

How East Meets West

EAST VS WEST MEDICINE

Have you ever seen something differently than someone else? Perhaps the shape of a cloud in the sky. This is how Eastern and Western medicine were developed; a different perception of the human body. Same symptoms, same signs, same patient, but very different ways of interpreting and treating the information. Examine the differences and see how each has an important niche in total health.

Eastern Medicine

5,000 YRS AGO

Ancient healers experimented with plant substances and their effects on the human body. They discovered substances that enhanced health, beauty, clarity of thought and the energies of the body, bringing it to a "perfect state."



Western Medicine

19th CENTURY

The basic approach takes shape, though it really goes back to ancient Greek and Egyptian physicians, who started significant synthetic drug development. Certain actions can be forced and manipulated in the human body with the use of these controlled substances.



THE DIFFERENCE

- Eastern philosophy uses whole food formulas to nourish the body's ability to integrate needed actions.
- Western philosophy isolates and forces therapeutic actions to take place in the body by laboratory modifications.

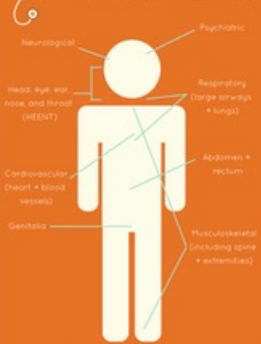
Eastern Examination

3 elements are used to interpret the relationship between the physiology and pathology of the human body and the natural environment. Practitioners assign each of the five elements a series of distinct generationalists and then apply them to the classification of all phenomena.



Western Examination

- Vital signs: height, weight, body temperature, blood pressure, pulse, respiration rate, hemoglobin, oxygen saturation.
- General appearance of patient plus specific indicators of disease (tumor status, presence of jaundice, pallor or clubbing).



Basics of Common Eastern Medicine Theory

Yin & Yang cover mental and physical functions as well as disease symptoms.



In general, Qi is the life process or flow of energy that sustains living beings

Financial Impact on the US

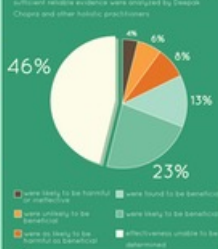


\$700 BILLION are spent annually on unnecessary tests and procedures in the US



Effectiveness of Western Medicine

2,500 common medical treatments that are supported by sufficient relative evidence were analyzed by Dr. Peter Chopra and other holistic practitioners



2.5 MILLION unnecessary surgeries are performed each year



ACUPUNCTURE

balancing the flow of qi



3 MILLION practitioners worldwide

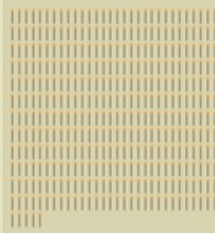
1600s

INTRODUCED TO THE WEST

1998

BECAME MAINSTREAM

In ancient times, the number of acupuncture points was established to be the same as the number of days in the year: 365.



Now, there is no agreed number of points.

DURATION OF TREATMENT EAST vs WEST

Sports Injury	1-3 treatments	MONTHS	with pain medication, casting, and/or physical therapy
Headache	1 treatment may stop headache	MONTHS/YEARS	with pain meds, including epidural shots, muscle relaxation, and/or surgery
Back/Neck Pain	8-12 treatments, or up to 20-25 for long standing cases	FOREVER	with pain medication
Arthritis	3 treatments may decrease pain up to 50%, 10-15 to resolve	FOREVER	with pain medication and arthritis medication
Stroke	20-28 treatments win 6 months of the date of stroke	YEAR OR MORE	with physical therapy and medications
Bell's Palsy	8-12 treatments win 3 months of the date of outbreak	MONTHS	with Prednisone therapy
Meniere's Disease	8-12 treatments to take 80% under control, 20-25 to resolve	MONTHS/YEARS	with steroids, aspirin, diuretics, and/or surgery
Anxiety	3 months of treatments	YEAR FOREVER	with prescribed medication and psychotherapy
Insomnia	6-10 treatments	FOREVER	with sleeping pills
Allergy	6-10 treatments	FOREVER	with prescribed meds
Depression	2-3 months of treatments, may require future periodic treatments to maintain results	YEARS FOREVER	with medication and psychotherapy
Migraines	1 treatment to stop pain, 12-15 to resolve	Prescription medication, pain medication	FOREVER

*The personal discretion of course, when evaluating time spent/ability to pay

HEALING VS CURING

NATURAL HEALTH

Restores balance through lifestyle choices & natural means



Natural Solutions

Healthy diet, acupuncture, chiropractic, herbs, massage, meditation

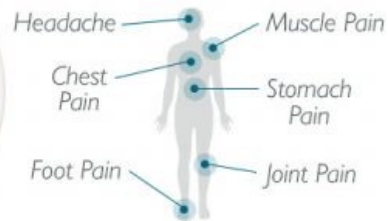


Health is a balanced state

WESTERN MEDICINE

Treats symptoms & disease with drugs & surgery

SYMPTOMS



Reductionist Theory

Treats with pharmaceutical drugs & pills



Health is the absence of symptoms

TCM INTERVENTION FOR BELL'S PALSY POSSIBLY INDUCED BY COVID-19 VACCINATIONS

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7.17.24

AGENDA

- Case Introduction
- Conventional Approaches
- TCM 101
- TCM Diagnosis
- Modalities and Therapies
- Treatment
- Outcome
- Discussion

CASE PRESENTATION: 33 YEAR OLD ATHLETIC FEMALE

- Medical Student
- High-Stress d/t career choice
- Sickle Cell Trait:
 - S and C
- Otherwise, healthy individual:
 - Conscious diet and lifestyle
 - No Hx of smoking or drug use



EASTER SUNDAY April 9TH 2023

AM: at church- sits under A/C unit; felt like left arm was stabbed with a needle- “really painful, lasted for 2-3 minutes”

1-1:30 PM: arrived home and noticed changes in her face



THE MONDAY AFTER

- Tinnitus (L) ear
- Amplified Sound (L)
- Dry Eye (L)
- Change in smile
- Heaviness on (L) side of face



CONVENTIONAL OR CONVENIENT MEDICINE?

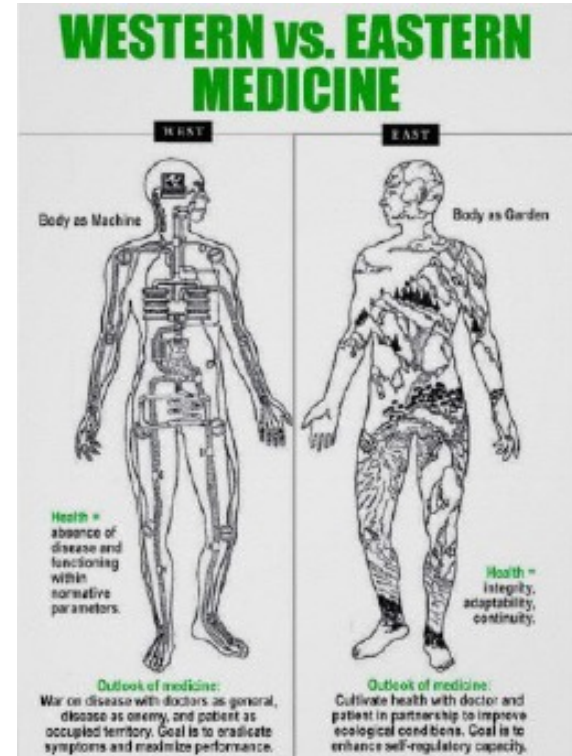
- Goes to ED (no imaging taken, only vitals)
- Diagnosed w/Bell's Palsy
- Rx: prednisone and acyclovir
- No other options presented



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A SECOND AND THIRD OPINION

- Dr. Joe Varon @ Dorrington Medical Associates
- IV Rx: ivermectin 3mg, methylene blue powder, resveratrol 250mg, natto kinase 100mg, valacyclovir hcl 1gm
- MRI Brain
- Vitamin C, D
- Referral to TCM @ Ambrosia Integrative Healthcare
- Same day TX



WHAT IS TRADITIONAL CHINESE MEDICINE?

Hint: it's not whatever this is...



WHAT IS TRADITIONAL CHINESE MEDICINE?

Traditional Chinese Medicine (TCM), is a system of **ancient techniques** that have been used over millennia, to **treat and prevent** the **pathological manifestations** of various diseases. Within this diagnostic and therapeutic system, the body is seen as a **unified arrangement of several meridians** which energetically relay vital substances. TCM defines a “healthy” individual, as that person that has **regulated zang/fu organs, sufficient vital substances, and an equal balance of yin and yang**. The classification of these vital substances include Qi, blood, body fluids and essence.

CAUSES OF DISEASE

External: 6 Evils

- Wind
- Cold
- Heat
- Dampness
- Dryness
- Summer Heat

Internal: Emotion

Other factors:

- Diet/lifestyle Trauma
- Prenatal-qi



The 8 Principles

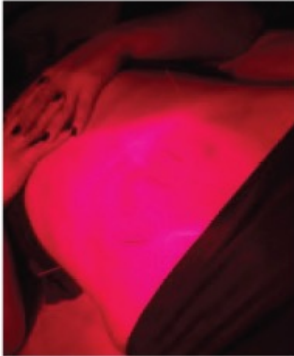
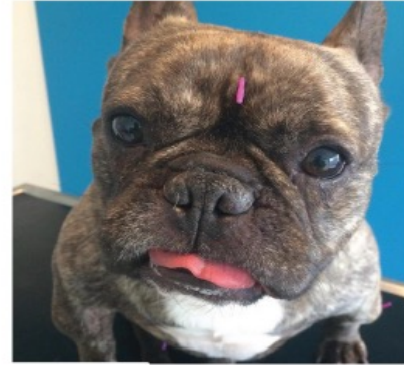
 Yin	 Yang
Deficiency ↓	Excess ↑
 Cold	 Heat
Internal 	External 

COMMON MODALITIES USED

- **Acupuncture:** Involves inserting thin needles into specific points on the body to stimulate energy flow (Qi) and restore balance.
- **Herbal Medicine:** Uses herbs, roots, minerals, and other natural substances to address imbalances in the body. Herbal formulas are often customized based on the individual's specific symptoms and constitution.
- **Tui Na:** A form of Chinese therapeutic massage that involves various techniques such as kneading, pressing, and stretching to promote circulation and relieve muscle tension.
- **Cupping:** Involves placing cups on the skin to create suction, which helps to improve blood flow, reduce inflammation, and promote relaxation.
- **Moxibustion:** Involves burning the herb mugwort (moxa) near acupuncture points to warm and stimulate them, promoting circulation and relieving pain.

COMMON MODALITIES USED CONT'D

- **Dietary Therapy:** Emphasizes the use of foods to maintain health and treat illness. Foods are chosen based on their energetic properties and their effects on the body.
- **Qigong:** Combines movement, meditation, and controlled breathing exercises to cultivate and balance Qi (vital energy) in the body.
- **Tai Chi:** A mind-body practice that involves slow, gentle movements and deep breathing to promote relaxation, improve balance, and enhance overall health.
- **Gua Sha:** Involves scraping the skin with a smooth-edged tool to increase circulation, release toxins, and promote healing.
- **Electroacupuncture:** Similar to traditional acupuncture but with the addition of electrical stimulation applied to the needles to enhance the therapeutic effects.





RESEARCH FOR BP TCM AND COVID-19 VACCINES



JAMA Otolaryngology-- Head & Neck Surgery

[View Article ▶](#)

[JAMA Otolaryngol Head Neck Surg.](#) 2021 Aug; 147(8): 739–743.

Published online 2021 Jun 24. doi: [10.1001/jamaoto.2021.1259](https://doi.org/10.1001/jamaoto.2021.1259)

PMCID: [PMC8227442](#)

PMID: [34165512](#)

Association of COVID-19 Vaccination and Facial Nerve Palsy

A Case-Control Study

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Treatment of Peripheral Facial Paralysis After COVID-19 Infection With Traditional Chinese Medicine Therapies: A Case Report

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Review began 03/14/2024

Review ended 03/22/2024

Published 03/27/2024

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Wind Invasion

External pathogenic wind disrupting qi and blood in the facial meridians

Liver qi stagnation with spleen qi deficiency

Disruption of liver's functions causing spleen to become unable to transform and transport nutrients to body

TREATMENT STRATEGY

Treatment Plan May 2023: 2x weekly for 4-6 weeks

- Combination of acupuncture, moxibustion, guasha and electro-acupuncture in office
- Oregano Oil 3 capsules TID
- Gua sha, red light therapy and ginger facial steam as homework

OREGANO OIL AS AN ALT. IVERMECTIN

Oregano Oil 25%

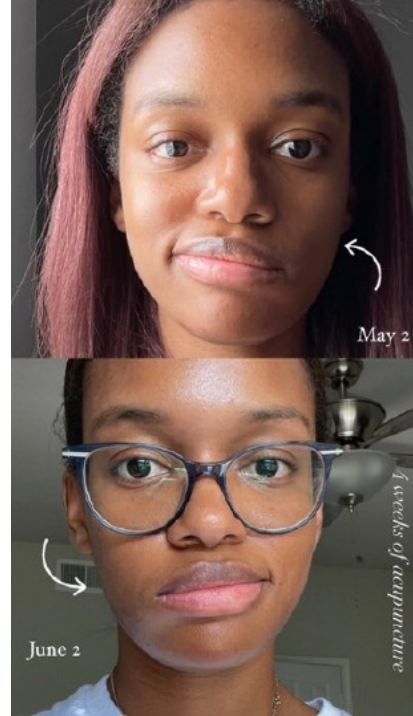
- Anti-viral
- Anti-parasitic
- Anti-fungal
- Anti-bacterial
- Quisqualis Fructus (Quisqualis Fruit / Shi Jun Zi) 48%
- Mume Fructus

(Mume Fruit, Japanese Apricot / Wu Mei) 19%

Coptidis Rhizoma (Coptis / Huang Lian) 8%



OUTCOME: 4 WEEKS OF ACUPUNCTURE

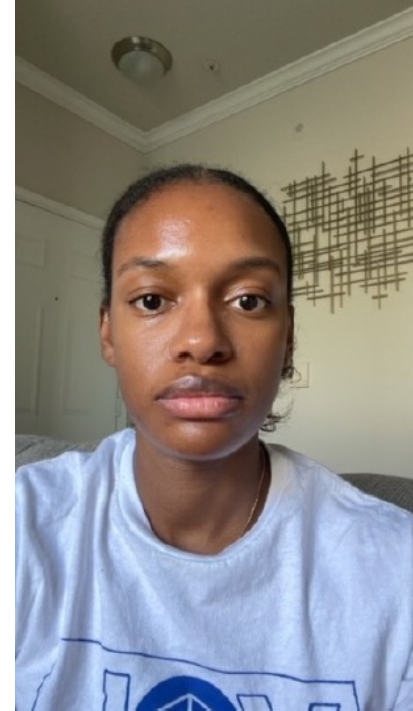


OUTCOME: 4 WEEKS OF ACUPUNCTURE



Left:
June 15, 2023

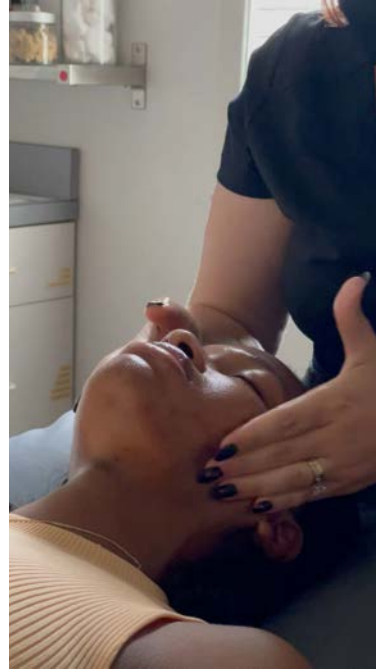
Right:
August 30, 2023



RECENT PHOTO, POST-TREATMENT



GUA SHA

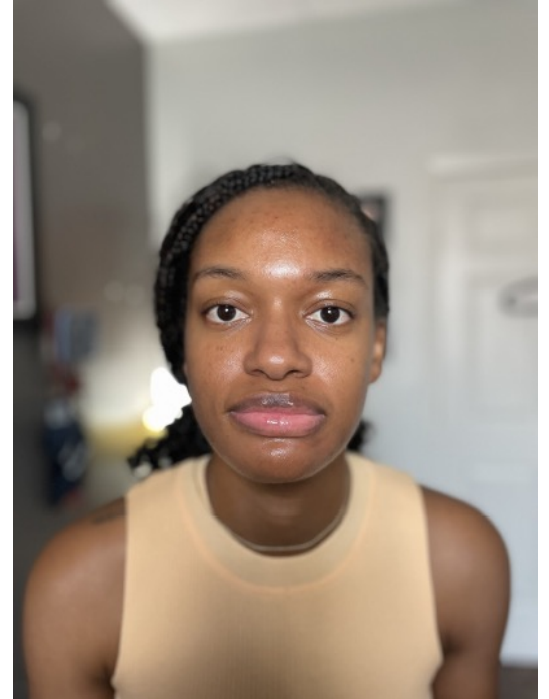


ACUPUNCTURE



POST SESSION

- Reported feeling “amazing” after session
- Recommended follow up as maintenance
- Continue moxa and red light therapy at home
- Keep rockin’ it because she is doing amazing!



THANK YOU

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