

Acupuncture Not Only Relieves Pain, But Can Treat Disease

By Yiming Wang, OMD, Licensed Acupuncturist & Herb Specialist

More and more people are finding out about acupuncture and herbal medicine. As an alternative healing method, acupuncture is bringing new hope for people with difficult to treat diseases.

As you may know, acupuncture can relieve pain without use of chemicals or surgical procedures. It is especially effective for such conditions as muscle spasms, pinched nerves, bone spurs, stress, herniation and degenerative discs. Did you also know, however, that acupuncture and Chinese herbal medicine can treat diseases as well? Here are several examples seen in my years of practice:

A patient came to me once with a gall bladder stone. She had been offered the option of surgery but was apprehensive about the procedure. After her first acupuncture treatment*, she got off the treatment table and felt that her pain was 80% better, with only a little dull ache. After three more treatments* she said happily that she went back to work.

One lady with severe insomnia could only sleep for less than two hours each night. She came to my office hoping to find an alternative to taking strong sleeping pills. After a few acupuncture sessions and prescriptions of natural herbs, she exclaimed that she slept like a log every night.

A gentleman who had been smoking for 50 years was able to quit completely after only three acupuncture treatments. He was so pleased he then sent his wife and several friends to me for similar treatments.

I once saw an acute case of myasthenia gravis. The lady who suffered from the disease was in the hospital for 5 days and could not walk or pick up anything. She also felt shortness of breath and weakness in her arm and legs. The first time she arrived in my office she had to be supported by a friend because she could not walk at all. After about twelve acupuncture treatments, she felt that she could carry on with her normal life. Three months later, she drove to my office to thank me; she could play soccer again.

One gentleman had colitis for about a year. He suffered from bleeding and low energy every day, and had been taking antibiotics for 6 months with no improvements. After about 12 treatments, he sent me an e-mail saying that he had not had any problems for 48 days, that he felt years younger than when he was ill, and that he was planning a wedding. He thanked the acupuncture treatments for giving him his life back.

Bell's Palsy is a disease of unknown causes, but acupuncture treatments can bring very good results in relieving the condition if begun as soon as possible after the initial diagnosis. A young lady who sought acupuncture at my office the second day after receiving her diagnosis became completely well after 3 treatments, and an elderly gentleman who came to me 2 weeks after he got the disease was able to get well with 9 acupuncture treatments over the course of 3 weeks. For Bell's palsy, as for many other disorders, the earlier the treatment, the greater the benefit.

Acupuncture is both an ancient healing art and, as it rapidly gains prominence in the Western hemisphere, a modern one. It has offered relief for many people suffering from chronic pain, but its healing power doesn't end there: it is also a natural solution, tested through thousands of years, for the above mentioned illnesses and many more.

Yiming Wang received her education in acupuncture and Chinese medicine at the Beijing University of Traditional Chinese Medicine in Beijing, China. She has authored seven books & over 30 articles on acupuncture and traditional Chinese medicine and has taught a seminar on Acupuncture at North Texas University, University of Texas at Dallas and Richland College in Dallas. As a licensed acupuncturist she has been practicing acupuncture in her private clinic since 1992.

*number and/or duration of treatments needed, as well as results, will vary depending upon diagnosis and specific individual factors.

Yiming Wang, Licensed Acupuncturist in Texas
National Board Diplomate (NCCAOM)
18170 Dallas Parkway, #102,
Dallas, Texas 75287
Phone: (972) 680-0121
Email: wang1259@aol.com
Web: us-acupuncture.com