



Clinic News

The Clinic website: www.wimbornechinesemed.co.uk has proved to be a success – in that patients are now able to download a **Consultation Form**, which has meant that there is time for reflection rather than being ‘put on the spot’, there are some proposed changes and additions to this – such as additional dedicated forms dealing with Gynaecological, Pain and Digestive problems which people can fill in when appropriate. The website has links to the RCHM, BAcC and jcm websites which have information on specific illnesses as well as general Chinese medicine news.

Continuing Professional Development (CPD) is now a requirement of both the RCHM and BAcC, as part of his CPD Justin decided to get more acquainted with one of the theories behind chronic diseases such as ME, fibromyalgia and polymyalgia, glue ear and chronic chest infections to name a few. A course on ‘Lingering Pathogens’, by the eminent Australian physician Will Maclean in May has proved to be extremely useful in the clinic as a lot of people are struggling on with a ‘bug’ of some sort, which can resurface when they get run-down; the result can be both physically and emotionally draining. Until these lingering illnesses are fully cleared out a lot of a person’s energy is taken up with dealing them. Thankfully the treatments are very effective and usually short and simple, questioning on temperature, energy and swollen glands have increased recently!

Late hours: just to remind people know that the clinic is open to 7.30pm on Wednesdays and to 7.00pm on Thursdays.

Fee simplification

From the start of May **initial consultations are free!** (which in effect means the same fee as a treatment when a consultation form has been completed). All treatment/consultation appointments are now just £42; the fee for writing herbal prescriptions has been waived and is included in this as well. Herbs are still available from the suppliers at cost price.

“National News”

Anyone with lower back pain for as little as six weeks should be offered acupuncture, chiropractic and exercise on the NHS, according to the government body NICE. Patients whose back pain has continued for more than six weeks but less than a year should be offered a choice of 12-weeks of complementary therapy on the NHS, Dr Martin Underwood, a GP and chairman of the guideline, said provision was likely to be 'very variable'. "In some areas people will get quite good access to these facilities. In other areas they won't be as available. In very few areas will patients have the choice of those three options at the moment," he said.

Back pain is estimated to cost the NHS £1.5bn a year and it was suggested the recommendations will not cost extra and may even save money because Nice has listed current treatments for back pain which should be stopped due to a lack of evidence. Dr Michael Dixon, medical director of The Prince's Foundation for Integrated Health, said: "This is integrated healthcare in action. Now all patients will be able to access proven complementary treatments as well as orthodox medicine. That means real patient choice."

"Hopefully better outcomes in primary care will obviate the need for more costly technological interventions which can then be saved for those who need them." They include x-rays and scans, laser therapy, lumbar supports, injections in the back and use of a TENS machine. One in three adults in Britain will suffer some lower back pain in a year and an estimated 2.5m seek help from their GP. [Daily Telegraph; 27/5/2009].

Which has to be good news for all of us – in Australia and New Zealand nearly all of the surgeries have an acupuncturist working alongside the GP's, and this is where the greatest advances in research and literature have taken place in the West.



Fibromyalgia Case Study

A young lady of 25 first came to see me in Jan '09; she had been in a riding accident 11 years before, where the horse landed on and rolled over her. Since then she had been in constant pain in her neck and shoulders especially her left, which extended down her arm and back, also with numbness and pins and needles into her hands. Her neck was extremely tight and would build up pressure until it cracked, sending sensations down to her fingertips. This had got progressively worse over the years. She struggled to sleep for more than 4 hours due to the pain. Understandably she was exhausted and felt very vulnerable, and her life was significantly restricted. In addition to her upper body pains she had a very weak and 'delicate' digestion.

Warmth and gentle massage eased the pain a bit, but physiotherapy had made it worse, and she had seen chiropractors, osteopaths, and surgical consultants. Her Western diagnosis based on MRI and a full (but very weak) range of movement was that this was a psychological rather than a physical problem – in essence they had done the tests, found nothing wrong and it was "in her head." I believed she had a form of fibromyalgia. Her expectations of Chinese medicine were not high.

The Chinese medicine diagnosis was that the Qi and Blood were not moving through the muscles, thus causing the severe pain, and that there was a problem with Damp which causes heaviness and aching; these had to be addressed, there was also underlying weaknesses of her digestion and heart (she had open-heart surgery as a 4-year old) which had left her vulnerable to this type of problem.

Treatment was aimed at moving the blood and qi in the neck and shoulders, and strengthening her heart. After the first acupuncture treatment she had 6 days nearly pain free; I stuck with the same treatment principles and gave her herbs to move blood and others to build her up. Two months and only five treatments later she had been pain-free for 11 days, and her digestion was much stronger, she also had much more energy and had been able to go swimming and to the gym. She was amazed to be able to cope with sleeping in a tent for 4 nights. Five months and 8 treatments later all is good; digestion, sleep, neck and shoulders, energy and happiness, and she's been promoted at work. In addition to this all her symptoms of polycystic ovarian disease have disappeared. As she herself says, her life has been completely turned around.

What has been so pleasing about this case is that a wide range of quite extreme problems resolved as a result of following some fairly simple treatment strategies. It not only demonstrates how effective Chinese medicine is, but also shows that when an accurate diagnosis is made a holistic approach aimed at treating the causes of one particular problem results in other apparently unrelated issues improving dramatically at the same time.

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