

Acupuncture Is It For Me?

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Traditional Chinese medicine (TCM) has seen an enormous gain in popularity recently in North America. With a history of over 2500 years, it is not a new type of medicine. Although it has been grouped under the alternative medicine group, it is “alternative” to North Americans in general, second to allopathic (Western) medicine.

TCM is the main stay of health-care in many parts of the world, and in some areas, the only type of medicine available today. Although some of the techniques and principles used in TCM are new and somewhat foreign to us, the results over thousands of years speak for themselves.



I have been involved in the medical field over 30 years, and have studied both Western and Eastern medicine. Now some of you are saying that nothing beats Western medicine, and some may say TCM is the way to go if you want results. I have seen that both are excellent types of medicine in their own right. What type of medicine you choose is your decision, and privilege. An easy way to describe the two systems is, Western medicine is best for acute cases, and TCM is best for chronic cases. In this description, the two overlap in the middle and both are equally good in treating the same condition. This also reinforces the fact that both have the ability to treat problems out of the others scope with excellent results.

When I treat patients, they often ask if this will affect the medicine they are taking presently. Although there are some herbs and medicines that should not be mixed, for the most part the two medicines are compatible with exceptional results. Thus the incorporation of both Western and Eastern medicine may offer the patient the best possible results in their condition.

One thing to keep in mind is that when you go to see a practitioner of Chinese medicine, you will be exposed to many new methods of treatment. The interview you will go through with the acupuncturist will be very different than the one you have been accustomed to. Many questions will be asked, which seem to have nothing to do with your condition, but keep in mind that the acupuncturist is getting a whole picture of your condition. This information will allow the acupuncturist to do a differential diagnosis that will then group you into a syndrome, and this is what the acupuncturist will treat, to get to the root of the problem. The mainstay of Chinese medicine diagnosis centers on the tongue and pulse diagnosis. These two methods of diagnosis are exclusive to Chinese medicine, and give the acupuncturist a wealth of information on your condition and the physiology of your current condition.

So keep an open mind and try acupuncture, you have nothing to lose. Who knows, you may very well get better, and lead a more active and energetic life.