

Pain and Aging: Must they be Synonymous

Qi Acupuncture & Wellness Center

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The year is 1991 and a couple of ladies with silver streaked manes and smooth aged skin exit the YMCA. A familiar face is seen exiting an onyx colored 1988 convertible Cadillac Coupe Deville.

“Hey Willie Mae, I haven’t seen you in here in a long time!” exclaims a scratchy voice. “How are things going for you?” “Well Mary, you know I got that Diabetes.” Mary responds with a compassionate look and weary nod. “At my last doctor’s appointment, Dr. Farrow told me my sugar was up again. And last week my eye doctor told me I would need the surgery again to stop my cataracts from coming back. And you know I have that degenerative bone disease and let’s not even talk about my neuropathy.

What going on with you Mary?” A list of ailments ensues. “Well, my peptic ulcers have been acting up. I have that rheumatoid arthritis and the doctors haven’t been able to get rid of my back pain...”

Betty interrupts, “Are you gonna have surgery?” “Oh no, I won’t let them operate!” is the emphatic response. “I’m too old to let them start cutting up on me now. I’m on a Cox-2 inhibitor or something like that. I’m on so many other medications, I know you know how that is, but I refuse to take any more pills Betty.”

She barely finishes her statement before Betty & Willie Mae chimes in as if orchestrated by a choir director, “I know how you feel Mary.”

Now you could conclude one of two things from the above. I either spend a lot of time in conversation with elders or a lot of time accidentally eavesdropping on the conversations of elders. Both are true. But it doesn’t negate the picture I am attempting to sketch.

All things in creation have a time of increase and natural time of decline. Seasons change. The moon waxes and wanes. Leutinizing hormone and follicular hormones rise and fall playing their role in the female 28 day cycle; televangelists reach the heights of fame and plumed into scandalous lows. And although the human body is not excluded from a natural cycle, is the natural conclusion that human must suffer inordinate quantities of pain, prescriptions, and conversations about “my last doctor’s appointment?”

There are a variety of treatment options and therapies available to you at all times. Unfortunately, most only examine other options as a last resort after standard western therapies have failed. The previous does not have to be the case. More and more research is supporting the use of non-western treatment therapies and one of them may

help you. There is no need to exhaust every western treatment when research is finally verifying that other complementary treatment may be more effective for certain conditions. Don't waste valuable time suffering.

Your Viable Options

One complementary or alternative treatment option is acupuncture and Asian medicine. A practitioner of this type of medicine may use a combination of treatments which may include acupuncture, herbs, dietary considerations and other adjunct therapies. According to the World Health Organization (WHO) conditions such as osteoarthritis of the knee, neck/low back pain, incontinence, PMS, Menopause problems, sciatica, shoulder pain, arthritis, tendonitis, sinusitis, Lupus, fibromyalgia, trigeminal neuralgia, and more have been successfully treated with acupuncture and Chinese medicine. A study conducted by the National Institute of Health indicated that acupuncture treatment of pain (i.e. migraines, arthritis) is effective in about 60 percent of cases. In a Swiss study of 35 people receiving electro-acupuncture for fibromyalgia, 25 percent reported complete relief, while 50 percent experience significant improvement. Research has also been done on stomach acid production, depression, anxiety, and insomnia.

While studying abroad in China, I observed how seamlessly Traditional Chinese Medicine (TCM) and modern (western) medicine worked in the context of their cultural and medical environment. A TCM doctor could easily order an EKG based on pulse palpation (a technique utilized in Chinese medicine to assess an individual's health) and then write an herbal prescription. My personal experience, as a patient in Chengdu, involved some severe back pain. I consulted with the TCM doctor, an x-ray of my spine was taken, and no structural damage was observed. After the consultation and exam, I was given an external and internal herbal formulation for 7 days. I experienced no further back pain during my studies. Although that level of fluidity has not been achieved on American soil, the west is beginning to recognize the health benefits associated with this type of treatment with low occurrence of side effects.

Education Requirements for Providers

Now that you are curious about this medicine, you may ask what type of education and credentials do practitioners in America obtain? In some areas, chiropractors are able to utilize acupuncture within the framework of chiropractic case management. Other health care professionals are also allowed to perform acupuncture with limited or zero training depending on state law. Those who practice in this field with the designation L.Ac., NCCAOM Dipl Ac., Dipl CH, Dipl OM, D.O.M., etc have completed entire program curriculums that include direct patient contact hours.

The variety of educational institutions available, greatly impact the variety of potential credentials a practitioner may possess. Some schools may focus only on acupuncture, while others focus only on herbs. There are other schools that include both and still others

that teach the entire spectrum of acupuncture, herbs, tui na (Asian massage), food therapy, nutrition, and other Chinese medicine modalities. Schools with the most comprehensive education include the entire TCM training and biomedicine education. Depending on institution attended, competency test may have been administered as a condition of graduation. I attended such a school.

Thus, an educational program with a holistic approach, concentrated on acupuncture, Medicine, combined with concentrated study and rigorous examination, results in an application of this healing art unique to those educated in this field and allows for a broader application of these techniques and treatments.

Where You Should Receive Treatment

Qi Acupuncture & Wellness Center

At Qi a holistic approach to your health is taken with an emphasis on individual health needs. One pill fits all is not the health credo. Qi offers “Natural Relief for Human Suffering.” If you are suffering, you owe it to yourself to give Qi a call.

There is no medicine or therapy that can claim to cure 100 percent of patient 100 percent off the time. But if you have tried other therapies with little or no benefit, based on a few of the research samples cited here, you have a greater than 50 percent chance of being helped.

So I repeat.

Is the natural conclusion of the human cycle suffering inordinate quantities of pain, prescriptions, and conversations about “my last doctor’s appointment,” etc.? **Absolutely not!** But the degree to which you experience the previous depends on your willingness to explore, in youth or wisdom of age, other options toward improved quality of life.

**If you live in Phoenix or the West Valley, Call Qi Acupuncture & Wellness
At 602-462-1115 for Natural Relief for Human Suffering!**

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