

Points of Interest

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Speedy Recovery:

This is Benny. He's a big-hearted teddy bear of a dog who recently had to undergo surgery to repair a torn cruciate ligament in his knee. Unfortunately, there was a wait time of about a month before he could be scheduled for his surgery, so his treat-hander-outer brought him for acupuncture to ease his pain and have him ready to heal quickly from his surgery. And heal quickly he has! Benny was walking on his knee within a week of surgery (they HOPE for within 2 weeks), and after two weeks he only had the slightest limp! Now, if only acupuncture could help keep this ready-to-run guy calmer while his knee completely heals!



Chinese Medicine First Aid:

If you've sprained an ankle or broken a bone (or torn ligaments, like Benny the dog), Jin Gu Die Shang Wan can be a VERY useful formula for preventing some of the bruising, swelling and pain that is associated with



such traumatic injuries. Of course, follow standard First Aid protocols for these injuries, but consider adding this herbal formula into your repertoire of healing techniques.

The formula works by stopping bleeding in the area, as well as keeping the Qi and blood moving. By keeping the energy moving, you allow for damaged energy to get out of the area and for healing energy to get into the area to do its work.

Integrative Medicine is Everyone's Best Bet

Integrative medicine is the combining of many different modalities of healing. I am a HUGE fan of doing what works the best with the least invasive techniques and fewest side effects. If someone has a health concern that would be best brought under control by a medication, let's start with that, but then work with your holistic practitioner(s) to be able to reduce, or possibly omit, your dependency on that medication. After all, if your health depends on a medication, is it TRUE health, or simply the illusion of health? Strive for TRUE health!

For more articles on Chinese medicine, check out my blog at <http://qisy.blogspot.com>
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