

A BEGINNER'S GUIDE TO ACUPUNCTURE

**ANSWERS TO THE MOST
COMMON QUESTIONS,
ADVICE, FORMS, &
CASE HISTORIES**

**By Ethan S. Borg
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Frederick, Maryland

A Beginner's Guide To Acupuncture

Published By Ethan S. Borg

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Any other comments you might have:

I, _____(printed name) give Ethan Borg permission to publish my testimonial with my first name and last initial *only*, in their marketing literature.

Name: _____
(Signature)

Date: _____

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What would you say to encourage someone who is afraid to try acupuncture?

As your practitioner, what did I do to make this experience a positive one for you?

TESTIMONIAL FORM

Acupuncture & Herbal Medicine Testimonial Request Form

Many people can benefit from Complementary and Alternative Medicine (CAM) but are unaware or afraid to try something outside their experience and/or their comfort zone. With testimonials from patients like you more people may be willing to try a healing modality that can improve their quality of life. **Thank you for your time and feedback!**

Were you worried or apprehensive the first time you tried acupuncture? If so, in what ways did your feelings change about it?

In what ways did your mind, body, or spirit change through your acupuncture experience?

INTRODUCTION

While we call it a “medicine”, Chinese Medicine is in actuality a form of traditional physics that is applied towards health and well being. Its focus is on energy inside and outside of our bodies – and how this energy flows, grows, diminishes, stalls, attacks, defends, and in all other ways impacts our physical bodies, our emotions, and our overall spirit. When this same theory is applied towards self-defense, we call it “martial arts” such as Kung Fu or Karate. When it is applied towards architecture, we call it Feng Shui. Six thousand years old, the theory behind Chinese Medicine is incredibly robust and multi-faceted.

Chinese Medicine itself is said to have three main branches: acupuncture, herbal medicine, and Qi Gong (the original martial art). The goal of Chinese Medicine is to understand the current state of the body's energy – where in the body there is too much and where there is too little. With this information, the practitioner can select a treatment strategy that will return the patient back to energetic balance.

Think of a balloon that is under-inflated or, in the opposite extreme, inflated to the point of bursting. This is akin to an imbalance in an organ of the body. The practitioner must make the correct determination to return the balloon into a perfectly inflated state. Under-inflated and the organ might stop functioning correctly. Over-inflated and it might function excessively. In either case, the organ function is unhealthy and the correct treatment approach solves the problem.

ABOUT THE PRACTITIONER

Ethan Borg, L.Ac., is an acupuncturist and Chinese herbalist in Frederick, Maryland. He has a Masters in Chinese and Japanese styles of acupuncture as well as in Chinese herbal medicine. He was the 2002 winner of the Miki Shima Life Long Learning Fellowship, a prestigious peer-reviewed award. With funding from the Fellowship, Ethan authored two books on the *Neijing*, Chinese medicine's oldest medical text. He teaches continuing education to other acupuncturists and lectures regularly at acupuncture schools along the East Coast. He has been a guest lecture at the Harvard Medical School and is currently preparing a lecture for the NIH for the Fall and Winter 2005. You can reach Ethan by email at: ethan@meridians.info or by phone at 301.514.2430.

A major obstacle for many people is the fear of needles. While syringes have wide holes inside of them that cause painful wounds, acupuncture needles are very small, solid, and sharp. Inserting an acupuncture needle is more akin to getting bitten by a mosquito where you may or may not be aware of it. Nonetheless, it is entirely counter-intuitive to think of anything being inserted into the skin that is painless.

To overcome the fear of needles, Ethan offers a free mini acupuncture consultation and treatment. Please contact him for further details.

In Chinese Medicine, energy is called "Qi". Qi is akin to a universal particle of energy in that all things are created from Qi, big and small. Qi has a basic polarity: "Yin" or "Yang". When Qi slows down, coagulates, accumulates and creates structure we call it Yin. In contrast, Yang is when Qi speeds up and creates action, movement and function.

All things contain both Yin and Yang. Take the Heart organ, as an example. The physical structure of the Heart is Yin while the pumping of the Heart is Yang.

As with the balloon example, you can have too much Yin or too much Yang, likewise you can have too little Yin or too little Yang. When you have too much or too little, you develop new symptoms that did not exist previously. When balance is returned, the root of the problem is fixed and subsequently the symptoms go away.

Yin and Yang combine together in five basic ways. We call these the Five Elements. Water, Wood, Fire, Earth, and Metal are metaphors for how energy moves when Qi enters a particular phase of movement. Water is when Qi sinks inwards. This is in contrast to Metal, which is when energy expands outwards. Earth is when Qi accumulates together. In contrast, Wood is when energy stretches apart. Finally, Fire is when energy moves from one location to another, or flows.

Our bodies contain all of these Elements in a relative state of balance. In some places we may have a bit more of one Element than the others. However, there is an overall homeostatic balance that the body seeks to maintain.

Traumas, diet, exercise or lack thereof, repetitive movements, strong emotions, parasites, external pathogens and more can all force the energy of the body into imbalance creating new illnesses and diseases. Once the cause of a disharmony is removed and order is restored, Chinese Medicine can cure the disease.

The basic tools of the trade include needles, moxibustion, suction cups, pressballs, and massage. However, just like doctors, acupuncturists have many additional tools to utilize when needed, including electro-acupuncture, TENS machines, ear point stimulators, and more.

By far, the number one reason people do not try acupuncture is for fear of needles. Our collective experience with syringes is traumatizing to say the least. My four month old daughter saw a syringe and immediately started to cry – that is how early and ingrained our fears can be. That said, there is a major difference between syringes and acupuncture needles. Syringes have holes in them that require a large diameter to exchange fluids. Syringes therefore must break the skin and create a painful wound.

In contrast, acupuncture needles are solid, incredibly fine, flexible, and very sharp. When a mosquito bites you, you tend not to notice, even though your skin is penetrated. This is the same with acupuncture needles. You may or may not even know you have been needled. These needles are truly not an impediment to you overcoming your health crisis. Trust me, you've no doubt faced much scarier things in your life than a tiny acupuncture needle. You only need to experience one to overcome the fear of the unknown.

By signing below, you agree that you have read and understand the directions above and that all of your questions in regards to the proper use of moxa poles have been answered. You also agree to contact your practitioner prior to utilizing your moxa pole should new questions arise after your appointment.

By signing below you agree to release Ethan Borg, your practitioner, and the site at which you are receiving treatments from responsibility for any medical issues that may arise from self-use of a moxa pole.

Moxa Pole Instructions & Consent

Warming moxa should only be applied to the area(s) indicated by your practitioner.

1. Remove only colored paper wrapping around the moxa pole. *Do not* remove white paper wrapping immediately around the herbal center. If no colored paper is wrapped around the pole you may proceed to the next step.
2. Light the pole with a lighter until the tip begins to glow red. Matches do not provide sufficient heat to ignite the pole.
3. Keep the tip of the pole a minimum of one-half inch (0.5") from the skin surface. Any closer and you can burn yourself.
4. Ash will form at the pole tip. Periodically remove this ash to keep the pole at maximum heat and to avoid hot ash from falling onto your skin. You may remove the ash by lightly touching it to the edge of an ashtray or sink.
5. After approximately five to ten minutes, the skin will turn light pink. At this point, discontinue and move to the next location, if applicable.
6. To extinguish a moxa pole, you need to completely smother the burning tip with aluminum foil or place in a moxa extinguisher/"snuffer," if available. Do not place the tip in water, as the pole will not be able to re-ignite in the future. Always leave the pole on a non-flammable surface. Be certain that the moxa pole is completely extinguished before leaving it unattended!

If the area you are heating feels hot, be sure to move the pole a comfortable distance away or move to another area of the body. If you should burn yourself and a blister forms, it is important to have the blister treated immediately.

Moxibustion is the burning of an herb, artemesia mugwort, directly or indirectly on the body. Often this herb is rolled into balls and placed on the handle of a needle and burnt. Otherwise, it is made into pyramids and placed directly on the skin. It is removed before the heat reaches the skin. This tool is used to increase Qi and to help it move when it becomes stuck. It is fabulous for pains of all sorts.

Pressballs are little gold or silver balls that are taped to points on the ears. I use these for appetite control, for calming the spirit, for aches and pains, and so forth. The patient squeezes the balls several times a day to stimulate the points.

The type of massage I use is specific to Chinese Medicine. It is called Tuina, or traditional Chinese massage. It is focused specifically on healing specific points or sections of the body and is nothing like Swedish massage.

As you can see in the case histories in this book, Chinese Medicine is a wonderful, life affirming medicine that seeks to improve the quality of one's life. Many of us live with issues we assume will be life-long illnesses, pains, or nuisances. Given a diagnosis by a physician, we tend to consider it a permanent stain in our fabric. However, I have spent my career removing these stains. There is always hope, even under difficult circumstances.

It takes a leap of faith for a person schooled in the Western mindset to try a medicine that seems so strange and foreign. I know this from personal experience. I encourage you to take

this leap and discover how an ancient medicine can revitalize your life today.

Presstack & Intradermal Instructions:

- Unlike Pressballs, Presstacks and Intradermals should *not* be stimulated *at all*. Stimulation can cause irritation or may cause the Presstack or Intradermal to fall out.
 - Presstacks and Intradermals should be removed within 3 days.
 - To remove a Presstack or Intradermal, first you will need tape on-hand. Lift the corner of the tape holding the Presstack or Intradermal with tweezers and quickly pull the tape away from the skin. Place the Presstack or Intradermal into the extra tape and wrap it completely. You may then throw it out in your trash.
 - When removing Presstacks placed on the ear, make sure to bend your head so that if in the rare chance the tack becomes loose it will fall towards the ground and not into the ear.
 - When removing an Intradermal be sure that the Intradermal is still in the tape when you lift it off with the tweezers and hasn't remained in the skin; wrap the intradermal in the pre-existing tape and discard in your trash receptacle. Should the Intradermal remain in the skin simply pull it out with a tweezers or your fingers and wrap it completely in tape
-

By signing below, you agree that you have read and understood the directions above and that all of your questions in regards to the proper use of Pressballs, Presstacks, and Intradermals have been answered. Should any questions remain contact your practitioner at (866)880-5177.

Pressball, Presstack, and Intradermal Instructions & Consent

Pressballs, Presstacks, and Intradermals are used to provide continuous stimulation to acupuncture points outside of a regular treatment. Pressballs are miniature stainless steel, silver, or gold balls taped to the body. Presstacks and Intradermals are miniature, sterile, single-use stainless steel needles that are inserted superficially in the skin.

General Instructions (see specific instructions below):

- Pressballs, Presstacks, and Intradermals should not cause discomfort in any way. If you experience pain, itching, irritation, swelling, prolonged redness, discomfort while sleeping, while at rest, or while moving immediately remove them according to the directions below.
- Do not reapply any of these items once they become loose or are removed.
- You may wash and shower as normal. However, avoid rigorous scrubbing where the items are applied.
- Redness, irritation, and swelling may indicate an infection and should be seen by your physician as soon as possible.

Pressball Instructions:

- Unlike Presstacks and Intradermals, Pressballs are meant to be stimulated by the patient several times a day by pressing gently on the balls for a time period of up to one minute.
- To remove, simply lift the edge of the tape and peel it away. If you have a Pressball placed on your ear, make sure to bend your head so that if the ball becomes loose it will fall toward the ground and not into the ear.
- Pressballs may be left on for up to 1 week during Autumn, Winter, and Spring. During the Summer, it is best to remove them within 3 days.

MY PERSONAL STORY

Almost every patient I see eventually asks me how I became an acupuncturist. Decades ago when I was contemplating my future vocational life, I certainly never gave acupuncture a passing thought. In fact, I knew nothing about it until my early twenties. My main intention was to become a physician. In high school, I followed a rigorous advanced placement path. In college, I took pre-med classes with excellent results. In some classes, such as organic chemistry, I excelled above and beyond my cohort. I was well on my way to acceptance in a field that reaps the highest rewards in our culture while at the same time serving the higher good.

I hit a bump on the road, however, when I became ill with a debilitating case of mononucleosis. I was placed on steroids to help me heal quickly enough to return to college. Unfortunately, my immune system responded poorly to the illness as well as the cure. I developed allergies to the point where I looked like I had small pox when I was given allergy sensitivity tests. Somehow I developed allergies to pollens, trees, dust mites, foods, molds, animals and more, when before none were a problem. I was also diagnosed with asthma and placed on steroidal inhalers four times a day. This was the beginning of seven long and difficult years of chronic fatigue. Every weekend like clockwork, I came down with another cold. While it's hard to believe, this lasted for several years. And my energy was so low I dragged through every day as if I was carrying a one-ton weight.

While this health crisis was not enough to deter me from a path in medicine, my exposure to Western medicine opened my eyes to my possible future. Before being diagnosed with allergies, I was told time and time again that all of my problems – for instance urinary urgency, excessive stomach acid, post nasal drip, low energy and more – were all psychosomatic. Thankfully, my dad suggested I get tested for allergies just when I was beginning to take these messages to heart.

The so-called “cures” for allergies, such as desensitization shots, were not just ineffective, they also caused me to have a potentially life-threatening anaphylactic reaction. The allergy meds caused drowsiness, digestive problems, or other issues. I was also told I would be on an inhaler for the rest of my life. My experience with Prednisone taught me that steroids were powerful agents, and I was much more afraid of a life-long dependence to steroidal inhalers than to the asthma itself.

I realized that much of modern medicine was (and still is) focused on using pharmaceutical drugs to hide the symptoms of disease without affecting the actual root of the problem. This is a great advantage to pharmaceutical companies that sell the drugs, but not so for the patient. Now I am not saying physicians are bad people not to be trusted. In fact, my father is an excellent physician – a radiologist. Most physicians work with the best tools at their disposal for the highest benefit of their patients within the constraints placed on them by a litigious society. However, in my personal experience, I encountered many physicians who were arrogant and who sold me insufficient medicines with a vast array of unwanted and

potentially dangerous side effects. While I wanted to be a healer very badly, this path just didn't seem right for me.

Despite my parents' encouragement, I decided to discontinue my path toward medical school. After graduating from the top liberal arts school in the country, Swarthmore College, with a degree in Psychology, I began searching for my next career. I dabbled in freelance writing, creative writing including fiction and poetry, and computers.

Eventually, I started up an internet software company, called TSW, INC. (stands for This Stupendous World) and entered the Dot Com era just as it began. While I did not make a killing, I did "ok". You can find press on my software and myself in notable publications such as PCWorld, PC Magazine, Seattle Weekly, The Seattle Times, The Democrat & Chronicle, Focus Magazine (Germany's version of Time Magazine) and more. I was on national radio and local television. I became a principal in several startups, leading to a vice presidency in a San Francisco-based webcasting company. I consulted for startups. I was offered the possibility of many zeroes in my salary if I moved to San Francisco. Things were looking good. Except for one very important thing: this wasn't my career and I knew it. I felt deep down inside that I was supposed to be in healthcare. I felt like I was wearing another person's clothing that did not fit.

Alternative Medicine: A New Path

During college, I discovered vitamins and minerals, which had a profound effect on my overall sense of well being. They

Appointment Reminders: I may call, leave a voicemail, send you email, or send you letters or postcards to remind you of appointments.

PATIENT RIGHTS

Access: At any time, and upon your written request, you may receive copies or facsimiles of your health records.

Amendment: Upon your written request, and provided a thorough explanation as to why an amendment should be made, your healthcare information can be amended. I have the right to deny such a request under certain circumstances.

Electronic Notice: This notice is posted at my website. You may also request a hardcopy.

QUESTIONS AND COMPLAINTS

If you want more information about my privacy practices or have questions or concerns, please contact me at the number and/or address listed below.

I support your right to the privacy of your health information and will not retaliate in any form should you choose to file a complaint with me or with the U.S. Department of Health and Human Services.

Contact Officer: Ethan Borg

Telephone: 1.301.514.2430

Address: 214 W. Patrick St, Frederick, MD 21701
ethan@meridians.info

share the contents of your treatments with any other provider. I may on occasion discuss your case with other providers withholding your name and replacing it with a pseudonym. I may on occasion publish articles in which I replace my patients' names with pseudonyms.

Payment: I may use and disclose your healthcare information to obtain payment for services I provide to you. At times, I may need to call or write to you. By calling, I may leave a message on your voicemail that may be accessible to others. By writing, I may send you email or postal mail that may be visible to third parties.

Quality Assessment: I may send you postal mail or email containing a Quality Assessment survey which may be visible to third parties.

Your Authorization: You have the right to give me written authorization to use your healthcare information or to disclose it to anyone for any purpose. You may also revoke your authorization at any time. This revocation will not affect any disclosures permitted by your authorization while it was in effect. Without your written authorization, I cannot use or disclose your healthcare information in any other way except for the purposes described in this notice.

Your Family and Friends: With your written authorization, I may disclose your healthcare information to family members, friends or any other person to assist with your healthcare, scheduling, or with payment.

Marketing Health-Related Services: Your healthcare information will not be used for marketing purposes unless you provide written authorization to do so.

Required by Law: I will disclose your health information when required to by law.

Abuse/Neglect/Suicidal Ideations: Under certain circumstances, I am required by law to disclose suspected abuse. If I am concerned about your immediate safety, I retain the right to contact any healthcare provider whose information you provide to me for immediate consult.

improved my stamina, energy, and my immune system. This was before the vitamin craze -- and my parents were fearful that I was become addicted to vitamins (now they take more than I do). Back then, supplements were my first adult experience of "alternative" medicine.

Shortly after college, when I began my software company, my wife-to-be, Jen, told me she was going insane because of my allergies. The inability to open windows during Spring, Summer, or Fall was driving her crazy. She told me I had to try something. She suggested acupuncture. This was totally out of the question for me. Not only was I afraid of the needles (unnecessarily). But it was essentially voodoo as far as I could tell. Herbal medicine, however, seemed more in line with my experience, so I went to an herbalist.

I was put on a Chinese herbal formula called Jade Windscreen that I now know is excellent for strengthening the immune system when used correctly. Unfortunately, the herbalist failed to make an important point: herbal medicine is not like Western drugs. It does not work immediately. Instead, it's effects build up over time. While it is slower, it comes with no side effects and it treats the source of the problem. I didn't understand this and was discouraged when my herbs were perceived to be ineffective. They didn't provide that immediate sense of vitality that even the vitamins offered. So I stopped almost before I began.

A few months passed when Jen again implored me to try something. Finally, I agreed to try acupuncture. My first appointment, I had no idea what to expect and was afraid I would be in pain the whole time because of the needles. That

was not the case. When the treatment was complete, my abdomen felt as if it were churning with heat. Right then and there I realized there was something special to this practice. And sure enough, after seven treatments, I was able to discontinue my inhaler and have never again relied upon it. My lactose intolerance cleared up. And ever since then I have considered myself allergy and asthma free, with the exception of cat allergies and molds. Still, I never contemplated acupuncture as a possible career.

I continued to go to acupuncture for many years off and on and soon my wife also was seeking treatments for menstrual issues, aches and pains, and more. I also started to see a naturopathic doctor for various issues. My experience with practitioners of alternative medicine was very positive. These were compassionate people who want to hear the details of a problem in order to remedy it at its root.

When I realized I was no longer interested in the Dot Com lifestyle, I first explored hypnotherapy. When I was young, my dad told endless stories about his experience as a hypnotist. He refused to teach me how to do it, telling me I would have to learn it on my own. So at ten years old, I began my studies in hypnotherapy. By college, I was using it to help friends handle their various life stressors. By my late twenties, I realized I wanted to learn more about using hypnosis to help other people.

While it is a fantastic tool for solving problems with the right, creative side of the brain, and while I am very good at it, hypnosis is sadly far outside the mainstream. The idea of having one's mind "manipulated" is too scary of a proposition

Ethan Borg, Lic. Ac.

HIPAA NOTICE OF PRIVACY PRACTICES

PLEASE REVIEW THIS NOTICE CAREFULLY IT EXPLAINS HOW YOUR HEALTH INFORMATION MAY BE USED AND DISCLOSED AND HOW YOU CAN ACCESS THIS INFORMATION.

YOUR PRIVACY IS OF UTMOST IMPORTANCE.

MY LEGAL RESPONSIBILITY

Federal and state law requires all healthcare workers to maintain the confidentiality of your healthcare information. Within this notice you will find information about how I maintain your privacy, my legal responsibilities, and your rights to your own healthcare information. This notice takes into effect November 2003 and will remain in effect until it is replaced. Upon replacement of this notice, you may request a copy of the new notice at any time. I reserve the right to alter my privacy practices, including the maintenance of healthcare information received prior to any policy change, at any time as permitted by Federal and state law.

Additional copies of this notice will be made available to you at any time upon request. You may also contact me by phone, email, or postal mail to ask any questions you might have.

USES AND DISCLOSURES OF HEALTH INFORMATION

I use and disclose health information about your treatment, payment and healthcare operations as follows:

Treatment: Unless you request in writing to have your information disclosed with another healthcare provider or insurance company, I do not

reactions to the herbs I am prescribed, or feel in any way concerned about reactions to the herbs, I will discontinue taking the herbs and immediately contact my practitioner. I have informed my practitioner of all allergens to which I have had allergic reactions.

In the case of a medical emergency, I know that I should contact my primary care physician immediately and/or go to the hospital emergency room and seek emergency medical care before attempting to contact my practitioner.

I have read, or have had read to me, the above consent and by signing below I agree to the above-named procedures. This consent form will cover the entire course of treatment for my present condition and any future condition(s) for which I seek treatment.

I agree to pay the full charge for any missed appointments without 24 hours notice of cancellation. I agree to pay all charges incurred for services rendered, over and above insurance reimbursement.

for most people, even if it is a misconception. I realized this first foray into alternative medicine was a misstep. I would need to find another path.

First, I explored naturopathic medicine. At the time, I was living in Seattle where naturopathic medicine is quite popular. On the East Coast, however, it is hardly understood. I soon realized the only part of the naturopathic program that interested me was the segment it seemed to focus on the least: Chinese Medicine.

My wife and I moved to Boston so that we both could enter different graduate programs. My Masters program at the New England School of Acupuncture lasted three years. I added hundreds of extra hours to my studies to learn not just Chinese and Japanese acupuncture styles, but also Chinese herbal medicine. I have discovered that Chinese Medicine is an incredibly deep well. After graduating with very high scores in every class, I received the prestigious Miki Shima Life Long Learning Fellowship following a rigorous peer-reviewed process. I used the time and money to write two books on the *Neijing*, the oldest medical text in my field. I now teach concepts from these books in continuing education classes to other acupuncturists and I lecture regularly at acupuncture schools along the East Coast.

Nothing has taught me more than the research and writing of my books. I am proud to say my practice is entirely unique in this field. While I am well trained in the modern approach to Chinese Medicine, I practice a style that is thousands upon thousands of years old. The modern approach was greatly over-simplified by Chairman Mao in the mid-Twentieth

Century. If acupuncture is a landscape, the modern practice looks only at the mountain peaks, whereas I have found fertile fields in the valleys below. As a result, my practice is deeply informed and vastly different in approach and technique than my colleagues.

I am gratified that I am able to treat problems that are a struggle for my peers -- such as Multiple Sclerosis, migraine headaches, narcolepsy, and more. Nevertheless, despite half a decade of study and practice, I have new epiphanies daily about the deeper meanings to be found in this art and craft. Every patient is a new puzzle to solve with a very old and well-used toolset. This toolset does not cause side effects and can be profoundly effective even when Western medicine is at a loss.

It took a long time, but I found a life-affirming medicine that is intellectually challenging and deeply gratifying to practice. I hope you too will have an opportunity to one day experience the benefits it has to offer.

ACUPUNCTURE FORMS

These forms are your hardcopies in the case that you need them during the course of your treatments.

INFORMED CONSENT

Ethan Borg, Lic. Ac.

I hereby authorize Ethan Borg (hereinafter “my practitioner”) to administer traditional Chinese medicine and/or hypnosis and to provide care relevant to my diagnosis and treatment (or relevant to the patient named below, for whom I am legally responsible).

I understand that traditional Chinese medical treatments may include, but are not limited to, acupuncture, moxibustion, magnets, Tui Na massage, heat lamps, cupping, gua sha, electroacupuncture, bloodletting, nutritional therapy, other forms of therapeutic massage, and Chinese herbal medicine. I understand hypnosis may include trance induction, relaxation, spontaneous emotional releases, regressions in time, visualizations, and the exploration of past traumas for the purpose of healing.

I understand that I may refuse any form of treatment. I understand the nature of the treatment for which I have made an appointment and have had an opportunity prior to signing this form to inquire about the potential risks involved.

Some acupuncture techniques, massage techniques, and herbs are inappropriate during pregnancy. I will, therefore, inform my practitioner *immediately* if I am pregnant. I understand that herbal substitution is a regular practice in the prescription of Chinese Herbs and that I can inform my practitioner to make appropriate substitutions to avoid specific herbs such as animal products or by products. Should I experience any allergic

NIH AND WHO ENDORSEMENTS

The NIH Consensus Development Statement published in 1997 focused on cases in which research could validate acupuncture results. In no way should this list be perceived as a complete list – only a list of those issues that received “adequate” research by their definition in 1997. While it has yet to be updated, I provide this list to indicate the acceptance of acupuncture in the West as a medicine that provides non-placebo, statistically relevant benefits.

According to the NIH, research indicated acupuncture helped with the following:

- ❑ Adult post-operative and chemotherapy nausea and vomiting
- ❑ Nausea of pregnancy
- ❑ Post-operative dental pain
- ❑ Diverse pain conditions
- ❑ Menstrual cramps
- ❑ Tennis elbow
- ❑ Fibromyalgia

The publication of this statement was the first time Western medicine endorsed Chinese Medicine for any condition. Since its publication, many rigorous studies have been reported on Medline indicating the benefits of acupuncture on many more conditions.

Similarly, the World Health Organization, an agency of the United Nations, endorsed acupuncture in its publication *Acupuncture: Review and Analysis of Reports on Controlled Clinical Trials* for the treatment of the following disorders:

“You kept the environment very relaxing...with peaceful music and good conversation to take my mind off the needles. The smell of the incense was also helpful. Your attention to details about my health each week and changes in my pulse were also reassuring.”

Tony A.

“Outward confidence and professional demeanor, KINDNESS, concern for my health and PATIENCE. Ethan answered the multitude of questions I had and explained every procedure in a thoughtful and caring way – always respectful and obviously knowledgeable of the practice.”

Ellen B.

finally convinced one of my friends to try it after she had complained of many sleepless nights due to stress among other reasons. She went to her first acupuncture appointment and that evening followed with a sound night of sleep. Since that once, she's a convert and has continued to go, not just for spot ailments, but for a holistic body treatment. It's all just a matter of getting over the hurdle of being afraid of the needles."

Alexandra P.

"The needles are REALLY small. When I did feel them it was usually not a discomfort as much as it was a sense that energy was being activated in my body."

Tony A.

As your practitioner, what did I do to make the experience a positive one for you?

"You created a calm, comfortable atmosphere. Throughout the treatment you were 100% focused...unless of course, I interrupted with a question about what or why you had chosen a particular therapy and you always explained and taught me about what you were doing and why. (I've had many acupuncture therapists, and it's safe to say, you are the best)."

Alexandra P.

"Yes, Ethan was calm, entertaining, great at examining the process and...made me feel safe. Very gentle with the needles too. What more could you ask for?!"

Jodi F.

Upper Respiratory Tract

- Acute sinusitis
- Acute rhinitis
- Common Cold
- Acute tonsillitis

Respiratory System

- Acute bronchitis
- Bronchial asthma (most effective in children and in patients without complicating diseases)

Disorders of the Eye

- Acute conjunctivitis
- Central retinitis
- Myopia (in children)
- Cataract (without complications)

Disorders of the Mouth

- Toothache, post-extraction pain
- Gingivitis
- Acute and chronic pharyngitis

Gastro-intestinal Disorders

- Spasms of esophagus and cardia
- Hiccough
- Gastroptosis
- Acute and chronic gastritis
- Gastric hyperacidity
- Chronic duodenal ulcer (pain relief)
- Acute duodenal ulcer (without complications)
- Acute and chronic colitis

- ❑ Acute bacillary dysentery
- ❑ Constipation
- ❑ Diarrhea
- ❑ Paralytic ileus

Neurological and Musculo-skeletal Disorders

- ❑ Headache and migraine
- ❑ Trigeminal neuralgia
- ❑ Facial palsy (early stage, i.e., within three to six months)
- ❑ Pareses following a stroke
- ❑ Peripheral neuropathies
- ❑ Sequelae of poliomyelitis (early stage, i.e., within six months)
- ❑ Meniere's disease
- ❑ Neurogenic bladder dysfunction
- ❑ Nocturnal enuresis
- ❑ Intercostal neuralgia
- ❑ Cervicobrachial syndrome
- ❑ "Frozen shoulder," "tennis elbow"
- ❑ Sciatica
- ❑ Low back pain
- ❑ Osteoarthritis

“I would try to explain how acupuncture is a slow process and how this practice strengthens the body and also alleviates pain.”

Jodi F.

“Over a period of 4 months, I was gradually reduced to 1 session every 3 to 4 weeks. By this time my pain was gone, the tightness was a thing of the past and my range of motion was 100%.”

Tom D.

“It is worth a shot. You are sure to have some type of benefit. What do you have to lose?”

Jesse C.

About the needles...

“Fear not the needles! Try a free trial service. It can beat meds (this coming from a doctor).”

Dr. Anthony V.

“The biggest fear that I hear from my friends is about the needles. We are so conditioned to believe that needles bring pain and cause discomfort that thinking about having not one, but sometimes as many as twenty needles in you can be very scary! I tell them that there is no pain associated with acupuncture needles- especially with the right acupuncturist. The feeling of these points being activated on your body is what invigorates you and helps ail those problems like headaches, stomach aches, fatigue and many other issues. I

“I have felt more balanced, calm, positive, and happy also energized. I'm delighted that my allergies and headaches improved 75%. Thanks!”

Jodi F.

“The effects of acupuncture were almost immediate. The experience with Ethan's treatment was extremely calming, relaxing and invigorating all at once. Ethan was also kind enough to answer all my curious questions about the process and why certain points were selected. Learning about the method and practice of acupuncture made me think about my body differently and more holistically. I still carry this mindset with me and have made some life changes because of this new awareness.”

Alexandra P.

“My long term neck problems of pain, tightness and limited range of motion would not go away until I found Ethan's care. I believe that long term care under Ethan's guidance could remedy any muscular or joint problem.”

Tom D.

What would you say to encourage someone who is afraid to try acupuncture?

“Educate yourself. Chinese Medicine has survived and evolved for over 5000 years. Become familiar with the diagnosis and treatment procedures. Read, talk to people and keep an open mind – you may discover wonderful healing capacity that was previously unavailable to you.”

Ellen B.

FREQUENTLY ASKED QUESTIONS

Does acupuncture work?

When was the last time you repeated a single act more than once when it didn't work the first time? Did you repeat anything that didn't work for more than a day? A month? A year? Can you imagine anyone continuing a medicine for 6000 contiguous years if it was not effective? I can't. Yes. It works great.

If acupuncture works, why aren't all Chinese people 100 years old?

This question always makes me chuckle a bit. I thought I would add it, since I am asked this occasionally as a follow up to the first question.

First of all, if you've ever met a Qi Gong Master (Qi Gong is a martial art focused on balancing energy for health), you were no doubt surprised at how young he/she looked and how old he/she really was. People who take this medicine very seriously do benefit in many ways and can live long lives regardless of race or ethnicity.

That said, for hundreds of years, China has been just as focused on Western medicine as the Western world. For three hundred years up to the 1950s, China was strongly influenced by Western imperialists and traders – first England and more recently America. With the interchange of culture and ideas came a strong bias towards Western medicine and a repudiation of traditional medicine as old and therefore less valuable. However, in the twentieth Century, many countries throughout Asia reclaimed traditional medicine as a life-

TESTIMONIALS

Were you worried or apprehensive the first time you tried acupuncture?

“I was mildly worried. But it subsided after the first session and seeing how easy it was. As Ethan introduced me to techniques that were new to me, he was great at keeping me calm and explaining what he was doing so I wouldn't be worried. His sense of humor was a great help with that as well.”

Tony A.

“Ethan allayed my fears through patient explanation and published literature. I was a bit apprehensive at first because I didn't understand the energy pathways and the acupuncture approach to healing. I am now comfortable with the practice.”

Ellen B.

In what way did your mind, body, or spirit change through the acupuncture experience?

“Excellent! I had knee pain too tender to do Yoga and was struggling with depression (low energy, etc.). Both improved markedly after several treatments (the knee pain almost immediately).”

Dr. Anthony V.

affirming medicine that seeks to cure patients at the root of their disorder, rather than simply masking the symptoms.

Does acupuncture hurt?

No. As difficult as it is to imagine without experiencing it, acupuncture is painless and very relaxing. Most of my patients are unaware of the needles and many fall asleep during treatments. If a needle is inserted close to a superficial skin nerve ending, there is a pinch. If my patients tell me they feel this, I remove the needle.

Does acupuncture treat everything?

No. It is not a magic panacea. It is a medicine with its own theory and logic. Given that everyone is different, each person responds differently to an acupuncture treatment. Some people respond quickly, others slowly. Some conditions would require too many treatments to be efficacious and cost-effective in the United States. When the problem changes the shape of the body, acupuncture becomes less effective. For instance, there is little acupuncture can do for bone spurs, as the cost for treatment becomes prohibitive. That said, when acupuncture becomes less effective and too costly, often one can turn to herbal medicine. For instance, herbal plasters may be used to treat bone spurs rather inexpensively.

How many treatments will I need?

The great thing about acupuncture is that it looks at each person as a unique puzzle to solve. This is also the challenge of this medicine, in that one cannot answer this question easily. Usually by the third treatment, I can provide a relatively good prognosis. A good rule of thumb is to expect up to ten treatments.

Do I receive acupuncture forever?

The goal of acupuncture is to return you back to a state of balance. Assuming that the cause of the condition is rectified, once you are back in balance, you are cured. If, however, the cause remains active in your life, then you may need treatments on a maintenance level, for instance quarterly.

How frequently do I receive treatments?

The first and second treatment should be roughly three days apart. After that, I see people weekly until their complaints have diminished for an entire week. Then I see the patient bi-monthly. When the symptoms have dissipated for two weeks, I see the patient monthly. At that point, the complaints are usually all gone. Many of my patients continue to see me regularly to work on secondary or tertiary complaints once they recognize the benefits provided to them by acupuncture. Others continue to see me to stay in balance or to prevent problems that might occur at the same time every year.

How much will it cost me?

Before I answer this question, consider how much you spend on any of the following:

1. Your prescription drugs (and multiply this by the number of years you expect to need them)
2. Car maintenance (consider your physical mobility more important than your car's just this once)
3. The cost of continuing to have your problem indefinitely, such as in lost work days, missed travel days, or over-the-counter medications
4. The cost of your habits. Your habits – both “healthy” and “unhealthy” are likely majority factors in your

WHITE BLOOD CELL AUTO-IMMUNE DISEASE

A patient suffering from a rare white blood cell disease, eosinophilia came to see me to treat her migraine headaches. Never once did we focus on the auto-immune disease, though to treat the headache, I treated related systems upon which it was built. The patient called me up one day to tell me that her doctor was flabbergasted. Apparently her blood test had come back perfectly normal for the first time in fifteen years. This test was repeated months later with the same results. Incidentally, her frequent migraines also recovered to only periodic headaches.

LUNG INFECTION

A very pale sixty-three year old woman came to me to treat a pulmonary infection of unknown etiology. Doctors were at a loss as to the causative agent. After approximately seven treatments the infection and all its symptoms had completely resolved.

Case#1

A thirty-year old man suffered from narcolepsy daily. He could only sleep for 1.5 hour segments at night. After the first treatment he indicated an improvement in his condition and mood. He slept through the entire night without waking up and his daily narcolepsy also improved. By the second treatment, his anxiety had improved and his narcolepsy only occurred one time each day, if at all.

Case#2

A twenty-seven year-old woman came to my practice with extreme fatigue that resulted in great difficulty getting up in the morning. She also suffered from chronic depression. With regular visits, the fatigue became no more than background noise and the depression lifted.

PULMONARY EMBOLISM

A gaunt looking 63-year-old woman came to my office with chest pains that began one-month prior. She had received emergency treatment for a pulmonary embolism. However, sharp, stabbing chest pains remained a daily occurrence that was not alleviated with Western medications or massage. Dietary therapy resulted in an immediate improvement in her energy. Treatment focused on treating spider veins around the sixth intercostals space of her ribs. Spider veins correlate with sharp, stabbing pain. The pain was entirely gone by the fifth treatment. And her face had returned to a healthy, full shape.

body's imbalance. Habits move our energy in a single direction over time. And, if the habits are things you can't live without, what cost are you willing to pay to counter-act their negative impacts?

5. The amount you would be willing to pay to help a loved one overcome an illness that is affecting their quality of life.

In our society, we tend not to be willing to pay for just about anything but our own healthcare. Acupuncture is very inexpensive when viewed from a true cost perspective. The true cost of illness is financial, physical, emotional, and spiritual. Looked at per treatment, the cost starts low and then can add up over time. It is better to start off expecting to pay a larger, single amount, about \$700. While this amount is no small thing, the cost of drugs that mask a problem and the cost of dealing with new problems these drugs will create months, years, or decades later is exorbitant. To be cured of your problem instead of masking it and to avoid future disease is invaluable.

So, how much will it cost? Everyone is different and so this question can't be answered. Expect to pay around \$700 and you may be delighted to pay much less.

How can it cure diseases that Western medicine cannot yet treat?

See Case Histories introduction.

withdrawal. So stop thinking about smoking and do something thoroughly engrossing.

TREMORS

A patient was diagnosed with early-onset Parkinsons. He had recently developed hand and arm tremors as well as unexplainable falling. A five-minute technique that I developed was able to stop the tremors. As my patient said: "it's as if you turned off the switch."

MISCELLANEOUS ISSUES

No book could be exhaustive on the subject of acupuncture. A primary medicine in China for 6000 years, it is hard for the Western mind to grapple with the depth and range of its efficacy. Here are a couple more stories to illustrate the breadth of this medicine.

MYASTHENIA GRAVIS

A forty-nine year old man who had lost his thymus to the disease came to my practice bereft of energy. His limbs felt extremely heavy and his spirit was very low. After a year of sometimes regular sometimes irregular treatments, his energy returned and his depression lifted.

NARCOLEPSY

Case #2

A sixty-three year old smoker who loves smoking had received acupuncture in the past to stop. She came to my office to repeat this success. After one treatment, she had minimized her smoking to only a few cigarettes a day. After her second treatment, she was down to a single cigarette a day. However, unexpected health challenges caused her much stress and she returned to smoking as a means of dealing with her emotions.

Case #3

A thirty-three year old marketing director sought relief from smoking. She loved to smoke and was only stopping to protect her physical well being. After a couple of treatments, her desire to smoke was greatly reduced and she stopped smoking. However, her boyfriend smoked and during the course of treatment, when stress increased in her life and when she was socializing with her boyfriend, she felt the urge to continue her habit.

Tips for smoking cessation:

1. Even though you are a strong-willed and independent person, take the a true step towards freedom by joining a support group that deals with the emotional, social, and physical ways smoking impacts your life. Acupuncture can only stop withdrawal, not your habits.
2. Find a new focus – fast. It can be exercise, traveling, fishing, whatever. Nicotine is out of your system within 48 hours and with acupuncture you have no

TREATMENT DETAILS

Acupuncture treatments begin with an intake process that reviews the details of a patient's health history. Every question imaginable about one's health is covered. Day-to-day symptoms that may appear completely unrelated may be important to an acupuncturist. For instance, short term memory loss, floaters in the eyes, and frequently broken fingernails all have a relationship in Chinese Medicine. In this case, they relate to Liver Blood deficiency.

After all pertinent questions have been answered, the acupuncturist notes other important signs such as the patient's facial hue, sound of the voice, the patient's cadence and focus during the questioning process, and anything else that might be a clue to the cause of the patient's complaints. Next, the practitioner palpates the patient's radial pulses. Unlike Western practitioners, an acupuncturist or herbalist looks for the shape and quality of the pulse, not just its speed. A pulse that feels wiry means one thing, a pulse that is very forceful means another, a pulse that wobbles from side to side means yet another, and so on. It takes many years to perfect pulse diagnosis. In many ways it is the art in this science.

The practitioner may also palpate the patient's abdomen or any other location of importance relative to the main complaint. The practitioner may also look at the patient's tongue. The tongue is an excellent indicator for what is happening internally with the organs.

The practitioner puts all of this information together and looks for patterns and trends. These patterns are used to diagnose the

root cause of the problem. With this information, the practitioner can determine the appropriate treatment strategy to clear away the cause of the problem and stop the expression of the symptoms.

As you can imagine, this is not an exact science. Some problems can be incredibly easy while others may require a more complex process of elimination. Oftentimes people present with many overlapping patterns that create confusing puzzles that must be solved over time.

Diagnostic tools used in this medicine require years of perfecting. There are “pulse masters” who can diagnose entirely by the pulse. My use of pulse diagnosis is very complex and detailed. It is my primary diagnostic tool and I spend many minutes every session considering the information it has to offer.

The next phase of the treatment is the actual insertion of the needles. Points are selected based on their hierarchy of importance in treating the main complaint as well as any secondary or tertiary issues. While some practitioners may only use a few points and leave the room, I remain in the room the entire session working nonstop to maximize my patients' treatment benefits. That said, within each session, there is a limit as to what can be accomplished. The body needs time to shift its balance and find a new equilibrium point.

Patients may be asked to change posture and position during a treatment. However, most treatments allow for plenty of time lying on one's back or stomach where patients can thoroughly relax.

CRAVINGS

A forty-four year old woman came to see me to resolve cravings for sweets and chocolate. A review of her medications from a Chinese medical perspective revealed that all seven of her meds increased heat in the Stomach organ. I asked her to discuss her medications with her doctor. At her next appointment, she indicated that her doctor discontinued all seven medications. Over the next few weeks, all of her cravings improved dramatically. I saw her for many weeks, often changing focus to deal with different quality of life complaints. Her allergies, sleep, and migraines all improved significantly. She began herbal therapy as well, finding that her herbs tasted surprisingly good and that she felt she had steadier energy. Her mood also improved from both a self-reported subjective experience as well as from my observations of her.

SMOKING ADDICTION

Case #1

A fifty-five year-old life-long smoker realized she had to quit smoking to save her life. While she was determined, her cravings were intense, especially at times during the day where she regularly lit up. She stopped smoking the day before she came to me and in only a handful of treatments, she was able to stop all cravings entirely.

flow. By the third treatment, he felt he was able to express his anger better, a major problem when a person experiences Liver Qi stagnation. His headaches improved considerably. Unfortunately, he attended treatment irregularly due to work constraints. Nevertheless, he returned to my practice after a short absence because he realized he felt much better with acupuncture than without it.

Tips for hepatitis:

1. Explore fears around action, growth, and achievement. These are the emotions of the Liver.
2. Sesames can be great for the Liver.

CRAVINGS AND ADDICTIONS

Food cravings not only indicate problems in the digestive system, they also can indicate problems in other organs. While craving sweets relates to heat in the abdomen or weakness in the digestive system, craving salt indicates Kidney issues, spicy relates to Heart issues, acrid relates to Lung issues, and sour indicates Liver issues. Some people crave chocolate, which is very warming to the body and may indicate internal cold, especially affecting the low back and the abdomen.

I have seen many patients over the years with smoking issues. Smokers can avoid withdrawal when they use acupuncture. However, acupuncture cannot resolve the emotional issues surrounding smoking. In my experience, smokers stop smoking when they make the emotional adjustment to a new life without cigarettes. Acupuncture is only one tool to this end.

FREQUENTLY USED TERMS AND CONCEPTS

Basic Concepts

Qi – energy. It is the universal particle that creates all things.

Yin – energy that moves slowly, creates substance, is cold and quiescent.

Yang – energy that moves quickly, creates function, is hot and active.

The Five Elements – When Qi interacts with itself, there are five basic ways that it behaves.

Metal – Qi that expands outward. Form of Yang.

Water – Qi that shrinks inward. Form of Yin.

Wood – Qi that stretches outward. Form of Yang.

Fire – Qi that flows outward. Form of Yang.

Earth – Qi that accumulates inward. Form of Yin.

Meridians or Channels – energy moves along specific pathways up and down the body. These pathways can be felt and measured using devices that test for changes in resistance in the skin. These channels have no correlation with blood vessels or nerve pathways. There are main meridians that connect the outside of the body with the internal organs. There

DIVERTICULITIS

A patient came to my practice with an acute attack of diverticulitis. It was extremely painful. The area that was effected was red, hot and inflamed. The attack improved remarkably with only a few treatments.

HEPATITIS

While a single disease in Western medicine may have multiple Chinese medical diagnoses, it is possible to treat Western-diagnosed diseases with acupuncture and herbs.

Hepatitis C is a hidden epidemic in modern America. People who suffer from it are often unaware of the condition because it may be asymptomatic for years. Chinese Medicine, in contrast, is more likely to pick up on the array of problems that disease in a single organ may cause. For instance, allergies, migraines, anger, and sleeping issues all seem separate from a Western perspective. Yet, they are all connected to the Liver according to traditional medicine.

HEPATITIS C

A fifty-year old man came to my office with a recent diagnosis of Hepatitis C. While he had no Western indications of the disease, his Liver was diseased from a Chinese Medical perspective. He suffered from migraines, allergies, depression, sleep problems, among a host of other Liver organ issues. Treatment focused on warming the Liver and smoothing its

herbal formulas unfortunately had no effect on any of her conditions. While I tried to convince her to only use one modality at a time, she refused my advice. I believe I could have assisted her had she focused on Chinese Medicine.

Tips for MS:

1. As with cancer, it is important to feel your emotions, especially fear. When fear reaches the level of your willpower and motivation and when anger fills your Liver especially when you have a conflict around growth and/or action, then it is more likely you will have a relapse. Discover your roots to these emotions.
2. I have found a strong relationship with MS and poor circulation to the extremities. Practice yoga, seek regular massage, and make sure to exercise to keep blood flowing throughout the body.

FREQUENT COLDS

A twenty-eight year-old woman suffered from colds every week for months. While I treated the energetic component of the problem, I also discovered that she was having an affair with an older man. The lungs are related to the emotions of integrity, judgment, expectations, and deserving. Looking at the emotional roots of her complaint helped her seek counseling. Shortly thereafter her colds stopped entirely.

are also minor meridians that connect the main meridians with each other.

Acupuncture Points – along meridians there are specific points that have specific functions. Discovered thousands of years ago, modern science has verified their existence by testing for changes in the skin resistance.

Organs – collectors of the Five Elements inside the body. There are Yin organs that store the Five Elements. And there are Yang organs that break down food into usable Qi.

Excess – when there is too much energy in any location.

Deficiency – when there is too little energy in any location.

Disperse – when an excess is present, the treatment strategy is to remove the excess.

Tonify – when a deficiency is present, the treatment strategy is to increase the desired form of Qi.

Blood – blood and body fluids. Qi and Blood are found together and move together. When the Blood stops moving, the Qi stops moving. When the Blood is deficient, the Qi is deficient. Blood is therefore a Yin form of Qi.

Blood stasis – when the Blood stops moving the flowing Qi hits it forcefully causing sharp stabbing forms of pain.

Fluids – body fluids such as saliva, tears, and so on.

Disease Factors

Dampness – when there is too much accumulating Earth Qi, the Qi moves sluggishly.

Phlegm – when dampness accumulates and dries it blocks energetic pathways and creates many kinds of imbalances.

Dryness – when Metal is excessive, it causes dryness, fragility, and a breakdown in structure.

Heat – when there is too much Fire, it creates warmth and a pathogenic increase in function.

Cold – when there is too much Water, it creates cold symptoms, tightness, and blood stasis. It also decreases function and increases substance.

Wind – when Wood Qi is excessive it causes shaking, trembling, numbness, or pathogenic invasion.

Spiritual Concerns

Spirit – is a general term for the emotions and how they are directing one's overall well being. Spiritual activities are stored in the body. And treating the body can treat the spirit. In the same way, treating the spirit, with talking, thinking, singing, and so forth, treats the body.

Shen – reflects the experience of the emotions on a moment-by-moment basis. People with healthy Shen heal quickly. People with poor Shen take longer.

from the Ren Mai and the Du Mai, two acupuncture channels that bisect the middle of the body front and back. After the first treatment, the patient indicated an increase in stamina, a decrease in overall fatigue, and a reduction in eye pain. She noted a dramatic difference at the second treatment, feeling on the verge of tears because of the unexpected improvement in her quality of life. Her headaches continued to decrease in quantity and intensity. At the next treatment, the patient said she felt better than she had in fifteen years. Her attacks always seemed to come during autumn. However, with treatment, she sailed through the season not only avoiding recurrence, but also continuing to see signs of improvement. She now has a bounce in her step she hasn't experienced in years. During the course of treatment, this patient experienced two relapses. Each time acupuncture was able to stop the relapse completely without the use of any medications.

Case #2

A fifty-five year-old MS patient was afflicted with severe trembling, depression, insomnia, and numbness and cold sensations in the legs. While I felt I could help her with acupuncture, she was seeing another acupuncturist and only was interested in herbal medicine. At the same time she was receiving my herbal medicine, she also was taking other herbs she self-prescribed for various issues. Additionally, she was self-administering homeopathy and dietary supplements and sought massage treatments and shamanistic work from other practitioners. Many of her dietary medicines were administered simultaneously with my formulas. Mixing alternative medicines, especially in a self-prescribed manner, can be counter-productive. This proved to be the case. My

Tips for depression:

1. Express your angers and frustrations and focus your energy on building willpower and motivation.
2. Find ways to laugh more.
3. List your long term and short term goals so that they are clear in your mind. Planning for the future can help move sluggish energy.

MULTIPLE SCLEROSIS

A close acupuncture friend of mine suffers from multiple sclerosis. He received a fellowship to study MS and created a website about MS and acupuncture at: <http://www.acums.com>. He and I have shared MS patients and we have spent hours discussing diagnosis tools and treatment strategies.

From these wonderful conversations I have had many insights into the treatment of this disorder. These insights have, in turn, shown to be very effective in practice.

As you can see in the second case, people with chronic, debilitating diseases can go overboard in seeking a cure. It is much better to use one tool at a time if you wish to explore alternative medicine. Especially if it feels as if time is of the essence, it is important not to use your tools in opposing ways.

Case #1

A thin, forty-three year old woman with a greenish-gray complexion sought relief from headaches and symptoms of multiple sclerosis. Treatment focused on clearing excess cold

Vector – the direction and pathway an illness is following along the channels or into the organs.

Destiny – the long term consequences should the disease continue along its current vector.

Tools

Needle – a tool that is used to balance energy. Needles can work either actively or passively. Passive balance results when a needle is placed between multiple energetic pathways so that they can share resources. Active balance results through the manipulation of the needle. In my practice needle angle is also important in directing the movement of Qi into the correct channel or organ.

Moxibustion – the burning of artemesia mugwort on an acupuncture needle, on an herb, or directly on the body. This is used to treat pain and/or to increase energy.

Suction Cups – glass cups that pull muscles into it, transforming the energy inside the muscle and releasing and relaxing the muscle body. Cupping is used to remove pathogens from the muscles, blood vessels, tendons, or skin.

Blood Letting – the removal of a few drops of blood from a spider vein or point to clear blood stasis and invigorate the Qi and Blood.

Case #2

A thirty-seven year old, heavy-set woman was referred to me by her psychiatrist for the treatment of depression. For twenty-four hours after her first treatment, she felt renewed. At her third treatment, she indicated that she felt a weight had been lifted off her shoulders, feeling in improvement in her mood, an increase in confidence, and an increased desire to leave her house and be more active.

Case#3

A forty-six year old woman came to my practice very depressed about menopausal changes as well as her waning love for her husband. After a few months of treatment her mood lifted substantially. Seeing her irregularly, she indicated to me her understanding of how and when her relationship with her husband changed and her intention to re-invigorate the relationship.

ANXIETY

After a single treatment, this twenty-five year old woman who suffered with anxiety for ten years went the entire week without her daily knots in her stomach and butterflies. At the second treatment, she had what she considered normal anxiety with some residual knots that would not go away. Upon examination, cold was found in her abdomen in an area associated with the Heart. Moxibustion was used to warm this area. She found this to be very grounding. The next visit, she said she was feeling amazing and wonderful.

Often I find myself treating the side effects of people's medications. Anti-depressants are very powerful medications that impact the entire body and cause many ancillary problems. It may take years of consumption before any medication causes a new side effect or illness. Rarely does the patient attribute a new condition to an old medication. Similarly, patients tend to remain on drugs for problems that have resolved because they never discuss it again with their doctors.

While medications are amazing agents of healing and recovery, most are relatively new and tested on small numbers of people before they are prescribed to millions. How we react to our medications will inform future generations. While you are being prescribed drugs with your doctor's best intentions, be wise about their use. And always communicate with your doctor when you feel they are negatively impacting your life. When necessary, seek acupuncture to deal with side effects that cannot be avoided.

DEPRESSION

Case #1

A forty-three year old man complained of depression with fatigue. He had a dark facial hue and seemed to drag in a funk. I diagnosed him as having Kidney Yang deficiency with Liver Qi stagnation. Artemesia mugwort, moxa, was placed on needles inserted in the lower back and legs and was burnt to increase heat in the Kidneys. His mood levitated astronomically after a short course of treatment.

PATIENT DO'S & DON'TS

As a patient there are things you can do to speed up your results as well as things you should avoid that might minimize the effectiveness of your treatments.

DO

- ❑ Do wear loose clothing that easily allows access to knees, elbows, and abdomens.
- ❑ Do relax during your treatment. Ask any questions you might have, but I encourage you to take the opportunity to sit back and free your mind.
- ❑ Do commit to a full course of treatment. While you may not require ten treatments, be mentally, emotionally, and financially prepared for ten sessions. Most people need fewer, but rarely is a problem resolved with only one or two.
- ❑ Do follow any dietary recommendations that are offered during your treatment. People who follow these recommendations recover much more quickly than those who do not.
- ❑ Do talk about your treatments and benefits with your doctors. You may require a reduction in medications as a result of acupuncture and your doctor should be informed.
- ❑ Do spread the word about how acupuncture has benefited you with your friends, family and colleagues. Acupuncture is in a very fragile political position in the US where physicians, chiropractors, podiatrists, and other professionals are seeking to offer acupuncture without the same rigorous training required by licensed acupuncturists to do a safe and effective job. I have

spent many years practicing this medicine as my main focus and I am still learning every day. Someone who devotes only a fraction of his time on acupuncture cannot be an expert. This increases the risk to the patient, decreases the effectiveness of treatment, costs more money, and potentially harms the reputation of the field. For excellent results, go to an expert.

- ❑ Do wear clothing that is appropriate for the season and the weather. This is important not just on days you receive treatments, but all of the time. Even if you are warm-blooded, don't go outside on cold days without wearing a jacket and scarf. To stay healthy, it is important to adapt to weather changes.
- ❑ Do wear scarves during Fall, Winter, and Spring to protect your neck. This is important in protecting yourself against colds and flues.
- ❑ Do drink coffee or alcohol with restraint. Do eat white sugar, sugar substitutes, and processed wheat products with restraint. Avoid hydrogenated oils in foods. Avoid sodas with meals. Avoid fast food and quick energy candies. Eat whole grains whenever possible. A healthy diet is the most important factor for your long-term well being. It's ok to have occasional treats, but processed food products lack the vitamins, minerals, healthy oils and other nutrients necessary to provide our one's daily sustenance, despite the manufacturer's advertising.

DON'T

- ❑ Don't receive any form of alternative medicine after an acupuncture treatment that same day. Acupuncture moves the energy of the body. Other modalities may

A Fifty year old gentleman was diagnosed with kidney cancer. We worked together to successfully save three-quarters of one kidney while the rest was surgically removed. He was able to avoid dialysis.

Tips for cancer patients:

1. Ginger is excellent at clearing nausea. Cut up a few slices and stick it in warm water to make a tea. Peppermint and chamomile are both cooling and great for treating nausea.
2. Feel your fear and explore your emotions around being good vs. bad, deserving and expecting. These are emotions related to Metal and Water. Most of us run away from difficult emotions. Life is a spiritual journey. When we arrive at a serious juncture along this journey, it is important to pay more attention to your inner emotional world and hear what it has to say.

EMOTIONAL ISSUES

In Chinese Medicine, there is no differentiation between mind and body. One's thoughts and emotions have an immediate impact on one's body. And manipulating or treating parts of the body have a similar impact on the spirit.

A psychiatrist patient of mine once proclaimed that he thought acupuncture was preferable to many of the drugs he prescribed because unlike medications, acupuncture caused no side effects.

Acupuncture treatment can make the difference between being bed-bound and having the energy to face the day. While chemo and radiation both cause fatigue, there is no need to live in an energetic funk. Acupuncture improves energy, strengthens the immune system, and works with Western medicine, not against it. Acupuncture also affects mood and can help re-invigorate a patient that is feeling afraid, fearful, depressed, or anxious.

Case #1

A patient who had a mastectomy four years prior discovered she had a recurrence of cancer in a painful area of her back that was not improving with treatment. With acupuncture, we were able to treat the chemotherapy nausea and keep her energy high enough so that she could continue her work responsibilities. Acupuncture also served to improve her mood, which at times dropped very low.

Case #2

A forty-five year old woman arrived at my practice seeking relief from aches and pains. She suffered from a goiter and was seeking a Western diagnosis. Her aches and pains resolved. Unfortunately, the goiter was diagnosed as thyroid cancer for which she received radiation therapy. Treatment focused on improving her appetite, resolving nausea, building her energy, and relieving her body of lingering radiation heat. All of these symptoms steadily improved.

Case#3

- move your energy in a different direction thereby disrupting the effectiveness of a treatment.
- ❑ Don't exercise immediately after a treatment for the same reason above.
- ❑ Don't give up too soon. Some patients come with the mentality that they are just going to try a few sessions to see if it works. It may take a few sessions to get to the root of your diagnosis. A few sessions may not impact a very complicated or very chronic condition in a way that is obvious to you – yet may still be working towards your ultimate goal. I have had many patients with this “tester” mentality where I have had a major diagnostic breakthrough on their “final” day of treatment. A leap of faith is required for people new to this field. As your practitioner, I will provide honest feedback in regards to your progress.
- ❑ Don't wear too much metallic jewelry. Metals move energy and can effect your acupuncture treatment as well as your health. Finger rings are better than necklaces, bracelets, nose rings, tongue piercings, belly rings and so on, as they have a more focused impact.
- ❑ Don't take yourself off any prescribed medications without first discussing this with your doctor. Some medications require a graduated withdraw.
- ❑ It is outside of my legal scope of practice to make any recommendations about your meds, so please do not seek advice about changing your dosage.
- ❑ Don't deny yourself treats. Many people create an either/or mentality with things that are unhealthy creating a dynamic of being “good” or “bad” depending on whether one has the willpower for

complete restraint. Avoid that game altogether by allowing yourself special treats.

- Don't forget to laugh. We live in a high pressure culture where much of our self-esteem comes from our jobs and, subsequently, our accomplishments. We are in fact more than the sum of our parts and more than the sum of our accomplishments, so we shouldn't take our successes and failures so seriously. Laugh a little more and perhaps you can convert your stress in something more positive.

CHIN RASH

A thirty-year old woman suffered from a chin rash as well as stomach pains that were sharp and stabbing. The stomach pains resolved quickly, however, the chin rash improved only slightly and then over time returned to its original state. During the course of treatment, she was diagnosed by her primary care physician as having a fungal infection of the chin and received Nystatin for topical use. While her digestive issues completely disappeared, acupuncture unfortunately had little effect on the candida.

Tips for skin issues:

1. Remove metal jewelry, which can exacerbate the condition.
2. Try calendula cream for itchy, red rashes. Hydrocortisone may only mask the problem.

CANCER

Western medical treatments for cancer can cause a vast array of problems for patients. Nausea, fatigue, vomiting, and burning sensations are common complaints that I treat in my clinic. Acupuncture can also be used to increase blood flow in the affected locations to assist the function of chemotherapy drugs. Since chemotherapy is systemic and goes everywhere in the body without focus, using needles to direct blood flow in this manner can be very helpful.

6. Bring your partner in for treatment, too. Western tests may not be able to detect sub-acute issues that can be treated with Chinese Medicine.
7. Avoid exposing your lower abdomen to cold. Those cut-off shirts may be trendy but they are lousy for fertility.

SKIN ISSUES

Dermatological issues can be very difficult to treat. Over the years, I have treated rashes, acne, and other complaints. Systemic problems, such as psoriasis, are easier to treat than issues affecting localized areas, such as facial acne.

PSORIASIS

A 26-year-old woman came in with a lifelong case of psoriasis that was all over her legs, arms, and scalp. Very little seemed to improve the psoriasis besides avoiding sugar and dairy. I diagnosed her as experiencing Cold excess penetrating the skin. Acupuncture and dietary advice was administered. Improvement began after the first treatment. By the second treatment a reduction of psoriasis was evident that lasted much of the week. By the sixth treatment, the psoriasis appeared in only small patches on her thighs and arms. Treatment was discontinued by the ninth treatment, as the psoriasis was almost entirely gone.

CASE HISTORIES

Acupuncture, like Western medicine, is a medical system with its own theory and logic. It is not a panacea that can cure all conditions. That said, it is effective for a vast array of ailments, even ailments for which no adequate Western medical intervention currently exists.

How is it possible for acupuncture to treat problems that stump our smartest doctors? It's simple, really. Western medicine is microscopic in its perspective. It needs to know the exact cause of a problem in order to treat it. It needs to identify the exact gene, molecule, or pathway causing the disease. Without this crucial information, intervention is often impossible with Western medicine.

In contrast, Chinese Medicine has a macro approach that looks at the big picture. By diagnosing how larger systems of the body interact with each other, such as organ systems, it is possible to identify the location of the imbalance that is causing the disease. By changing these systems through any of a number of interventions, the foundation that holds the problem in place falls apart. In this way, one can resolve problems even when the exact cause cannot be found.

This booklet contains a small sample of my acupuncture cases. Names and other identifying facts have been changed as necessary to protect the identity of my patients. You can learn more about my training and practice at the end of the booklet. The stories included in this book are but a small sample of the patients I have treated over the years.

The purpose of providing these case histories is to inform the reader about the scope of this medicine. Many people are unaware that Chinese Medicine is a primary medicine that can treat almost any chronic complaint. That said, it is important to realize that everyone is different. Everyone responds differently to this medicine. Every person is unique in how their body's are constructed. The foundations of their problems are also unique. As a result, these examples do not imply any guaranteed results. Recovery times will vary.

ACHES AND PAINS

Acupuncture is phenomenal for resolving all forms of pain, including very old, chronic pains. The only limitation I have found in treating pain is in the case of arthritis when the bones themselves have changed shape. In that case, herbal medicine is preferred.

For years I practiced acupuncture at a fitness center. Many of my patients suffered from muscular and skeletal problems. In almost every case, the patient fully recovered. Occasionally, the source of pain can be the result of many overlapping conditions that can take a long time to unravel and resolve. To the most part, however, pain is simple and straightforward.

find the exit. Once this was determined, the baby came out with incredible speed.

Case #6

In preparation for labor, I employed what in the trade is called "The Easy Labor Treatment." The baby was well-positioned for delivery but it did not arrive on its due date. Every day thereafter, I induced labor. Each time the contractions grew in intensity. After several days, the mom went into full labor and had a healthy baby girl.

Tips for getting pregnant:

1. Passionate sex makes babies. Worrying about timing things just right takes away the passion. Focus on sweaty, enjoyable sex and let nature take its course.
2. Women should orgasm after your partner. Female anatomy is designed to whisk the sperm upward and into the cervix. This happens during orgasm. Use a vibrator, dildo, fingers or more as necessary.
3. Be prepared for a steady course of treatment. I have had some fertility patients discontinue after two treatments leaving me speechless. It happens when it happens, even with assistance.
4. Have sex on days 12, 14, and 16 of your cycle. These are likely your most fertile days regardless of temperature timing. Also, this gives a day off for your partner to build more sperm.
5. If you go the Western route, also come in for acupuncture. The odds of success increase measurably when you use both together.

first time ever during her period. The period itself was different in many ways from all of her past experiences. Two weeks later she returned for treatment with the great news that she was pregnant.

Case #3

A thirty-four year old woman had been trying to conceive for a year and a half. Over the course of a few months she received a handful of treatments at random intervals from me. She became pregnant shortly after her last treatment.

Case #4

A thirty-one year old woman came to my office to treat calf pain and constipation. She also had been trying to get pregnant for quite some time without success. Treatment focused entirely on the calf pain and constipation with no focus on fertility. Nevertheless, the channels that were treated for her other conditions also could be treated to assist in fertility. At the onset of the fourth treatment, the patient not only reported her leg felt much better and her constipation was much improved – but that she was pregnant. The next treatment, I was not just treating her leg and intestines, but also her morning sickness.

Case #5

A pregnant patient sought to be induced into labor. I treated her several times and each time she went into labor only to stop when she fell asleep. While this confounded me, it turned out that the patient's baby had descended below the opening of the cervix and so despite going into labor, the baby couldn't

STOMACH PAIN

A forty-eight year old patient sought treatment to resolve life-long stomach pains. After the first treatment, the pains went away and did not return. She followed up this so-called “miracle” for treatment of life-long allergies. These too resolved after only three treatments and did not return.

LOW BACK PAIN

A sixty-year-old patient began to experience sharp, stabbing pain in the low back that felt like a constant muscle pull starting nine months prior. Nothing seemed to help, so he decided to try acupuncture. Treatment focused on his back – and this helped significantly but did not resolve the issue completely. Every morning at the same time he would feel a back twinge. The time of day he experienced this twinge indicated the root of his problem was actually in the abdomen rather than the back. I turned my focus to the abdomen and by the third appointment, the pain resolved entirely and never came back.

REPETITIVE STRAIN HAND INJURY

A twenty-three year old computer programmer complained of knuckle and wrist pain that worsened commensurate with his workload. After one treatment he began to see improvement. His workload worsened the second week and the improvement stalled. But by the third week he had two pain-free days. After

each successive treatment, the duration of improvement increased. By the fifth treatment, he fully recovered.

MULTIPLE LOCATIONS OF PAIN

A thirty-four year old personal trainer suffered from multiple aches and pains including neck, wrist, and back pain exacerbated by his work. By the fourth treatment, the intensity of his aches and pains was reduced by 50%. By the seventh treatment the pain had totally subsided. One month later, the patient unfortunately suffered a serious setback when he fell backwards and hit his head on hard floor. All of his major pains resurfaced. Five treatments later, his recovery was assured and he was snowboarding for recreation as usual with only occasional, minor stiffness.

LOW BACK PAIN – MARATHON RUNNER

A thirty-one year old female marathon runner suffered from low back pain that was exacerbated by her hobby. The pain radiated from the low back up to the neck. A tumor had been removed from her back one-year prior. On a pain scale, the pain was 7 out of 10, with 10 being highest. By the second treatment, the patient reported a significant improvement in the symptoms. The pain was reduced to 2.5 out of 10. Treatment was discontinued after three treatments as the pain was reduced to 1.5 with no more radiating discomfort to the neck. The patient continued to run during treatment despite her acupuncture's advice. Nevertheless, she had a positive

Fertility is also complicated by the variability in every person's response. As you will see below, some people immediately get pregnant with treatment, while others may take months or years. And, finally, if there are no more eggs, no sperm, or anatomical barriers, there is simply nothing that can be done with acupuncture.

Case #1

A thirty-year old woman who was unable to conceive for over a year saw me weekly for treatments. While she saw many improvements in her overall well being, several months passed without a pregnancy. She decided to undergo Western procedures. On her first day of IVF treatment she came to my office for a treatment. She became pregnant that week and made it to full term. Recent studies have proven that acupuncture improves the effectiveness of IVF by a considerable margin and I have seen this in practice.

Case #2

A thirty-four year old woman discontinued the pill six months prior. She had been unable to get pregnant in that time, which is not unusual. She followed her temperature charts and had not seen any sign of ovulation in that period. After the first treatment, her temperature spiked and she ovulated for the first time. Six treatments passed without any sign of a pregnancy. In conversation, I discovered that she never achieved orgasm during sex. I told her she needed to orgasm after her husband and that she should use a vibrator if necessary. The next treatment she indicated that she had some cramping for the

3. If you have allergies, avoid hot spicy foods and alcohol.

INFERTILITY & PREGNANCY

During my training, I had several rotations at hospitals. In one instance, I worked at the Women's Center at Mt. Auburn Hospital in Cambridge, Massachusetts. There, I helped induce women into labor, treated all kinds of menstrual irregularities, and began to apprentice in fertility. As of this writing, I have seen many fertility patients with a perfect track record of success.

Many people in my field believe the only way to treat infertility is with herbal medicine. I find that acupuncture can be just as successful. And using the two together is even better.

Fertility is a very complex issue. It is important for women to have regular periods, to experience occasional cramping of the uterus, and for sexual relations to be passionate, joyful and fun. While this certainly doesn't ensure a pregnancy, it improves one's odds.

What is often overlooked is the fact that there are always two in this tango, and rarely does the male partner seek treatment. Problems can arise in either or both males and females that may be below the radar of Western medical testing. Having enough sperm with good motility on the day of testing is not the only important factor. Stress, for instance, can be a major factor for either party.

outcome and she was able to compete in her next marathon, as she had wanted.

RUNNER'S CALF PAIN

A thirty-year-old man with a history of competitive running suffered from debilitating calf pain. The diagnosis was blood stasis and Qi stasis in channels in the front and back of the knee. Blood stasis often expresses itself with spider veins visible on the skin. These correlate to sharp stabbing forms of pain. The spider veins were treated by taking a couple of drops of blood out of them, and regular acupuncture points were also utilized. After the first treatment, the patient was able to begin running again. Treatment of the calf was discontinued after the fourth treatment when the patient indicated a complete recovery. At that time, we changed focus to deal with other unrelated issues.

EXTREME MUSCLE TENSION

A very pale and slender thirty-year old woman sought relief from extreme neck and upper back muscle tension that began five years prior after a car accident. Her pale skin was one of many factors indicating Blood deficiency and weakness in her digestive system resulting in weak muscles. After two treatments, the pain decreased significantly. By the fourth treatment, she had an entire month without pain and the focus of our treatments changed.

Tips for aches and pains:

1. For acute injuries where swelling is assured raise the affected area above your heart and put ice on it. For chronic injuries, however, do not ice. While icing may numb the local area to hide the pain, it will actually make the problem worse down the road in most cases.
2. For chronic injuries, you may try dicing up ginger extremely fine and then squeezing out the ginger juice into a bowl. Massage this juice into the pain. This is a natural version of Icy-Hot that can help heal the problem.
3. Often people massage a chronic injury vigorously to make the pain dissipate. Instead, try squeezing the area for an extended period of time. Vigorous massage is akin to shaking snow in the cold. Squeezing it for a long time helps to melt it away.

MIGRAINES/HEADACHES

There are times when migraine sufferers make up a majority of my practice. Over the years, I have developed very specialized protocols for dealing with migraines that have proven to be extremely effective. As a result, I receive many migraine referrals. I have had patients at every stage of a migraine – in-between attacks, the beginning of an attack, in the middle, and in the final stage of recovering from its impact. Acupuncture has been successful at every stage. I have helped many patients reduce the need for pharmaceutical drugs. This condition can be very costly in terms of its widespread impact in sufferer's lives. I am gratified at

the fourth treatment, he was allergy-free for the entire week. By the fifth treatment, he had been off all allergy medications for two weeks with no problems. At the sixth treatment, the patient declared his allergies were all but gone.

Case #2

A skeptical fifty-year-old scientist suffered from asthma and allergies for ten years. He was on multiple inhalers and multiple allergy medications. His face was red, with redness descending down into the chest. Treatment focused on my allergy protocol as well as clearing heat invading the chest. After the first treatment, he expressed skepticism, doubting anything had changed. At the third treatment, he thought maybe there was slight improvement. Two sessions later, he found that he could run without chest discomfort and that his allergies had improved significantly. Expressing surprise, he indicated at the next treatment that he was using his emergency inhaler much less frequently. At the subsequent appointment, he had not needed his inhaler for two weeks. One month later, treatment discontinued when he reported he could run without any problems and that all but his cat allergies had entirely cleared.

Tips for allergies and asthma:

1. During acute asthma attacks, immediately drink three full cups of water. By increasing fluids, the airways open up and the acute attack often resolves without incident.
2. Caffeine opens the lungs. To treat a tightening of the chest with asthma, try drinking caffeinated coffee or hot chocolate.

ALLERGIES AND ASTHMA

As with migraines, I have developed my own protocol for treating allergies that has been profoundly effective over the years. Just as with migraines, a minor channel is the culprit. In this case a small channel on the chest is blocked leading to heat rushing up into the face. Opening up this channel and clearing heat from the Liver and Stomach organs is very effective at treating allergies.

I became an acupuncturist after being cured of my allergies and asthma. Once, long ago, I was on a steroidal inhaler four times a day. I was told I would be on this inhaler my entire life. I also received desensitization shots with no benefit. Seven acupuncture treatments later, I was cured of the allergies and asthma. I can happily report, I haven't needed an inhaler for many years, and I keep the windows open Spring, Summer, and Fall.

Case #1

A forty-eight year old suffering from grogginess, fatigue, irritability, and stuffiness came to my practice at the height of allergy season for allergy relief. He had allergies since his early teens. Treatment focused on cooling the Liver, opening up the tiny collateral vessels of the chest, and clearing the Stomach channel. After the first treatment, he had one day of relief. After the second treatment, relief lasted two days with a change in symptoms – redness and puffiness around the eyes increased while congestion and fatigue decreased. By the third treatment, he reported a significant improvement in all domains. His sinuses remained clear for the entire week. After

watching so many of my patients fully recover and improve their quality of life.

Whether it is cluster headaches, tension headaches, or headaches of any other etiology, acupuncture has proven to be very effective. Once more, it is free of side effects.

In acupuncture, there are major acupuncture channels and minor ones that interconnect the major ones together. Migraines often result in a blockage where a minor channel connects to a major one. With my protocol, treating these very painful headaches can be very easy, quick, and straightforward.

Case #1

A forty-two year old female lab worker complained of migraines related to her period that began fifteen years prior. Treatment continued for several months. Following the start of treatment, her next period arrived with a migraine as usual. However, she was able to take her medication and avoid it – something she had never before been able to do. The next month the pattern repeated. By the third period, the migraine was much smaller and required much less intervention. The next cycle she had minor headaches at a different point in her cycle, but no debilitating migraines. This repeated the following cycle. The next cycle she had no headaches at all.

Case #2

A thirty-two year old man suffered a chiropractic-induced injury causing severe pains radiating all around his neck and

face for two weeks. After the first treatment, the pains started to localize around specific acupuncture points. By the third treatment, pain disappeared from many locations. By the fourth, the quality of the pain changed to a sensation of pins and needles and low-grade pressure. The patient felt so good, he discontinued treatment after the fifth treatment.

Case #3

A forty-four year old office manager complained of daily inner-eye migraines for twenty years. Over the course of treatment, it became apparent that her migraines had three different sources, cold in the Bladder channel that began at the inner eye, excess heat in the Stomach channel that increased headaches during her period, and excess heat in the Liver that caused headaches after major stressful events. It took eight treatments to unravel this puzzle. At the eighth session, she reported an entire week without headaches, whereas before they were daily. This repeated the following week. At this point, she was able to see me less regularly.

Case #4

A fifty-four year old woman suffered from sharp stabbing migraines around her temples since her mid-teens. During the course of treatment, it became apparent that a knot in her neck was a contributing factor as well as tightness in the muscles at the front of the neck. The main factor, however, was heat in the Liver organ. At the ninth treatment, the patient indicated missing her headaches, which were once so prevalent in her life they seemed as if they had a life of their own. Despite the

pain they caused her, she had grown accustomed to their regularity. By the tenth treatment, she was migraine-free.

Tips for migraines and headaches:

1. Migraines are often felt around the temples. Imagine a line between the corner of the outer eye and the top of the ear. Squeeze this area daily gently but firmly. If this does not feel good, discontinue.
2. For eye-strain headaches, eat sesames as snacks. Green lentils also are good for the strengthening vision.

NUMBNESS

Case #1

A twenty-three year-old athlete suffered from numbness in his pinky finger with contraction of the pinky and ring finger. Treatment of an old shoulder and neck injury and treatment of the local numbness resulted in a full recovery in only a handful of treatments, no pun intended.

Case#2

A fifty-three year old contractor suffered from poor circulation in his feet. In only a few treatments, his feet felt completely normal. He also suffered from allergies which I believed stemmed from the same cold in his feet as well as cold collecting in his neck. After a few additional treatments, his allergies resolved completely.