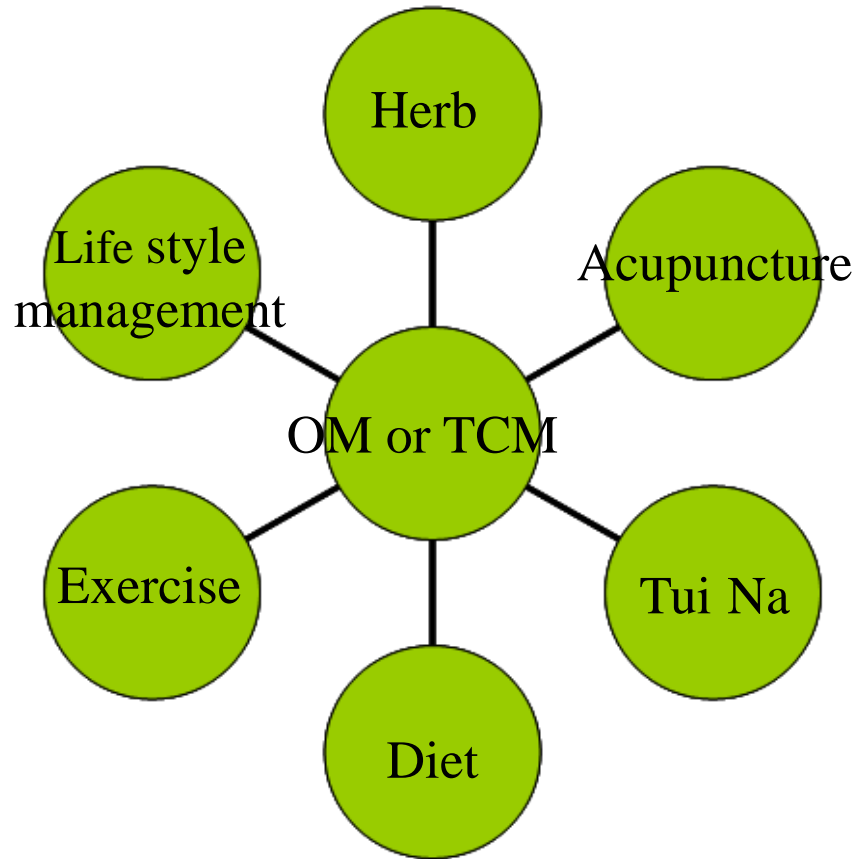


# Introduction

**Elizabeth Yuan, L.Ac., MAOM, MS**

- ❑ A licensed acupuncturist and herbalist certified by the Texas Medical Board and the Texas State Board of Acupuncture Examiners. She has a diploma in Oriental Medicine certified by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM)
- ❑ Interested in integrated medicine focusing on women's health, stress, pain management, and cosmetic acupuncture. She has been successfully treating pain (such as headache, knee pain, back pain, neck pain and heel pain and others) and had good results in treating infertility, facial paralysis, and stress, among others.
- ❑ She is not only a licensed acupuncturist but also a scientist, who can effectively bridge modern science and oriental medicine. Ms. Yuan has been a researcher involved in developing transdermal medicine to provide topical treatments that minimize side effects of the medication. She was also involved in developing personal care and cosmetic products. Ms. Yuan combines her science and traditional natural healing knowledge to derive an individualized and integrated treatment plan to provide better treatment and care.
- ❑ Training in Dongfang Hospital of Beijing in Dec. 2017 focus on women's health
- ❑ Member of TAAOM, NCCAOM
- ❑ **[www.clearlakeacuhealthclinic.com](http://www.clearlakeacuhealthclinic.com) for details**

# What is TCM and Acupuncture?



- Acupuncture
- Medicinal Herbology
- Tui Na (Oriental Bodywork)
- Tai Chi/Qi Gong
- Chinese Food Therapy
- Exercise
- Lifestyle Management

# Principals of TCM

- **Prevention** and treating before disease arises
- **Seeking the root cause of disease**
- Strengthening the body's capacity to **restore the balance** between Yin and Yang
- Giving **treatment in line with the patient's constitution**, climatic condition, and geographic location
  - The **human body is integrated individual unit**
  - **Focus on entire body**, not only emphasize interaction within human body but also interaction with external environment

# How does Acupuncture Work?

- Vital energy maintains balance of the body
- Acupuncture points are located throughout our body and act as gateways to influence, redirect, increase or decrease the vital energy of our body.
- Acupuncture help rebalances our body vital energy that cause diseases
- Acupoints influence the physiology

# Why do We Choose Acupuncture and Oriental Medicine?

- Effective and proven system of health care
  - 3000-4000 years
  - National Institute of Health
  - World Health Organization
  - More and more everyday...
- Safe & minimize side effects
- Cost effective
- Oriental medicine is in demand
  - A 1997 study showed that approximately 40% of the U.S. population used some form of alternative medicine; 629 million visits to those providers annually.

# Treatable Conditions

- Addictions (smoking and alcoholism)
- Allergies, Asthma, common cold, flu, cough
- Pain (arm, shoulder, CTS, back, ankle, leg, hip, knee, joint, sciatica etc.) sore throat, rheumatism, arthritis, Fibromyalgia,
- Neuralgia: stroke, injuries etc.
- Blood pressure and heart problem
- Headache, dizziness (vertigo)
- Immune system problem
- Depression, insomnia, Fatigue, Nervousness
- Restless leg, leg cramps, tingling and numbness
- Skin problem: Emphysema, shingles, acne, itching, dryness, etc.
- Women's health: infertility, pre and post Menstrual problem
- Indigestion, stomach problem (acid reflux, etc.)
- Thyroid conditions
- Constipation and urinary problem

# Efficacy

- **Over 3000 years as primary health care system**
- **NIH (National Institute of Health) stated in 1997 report acupuncture is effective in the treatment of:**
  - Nausea
  - Dental pain
  - Addictions
  - Asthma
  - Menstrual Cramps
  - Myofascial Pain
  - Carpal Tunnel Syndrome
  - Lower Back Pain
  - Headache
  - Fibromyalgia
  - Stroke Rehab
  - Osteoarthritis
  - Tennis Elbow

# Why Use Acupuncture to Fight Cancer

- ❑ **Minimize pain** caused by cancer
- ❑ **Manages the side effects** of radiation and chemotherapy such as vomiting, nausea, poor appetite, weight loss, fatigue, depression, xerostomia (dry mouth), and anxiety
- ❑ **Increases white blood cell** count
- ❑ **Improves immune** and lymphocyte cell activity
- ❑ Improves a **patient's overall quality of life**
- ❑ **Safe** for all age groups and an excellent therapy to consider

**Acupuncture is a safe and effective way to relieve some of the most devastating side effects of traditional cancer treatments.**



# Acupuncture and Breast Cancer

- ❑ New research suggests [acupuncture](#) may ease the side effects of some common cancer medications that trigger joint pain.
  - ❑ The study led by Dr. Dawn Hirschman, who heads the Breast Cancer Program at New York-Presbyterian/Columbia University Medical Center, also in New York City.
- ❑ "[Acupuncture](#) has been around for thousands of years and has no real downside," said Dr. Lauren Cassell, chief of [breast](#) surgery at Lenox Hill Hospital in New York City.
- ❑ Dr. Cassell pointed out that acupuncture can improve these symptoms and the patients' quality of life, therefore, more women will be more willing to compliant in taking their medication and improve the treatment outcome.
  - ❑ By Robert Preidt published in HealthDay News on Dec. 7, 2017.

# What to expect?

- ❑ Acupuncture needles are extremely thin, about the thickness of two human hairs.
- ❑ The needles are sterile, individually packaged and disposable.
- ❑ Many patients say that they experience a deep state of relaxation and renewal during and after an acupuncture treatment.