

The Application of Traditional Medicine with Chronic Motor Disorders.

Dr. Merita Jackson Hinds, OMD

INTRODUCTION

I am pleased to share my experiences in the application of the modalities of Traditional Asian Medicines using acupuncture, nutrition, herbs, massage (tui na), exercise (zihong) for ***Chronic Motor Disorders as exhibited in Parkinson, Alzheimer's and Muscular Dystrophy.*** It is paramount to remember that according to the principles of TCM theory, treatment is ***individually based on the patient and all their symptoms.*** It is from each individual and their symptoms that a complete profile can be ascertained and an ***individual treatment program*** can be administered and complemented with not only the medical application of acupuncture but with all the modalities available through nutritional, dietary, and herbal therapies as well as modern technologies such as imaging, lab support and etc. Unfortunately, these respective chronic conditions are often defined as degenerative and categorized as irreversible and complicated with other challenges.There are many explanations as to the "whys" of these motor disorders and their progression into other conditions. Oxidation damage, aging, drugs, medications, alcohol the list is long . Traditional Chinese Medicine (TCM) has proven that not only can treat these disorders be effectively treated but also through modification of lifestyle be prevented.

Biography

Dr. Merita Jackson Hinds has been licensed in TCM since 1987 in California, Hawaii, Maryland, Philadelphia and New York. Her practice is focused to the treatment of chronic disease process specifically motor disorders and autoimmune challenges such as diabetes and cancers. She is a graduate of Dongguk University, South Korea and Los Angeles where she studied Chinese, Korean, Japanese and Vietnamese Traditional Medicine where she interned with Dr. Hok Tse, from Macau Hospital in Hong Kong. Her studies included the gynecological and medical tui na (physical manipulation/articulation) therapy but turned to the treatment of chronic disorders when her daughter was diagnosed with leukemia. She is also certified by the first macrobiotic school in the world,George Oshawa School of Culinary Macrobiotics ,*LIMA*, where she developed and coined the word, *medical macrobiotics* which is now taught in Lima University as Medical Macrobiotics. The author of *Inspiration for Health, My Family's Macrobiotic Recipes, aa austria and Sometimes I have Trouble Sleeping* will be released by summer 2018.

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