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Title: TCM & Ancestral Medicine Holistic Approach on Chronic Pain

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Abstract

Grenada, WI, woman 50 years old (Mrs. Sheila)

She had been treating herself for 22 years in the same hospital she had been a nurse in before her car accident, in New York. She had 12 surgeries related to the accident in her right arm, for it was frozen. She couldn't even comb her hair and had constant pain in her limbs, head and shoulders. Another big issue was her insomnias as she was under heavy medication for a period of 22 years.

She arrived at the clinic carried by 2 male helpers, as she couldn't walk.

Diagnose:

Having had multiple and frequent surgeries, a blockage was created in her meridian paths followed by rigid and tense muscle structure, stiffness in the joints, restricted movements, stomach irritation, pulse slim and constipation. Sadness and anger came with these symptoms.

During consultation, the patient informed that she "would ONLY give the Holistic system 3 sessions to see if they would work, as she was tired of trying and not having visible results".

We together achieved muscular pain relief as well as we reduced stiffness in the joints and got rid of restrictions in movement; at the 2nd session of Acupuncture she started to have less pain and even slept during the session and at the 3rd session of Holistic treatment she started moving the limbs and walking by herself.

Prescription

Method: Start by balancing the energy of internal organs using Ear Acupuncture (She-Men, Occipital minor, sub-cortex, kidney, shoulders & her articulations, clavicle, adrenal gland, neck), and Head acupuncture points, followed by deep tissue massage/chiropractic/shiatsu and hot ginger compress at the back, and Chi Nei Tsang (intestinal) massage.

She was prescribed Clay baths at home and macrobiotic detox diet that included only the consumption of green vegetables, seasonal fruits, sea weed and whole grain cereal.

Results: After 2 sessions she started sleeping normally. After 5 sessions she started combing her hair and walking alone on the street of Grenada, WI. We had 10 sessions and after that she was moving flawlessly and going back to New York to meet with her hospital team and share the experience.

Conclusions: Frequent surgery created a blockage in her meridian paths caused rigid and tense muscle structure and also stiffness in the joints and restricted movements; the medications promoted stomach irritation, insomnia, and constipation.

The Holistic interdiciplinary approach of Ancestral Medicine has achieved a fast and long lasting result, improving quality of life in pain management.

Grenada, WI, male 21 years old (Mr. Mark)

During the period of a year, he started to lose movement in his legs and was diagnosed by his doctors in London with a drying vertebral disc (between the 4th and 5th lombar). He needed surgery and had acute pain on the right leg and also constipation. He was under pain killer medication.

Diagnose:

Vertebral disc between the 4th & 5th lombar in drying process, stiffness in the joints, restricted movement, constipation, kidney drying and sadness.

Prescription

Method: Start by balancing the energy of internal organs using Ear Acupuncture (Shen-Men, sciatic nerve, kidney, adrenal gland, occipital), and limb acupuncture points, followed by Ruas' deep tissue massage/chiropractic/ shiatsu and hot ginger compress at the back, and Chi Nei Tsang (intestinal) massage. At the 5th session at the clinic we replaced the herbal compress by cupping alternatively with vibrational therapy using the forks, and replacing Chi Nei Tsang by Reflexology.

He was prescribed daily Clay cataplasma at the lower back, ginger compress and detox diet which involved only the consumption of seasonal green vegetables, seasonal fruits and whole grain cereal.

Results: After the 2nd session he started moving the legs without pain; after the 5th session he started to drive the car by himself and coming to the clinic for his acupuncture sessions. After 8 sessions he was already jumping and doing flips at the beach with his friends like a child. Two years after, he had a beautiful baby girl and a happy growing family.

Conclusion: The blockage of energy flow in the lower back was a result of long hours sitting at work which promoted poor circulation, rigid and tense muscle structure, stiffness in the joints on the lower back and legs and resulted in the drying of the disc followed by restricted movements on the legs.

The Holistic interdiciplinary approach of Ancestral Medicine has achieved a fast and long lasting result, improving quality of life in pain management.

Biography

Dianna Ruas has completed her Clinical Pathology studies Santo Antonio College and her master in acupuncture at the age of 24 years from Belo Horizonte University. She is the Director of Foreign Relations of CRAEMG (Regional Council of Acupuncture - MG) a premier organization that regulate the standard of TCM in Minas Gerais state, in Brazil; she is Delegate of Brazilian Federation of Ancestral Medicines representing this federation with regard to the Scientific, Cultural, as well licensed to open representative venues of the entity in Brazil and abroad; organizing and speaking for Traditional Medicine Conference in Latino America. She is member of Hainan Association for Acupuncture & Moxabustion, and opened Wellness Center in China concept in PRC, has organized and speaking for TCM conferences in China. She is Member Founder of the CIAMAM-GENEVE (confederacion internacional de asociaciones de medicinas alternatives naturales). She also been teaching in Natural Health Science School in Athens, Ellada.
Speaker at 9th International Conference of Acupuncture & Chinese Medicine in Dublin, Ireland.
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Theme: Interdisciplinary approach towards quality of life in Pain Management