

Dr. Kwang

Wellness & Healing Teas

What is Alternative Medicine?

Alternative medicine is a term coined by Western medicine. Western medicine has produced results which allowed people to continue live longer and live more useful lives. We have been able to enjoy our families who have pacemakers, kidney dialysis, etc. If it was not for Western medicine we would not have certain family members around.



A hundred years ago alternative medicine was used to handle sniffles, indigestion, pains, tiredness and other symptoms. These symptoms were a sign of something in the body which was not working properly. These were signs that the body was not working at the chemical level. Western medicine looks for physical changes in the body, using x-rays, CT's, MRI's, blood tests to look for changes which would indicate a problem.

Alternative medicine looks at the chemical changes before the blood work, x-rays, CT's, MRI's can find any wrong. There has to be chemical changes at the cell level and hormone level before physical changes occur. How many people can have acid reflux or indigestion for years before a hiatal hernia is picked up on x-ray? How many people have undergone multiple specialists before their medical doctors can diagnose someone?

Western medicine has defined parameters on what it is able to do. Sometimes the disease has to progress further before conventional medicine is able pick it up. The symptoms are already there but the physical changes have not shown up yet. It is not until the chemical changes lead physical changes than the blood tests, x-rays, CT's and MRI's can show positive results.

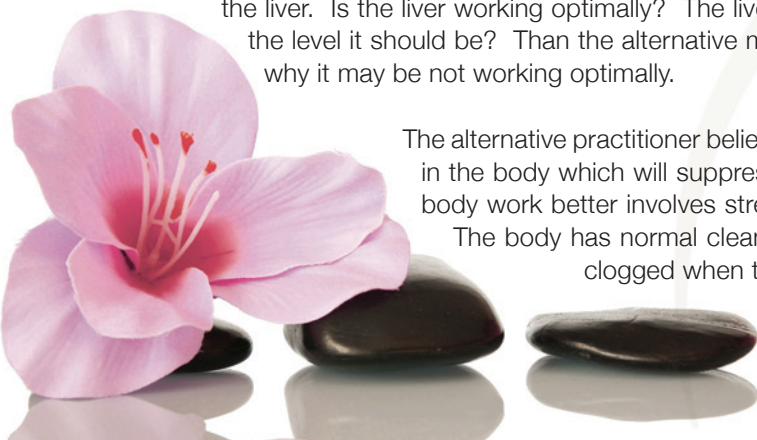
This is why alternative medicine has become very popular. People want to live longer and have a higher quality of life. There is nothing worse than to find out the problem and have no way to fix it. Alternative medicine looks for the chemical changes of the body before it continues to irritate the body and lead to physical changes.

For instance, in the case of Epstein-barr virus. The Epstein-barr virus is a virus that is detected in blood tests. Its presence indicates chronic sickness. The symptoms are extreme tiredness, sleepiness, lack of energy, brain fog, lack of muscle tone, fever and swollen glands. People who test positive for Epstein-barr virus and show extreme fatigue are diagnosed as chronic fatigue. There are no known medical treatments to cure or alleviate the Epstein-barr viruses.

Someone who is diagnosed with chronic fatigue will seek the help of an alternative medicine practitioner. The alternative medical practitioner may check the relative function of the liver. Is the liver working optimally? The liver is working but is it working at the level it should be? Than the alternative medicine practitioner will find out why it may be not working optimally.

The alternative practitioner believes there are toxins that build up in the body which will suppress normal function. Helping the body work better involves strengthening its ability to cleanse.

The body has normal cleansing mechanisms that become clogged when things are not working properly.



continued



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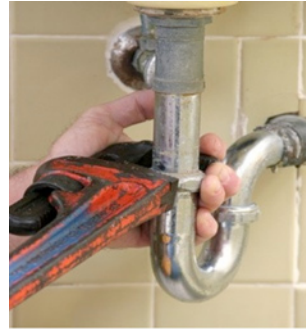
- Alternative Medicine

"...Chinese medicine recognizes external pathogens as a cause of disease..."

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The clogging phenomenon is similar to when the plumbing in the house gets clogged. There is something that is preventing normal flow.

This is why traditional Chinese medicine explains everything in terms of flows. One type of energy flows into another. We eat and foods get broken down into nutrient particles. It then gets absorbed by the intestines. This is an example when one type of energy becomes another. The blood picks up the nutrients and circulates it into the body.



What happens if the liver is not producing enough enzymes? The food would not be able to be broken down into absorbable particles. Food that is left in the intestines allows bacteria to grow and produce toxins. The toxins stay in the body and cause gas.

What would cause the liver to not produce enzymes? It was producing them before and now it is not. The medical doctors are only interested in heart burn or constipation. They are not looking for what happens if someone is not absorbing their food properly. This is a form of starvation. Not eating certain foods gives the same result as not absorbing certain foods. The nutrient does not get into the body.

This is the viewpoint of alternative medicine. Alternative medicine practitioners are looking for ways to make the body work better. The viewpoint is there is something that is wrong that can be corrected. The body is designed to work perfectly. When it is showing sign it is not than it means there is some cleaning to be done. Than the body begins to work the way it should again.

Why does alternative medicine work? Alternative medicine works with natural remedies. Vitamins, minerals and herbs possess natural chemicals that the body needs in order to function. Using natural remedies will allow the body to work better. Ignoring the problem and using ways to bypass the symptoms will lead to more health problems.



Traditional Chinese medicine would be considered alternative medicine. These days Western medicine cannot handle all the health problems so alternative medicine is considered by many progressive medical doctors. The federal government has created a branch to oversee alternative medicine. This branch is called the National Center for Complementary and Alternative Medicine, or NCCAM. NCCAM has recognized several branches of natural healing which Chinese herbs is one.

Another popular one is chiropractic. What does this mean for patients? The federal government wants to be able to allow healing methods that are known to be safe for everyone. Not every medical doctor is trained in alternative medicine. There are ways to make the body work better and have a higher quality of life. Getting up with energy each morning is not unobtainable. Having energy throughout the day is not impossible. You had energy before. Something in the body was working. Maybe alternative medicine can help.



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As we are a Chiropractic office we will not offer any personal medical advice. See your medical doctor for any questions you may have.

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