027 Sanjiu	Second Nine (9 days)	December 31, 2026–January 8, 2027
2026-2027 Sanjiu	Third Nine (9 days)	January 9–January 17, 2027

Seasonal Strategy
The Sanfu™ Program combines summer Sanfu care with winter Sanjiu reinforcement. Summer Sanfu care is traditionally used to help disperse cold and dampness, while winter Sanjiu care supports warming, strengthening, and consolidation. When used appropriately across both seasons, the program may offer a longer-term approach to supporting health and resilience.

6. Six Major Physiological Regulation Goals of the Sanfu™ Program

Regulation dimension	Expected supportive role	Modern health connection
Circulation	Supports systemic circulation and microcirculation.	Helps improve tissue oxygenation, nutrient delivery, and the internal physiological environment.
Immune Function	Supports immune regulation and the body’s natural defense capacity.	Helps the body adapt to changes in temperature, seasons, and environmental conditions.
Nervous System	Supports autonomic balance, emotional stability, and relaxation.	Helps balance sympathetic and parasympathetic activity while supporting stress management and sleep.
Metabolism	Supports balanced glucose, lipid, and energy metabolism.	Provides a physiological foundation for healthier weight management and more stable metabolic markers.
Musculoskeletal Restoration	Supports the function of the spine, muscles, and joints.	Helps relieve deep muscular tension, support functional recovery, and improve posture, movement, and biomechanical balance.
Healthy Aging Support	Supports the reduction of oxidative stress and physiological burden.	Helps preserve vitality, functional reserve, and a longer healthspan.

7. Who May Consider the Sanfu™ Program?

A professional assessment is required. The **Sanfu™ Program** may be considered as supportive care for individuals with the following health patterns:

Circulatory Regulation

Poor peripheral circulation, cold hands and feet, sensitivity to cold, reduced microcirculation, mild circulatory discomfort, or Raynaud-type symptoms. The program aims to support whole-body blood flow, tissue oxygenation, and nutrient delivery.

Immune and Respiratory Patterns

Recurrent colds, allergic rhinitis, chronic bronchitis, asthma during stable or remission periods, chronic pharyngitis, chronic sinusitis, and chronic fatigue associated with reduced resilience.

Nervous-System and Stress-Related Patterns

Anxiety, stress-related sleep disturbance, autonomic imbalance, chronic fatigue, emotional tension, and functional menopausal symptoms.

Metabolic Support

Weight-management needs, metabolic syndrome, hyperlipidemia, fatty liver, prediabetes, stable type 2 diabetes, hyperuricemia, and impaired energy metabolism.

Musculoskeletal Repair and Pain Support

Neck pain, lumbar disc-related symptoms, shoulder pain, osteoarthritis, chronic low back pain, stable rheumatoid joint pain, frozen shoulder, tendinitis, chronic myofascial pain, soft-tissue injuries, muscle or joint stiffness, and post-treatment recovery.

Healthy Aging and Constitutional Patterns

Cold sensitivity, chronic fatigue, cold limbs, soreness of the lower back and knees, frequent nighttime urination, reduced vitality, Kidney-Yang deficiency patterns, and cold-type infertility patterns identified through TCM assessment.

Important

The **Sanfu™ Program** is not a substitute for emergency care, medical diagnosis, prescription medication, or disease-specific treatment. Treatment should be individualized following professional evaluation.

8. Sanfu™ Intervention Model: Acupuncture First, Patching for Consolidation

1. Acupuncture First

For persistent cold-damp patterns, chronic cold-related pain, or acute pain and respiratory flare-ups, acupuncture may be used first to promote channel circulation and provide more immediate symptom relief.

2. Patching After Acupuncture

When clinically appropriate, warming herbal patches may be applied within a suitable period after acupuncture to help sustain the seasonal warming effect and consolidate treatment benefits.

3. Patching for Consolidation

Sanfu™ patching is used to provide continued warming support, strengthen Yang, and help maintain longer-lasting regulation after acupuncture.

4. Acute Phase vs. Stable Phase

During acute pain or respiratory flare-ups, acupuncture may be prioritized for symptom control. During stable phases, Sanfu™ patching may be used to support maintenance and longer-term regulation.

5. Alternating Patching and Moxibustion

For chronic cold-damp patterns, Sanfu™ patching may be alternated or combined with moxibustion during the period of strongest seasonal Yang, when clinically appropriate.

Important: Treatment selection, timing, and sequencing should be individualized after professional evaluation.

9. Sanfu™ Program Case Highlights

Case 01 — Ten Years of Severe Insomnia and Recurrent Joint Inflammation

A 68-year-old woman had recurrent episodes of red, swollen, warm, and painful joints, together with severe insomnia lasting approximately ten years.

After participating in the **Sanfu™ acupuncture program**, she reported substantial improvement in joint discomfort and sleep. She was able to fall asleep more quickly, sleep more deeply, and awaken with improved energy.

Patient comment:

“Sanfu acupuncture helped me get back on the train to health.”

Case 02 — A Turning Point in Chronic Low-Back and Hip Pain

A middle-aged woman had experienced recurrent, disabling low-back and hip pain for several years.

Following treatment with the **Sanfu™ acupuncture approach** during the seasonal treatment period, she reported marked improvement in pain, energy, sleep, bowel function, and acid reflux symptoms.

Patient comment:

“Dr. Qian, now I understand the happiness of finally being free from years of suffering.”

Case 03 — From Wheelchair Dependence to Independent Walking

An 80-year-old man experienced persistent whole-body pain following lumbar surgery and was unable to lie down comfortably during either the day or night.

After two **Sanfu™ acupuncture sessions**, he progressed from using a wheelchair to walking with a walker.

After four sessions, he entered the clinic independently without the walker. After six sessions, he reported no pain at that time, improved sleep, and reduced nighttime urination.

Patient comment:

“Pain? No. I sleep very well at night.”

10. Clinical Observations

During the 2025 Sanfu™ Program, improved sleep was one of the most frequent and notable patient-reported changes. Many participants had not initially identified insomnia as a primary concern, yet most reported better sleep after treatment. Some experienced marked relief from long-standing, difficult-to-treat insomnia, including faster sleep onset, deeper sleep, fewer nighttime awakenings, and improved daytime energy.

Patients also commonly reported improvement in gastrointestinal symptoms, including acid reflux, abdominal bloating, and digestive discomfort.

Traditionally, Sanfu therapy has often been used in China to support people with chronic bronchitis and other recurrent respiratory conditions. Because these conditions are less common in our current patient population, the 2026 Sanfu™ Program will place greater emphasis on allergic and upper-respiratory patterns, incorporating individualized allergy-support strategies when clinically appropriate.

11. A Preventive and Whole-Person Approach

The Sanfu™ Program is designed not only for people with existing health concerns, but also for individuals seeking preventive care, improved physiological balance, and greater resilience. Guided by the traditional principle of “treating illness before it develops” (治未病), the program aims to:

- help prevent illness in people who are currently well;
- support recovery and regulation in people with health concerns;
- restore the body’s dynamic internal balance;
- strengthen resilience and long-term health.

Professional evaluation remains essential because treatment methods, acupuncture points, herbal patches, and timing should be individualized according to each person’s health status and constitution.

12. Evidence-Oriented Clinical Development

- ☐ Developed through five years of continuous clinical exploration and refinement.
- ☐ Since 2025, nearly 20 cases have been systematically documented and followed, generating encouraging clinical observations.
- ☐ In 2026, the clinical follow-up, outcome-assessment, and research framework has been further strengthened.
- ☐ We value clinical experience while placing even greater emphasis on objective documentation and evidence.

Dr. Qian’s Sanfu™ Acupuncture and Patch Research Studio welcomes healthcare professionals and research colleagues to collaborate in advancing preventive care and healthy longevity.

Contact

Visit qianinstitute.org or scan the QR code

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Trademark / Program Names:

Sanfu Ren-Du Holistic Care Program™

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Sanfu Ren-Du Holistic Therapy™

三伏任督整体疗法

Sanfu Ren-Du Holistic Regulation Method™

三伏任督整体调控方法