



Pain? Acupuncture in combination with Naprapathy can be a solution

There are many causes for pain and every patient is unique and should be looked upon as a new mystery to be solved. According to Chinese Medicine the most common cause is some form of stagnated qi/ blocked energy along one of the 14 meridians/energy channels which are linked to the inner organs.

It could be blood stagnation caused by trauma or surgery and is treated with Guasha (scraping with a spoon) or cupping (vacuum glasses) in the affected area. Another cause is external climate factors like cold, damp, wind or heat.

Cold – is regarded the most difficult pain to treat and is treated with acupuncture and moxibustion (a heated piece of packed grass) or a red-hot needle.

Damp – is dispersed by treating the digestion with acupuncture and a diet advice.

Wind – here the pain pattern fluctuates all the time and apart from acupuncture the patient should be tested for allergies and further it is advisable to check how the patient dresses.

Heat – is dispersed with needling specific acupuncture points that you bleed and further the patient is advised to avoid spicy food, alcohol and other foods that generate heat.

Apart from above, one of the seven emotions could be imbalanced which can have an impact on the correlated organ and meridian.

1 Anger increases qi and put a strain on the liver. Typical symptoms are tense jaw muscles and headache.

2 Over exaltation-disperses qi in the heart and leads to uncertain judgement and thoracic pain could be felt.

3 Rumination tightens qi and affects the digestive system causing pain in the stomach and diaphragm.

4 Worry – results in an uneven flow of qi which also affects the digestion system negatively.

5 Grief – weakens qi and the patient is more easily prone to illnesses of the lungs and heart. It could also lead to a painful shoulder or pain along the inside of the arm.

6 Fear – qi sinks and the kidneys are depleted which in turn could cause lower back problems.

7 Shock – qi is in a paralytic condition and the pain can be felt everywhere.

The stronger the relation grows between the patient and myself and the more knowledge that I gain the better and more accurate the diagnosis will be..

Furthermore, the patient quite often has a fair idea herself what causes the pain and it is then up to me to listen with my ears, eyes and hands.

By examining the tongue and pulse I get an idea about the condition of the inner organs . I also check mobility and stiffness and an invaluable part of the examination is checking of the muscles in the painful area. And there is always a muscle imbalance that if treated correctly decreases the pain.

Naprapathy treats the injuries, stiffness and hypermobilities that are caused by wrong movement or sitting pattern like wrong working posture, one sided exercise or no exercise at all.

Apart from the above the diet is more important than we think. Sugar and flour promotes inflammation and coffee makes the tissues acid.

Doctors in China always advice the patient what to eat and what to avoid. The right food is medicine.

The longer you have suffered from pain or from an imbalance the longer it takes for the body to readjust to a healthy condition.

But there is always a solution-it is just a matter of finding the best one for you!

Charlotta Östing (translation of an article in Svenska Magasinet, February-12)