



Tai-Nan Wang L.Ac., O.M.D.

4295 Gesner Street, Suite 1A
San Diego, CA 92117
619-684-1848

Relieve Pain Naturally with Acupuncture

Increasingly, people are looking for more natural approaches to help relieve painful conditions instead of relying on medications. Acupuncture can be helpful for all types of pain, regardless of what is causing the pain or where the pain is located. Some studies have shown the pain relief it provides can last for months.



Magnetic resonance imaging (MRI) of the brain before and after acupuncture treatment for pain shows dramatic decreases in brain activity -- up to 70 percent. This decrease in brain activity in certain areas of the brain is thought to be the reason for the reduction of pain caused by the acupuncture treatments. In addition to reducing pain, acupuncture also hastens the healing process by increasing circulation and attracting white blood cells to an injured area.

The basis of acupuncture is expressed in this famous Chinese saying: "*Bu tong ze tong, tong ze bu tong*" which means "free flow: no pain, no free flow: pain." In other words, any kind of pain or illness represents an obstruction in the normal flow of Qi or life force. Simply put, acupuncture moves Qi, restoring free flow.

Acupuncture has become readily accepted in mainstream modern medicine as a viable option for pain management and studies support its therapeutic effects.

In a German study, published in the *Archives of Internal Medicine*, 1,162 adults with chronic, lower back pain were divided into groups treated with either the standard pharmaceutical and exercise therapy commonly used in conventional medicine or acupuncture. The researchers reported that acupuncture provided relief and lasting benefit to nearly twice as many lower back pain patients as drugs and exercise. Forty-eight percent of the acupuncture patients reported at least a one-third decrease in pain along with improvement in their ability to function, versus 27 percent of the patients treated with conventional methods reporting such benefits.

If you or someone you love suffers from acute and chronic pain, please call to find out more about how acupuncture and Oriental medicine can help you!

Acupuncture for Low Back Pain

Low back pain is an extremely common concern, affecting anywhere from 75 to 90 percent of people at some point in their lives. Low back pain is second only to the common cold as a cause of lost days at work and is one of the most common reasons to seek medical care, including acupuncture. In fact, one of the top reasons that people get acupuncture treatments is for low back pain.

In a study published in the *Annals of Internal Medicine*, researchers from the University of Maryland School of Medicine analyzed 33 studies covering more than 2,100 patients from around the world on acupuncture for low back pain.

They found acupuncture provided definite pain relief in the short-term (defined as relief sustained for three weeks after the end of the acupuncture sessions).

In spite of the large number of pathological conditions that can give rise to low back pain, up to 85 percent of the cases are classified by physicians as 'non-specific'. When low back pain is examined from an Oriental medicine perspective, it is seen as a disruption to the flow of Qi within the area and associated with a specific disharmony and is treated accordingly.

The disruption of Qi that results in low back pain is usually associated with the following three disharmonies:

Weak Kidney Qi - In Oriental medicine, the lower back is referred to as the "dwelling of the kidneys". The majority of chronic low back pain conditions are associated with kidney deficiency. Pain related to kidney deficiency is typically dull and erratic. It is usually aggravated by fatigue and improves with rest.

Stagnation of Qi and Blood - When the flow of Qi along the meridians that traverse the lumbar region becomes congested, it is referred to as the stagnation of Qi and blood. This presents with a severe stabbing pain that is worse with rest and better with movement, tender to touch, and can be accompanied by stiffness and tightness.

Invasion of Cold and Dampness - Cold, damp type pain is generally worse in the morning and when the weather is cold and damp. This type of pain improves with movement and the application of heat. Stiffness and contraction of back muscles that is aggravated by immobility indicates cold predominance. Swelling, numbness, and a heavy sensation are indicative of dampness.

Ah Shi Points

Not all acupuncture points have a specific name and specific location. Some of the most effective points to use in acupuncture are local points of tenderness. These points are referred to as Ah Shi points, which in Chinese literally means, "That's the point!"

Ah Shi points were first mentioned during the Tang dynasty (founded in 618 AD) classic book Thousand Ducat Prescriptions. These points become spontaneously tender when disease or injury occurs, or in locations where Qi has become congested. They are not among the regular acupuncture points on a specific meridian or pathway.



Their locations are not fixed; they are the points that, upon palpation, are the most sensitive. In many cases, a small knot or pea-sized nodule can be felt under the skin at these points of tenderness.

The Ah Shi points are especially effective in the treatment of pain and are often used in conjunction with local and distal acupuncture points.

If you have pain, palpate around the area of pain to see if you can find the Ah Shi points. This is a great way to self-treat the problem.

Eating during the holidays

With the holidays coming up overeating comes with the familiar territory of presents. So this holiday we here at Tai-Nan Wang Acupuncture suggest following these tips to eat healthy during the holidays.

*Always eat a snack before heading to a party, when you arrive hungry you can tend to impuse eat and impuse eating is as bad as impuse shopping, you just gain pounds instead of debt.

*Keep in mind the holidays are about famlily so focus on conversations and making memeories rather than eating.

*Situat yourself away from the food, when you sit too close to food you can tend to snack more and snacking can take quite a toll on your calorie count if you don't watch out.

* Bring a healthy appetizer, not only is it a great option to have for yoursle but it is a great option you can give others as well.

*If you the host this year try to serve the food in a serving line rather than all at the table, because having the food at arm's reach makes it easier to overeat.

*Remember portions. Everything is good in moderation, and by eating small portions at a time you can manage to be able to try everything.

But even if you overeat don't hesitate to call Dr. Tai-Nan Wang at [619-684-1848](tel:619-684-1848) to assist with all of your after-holiday acupuncture needs.

Fight Food Addiction with a Total Health Program

What does it mean to listen to your body, as the expression goes? What if your body is telling you to eat chocolate bars for breakfast, or that fast food makes for an acceptable and tasty dinner? When your mind and body enjoy relative good health, the body's cravings should prove more reliable in discerning which foods to take in for maximum nutrition.

Acupuncture and Oriental medicine not only offers therapies to reduce cravings, such as acupuncture and dietary counseling, but it also explains the nature of these cravings in a simple, eloquent way. Whether you describe your cravings as a longing, hankering, or an urge, it all signifies a possible internal organ imbalance resulting in an addictive, compulsive behavior.

The issues of overeating and low metabolism are addressed with effective tools to control cravings, appetite and increase energy. Energy imbalances are corrected, and the digestive and elimination processes are improved so that there is a physical shift in the body to naturally have more energy and desire less food.

By addressing both the physiological and psychological aspects of weight management concerns, acupuncture and Oriental medicine provide a comprehensive therapy for weight issues that promote better digestion, balance emotions, reduce appetite, improve metabolism and eliminate food cravings.

Each treatment is customized to the needs of the individual patient. Acupuncture points on the body are chosen for overall well-being with the objective of increasing circulation of the blood and Qi to stimulate the metabolism and calm the nervous system. Treatments can include a combination of auricular (ear) and body acupuncture, ear tacks or pellets to leave on between treatments, herbs and supplements, abdominal massage, breathing exercises, and food and lifestyle recommendations.

The treatments chosen for weight management are for promoting healthy digestion, energizing the body, augmenting Qi, and improving elimination of water, toxins and waste products. Acupuncture can help improve digestion, assist with food absorption, and the movement of food through the intestines.

Acupuncture and Oriental medicine are powerful tools for achieving a healthy weight, by itself or as a supportive treatment in conjunction with other weight management programs.

Post Operative Pain Relief

Research from Duke University Medical Center has shown that acupuncture can significantly reduce surgical patients' post-operative pain and their need for powerful opioids to treat pain.

Duke University anesthesiologists combined data from 15 randomized clinical trials to reach their conclusion. Using acupuncture both before and after surgery produced the best results for patients, who reported lower levels of post-operative pain and a significantly reduced need for painkillers. In addition, acupuncture mitigated the negative side effects of opioids when they were used.

"The most important outcome for the patient is the reduction of the side effects associated with opioids," said T.J. Gan, M.D., the Duke anesthesiologist who presented the study at the annual scientific conference of the American Society for Anesthesiology in San Francisco in October 2007. Gan pointed out that acupuncture is a relatively inexpensive therapy that has virtually no side effects when practiced by trained professionals.

Many other studies have shown acupuncture effective in reducing post-operative nausea and vomiting compared with other medications.

According to a meta-analysis presented at the American Society of Anesthesiologists' meeting, acupuncture reduced rates of post-operative nausea by 32 percent, pruritus (itchiness at the surgical site) by 25 percent, dizziness by 38 percent, and urinary retention by 71 percent compared with control groups.

Acupuncture is excellent for managing post-surgical side effects such as surgical pain, loss of appetite, and upset stomach or nausea. In addition to strengthening the immune system and increasing energy, acupuncture is also a great way to reduce swelling, decrease stiffness and pain, reduce scarring and scar tissue, and assist with a quick recovery.

If you, or a loved one, will be undergoing surgery, please call us to see if acupuncture can improve your recovery.

