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TCM & ANCESTRAL MEDICINE HOLISTIC APPROACH ON CHRONIC PAIN - DISCUSSION ON CLINIC CASES IN WESTERN INDIES

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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.

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 stiffness in the joints and restricted movements; the medications promoted stomach irritation, insomnia, and constipation. The Holistic approach of Ancestral Medicine has achieved a fast and long lasting result.

Biography

Dianna Ruas has completed her Clinical Pathology studies at Santo Antonio College and her master's degree in acupuncture at 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 & Moxibustion, 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 (International Confederation of Natural Alternative Medicine Associations). She also been teaching in Natural Health Science School in Athens, Ellada.

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