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HEALTH & WELLNESS WITH ACUPUNCTURE, TCM HERBALS, ANTI-AGING MICROCURRENT—FERTILITY & WOMEN'S ISSUES

## POINT OF VIEW

Homeopathy and Chinese Medicine—a comparison by Ilana Stein-Attali

I was pleased to see an article recently about the different therapeutic modalities we have to choose from. I am concerned, though, that people who have not yet tried Chinese medicine or those in the midst of treatment may feel that homeopathic medicine is a preferred path, as this is how it was presented. I would like to explain how I view Chinese medicine, since it entered my life some 15 years ago.

Chinese Medicine is a holistic practice which has its foundations in the Tao philosophy, written as 81 verses in the 6th century AD by Lao Tzu. The central theme of the Tao is "oneness". This oneness can be divided into polar entities known symbolically as yin and yang, which manifest the Tao (the way). From the intermingling of yin and yang arise the five elements—water, fire, wood, metal, and earth—used metaphorically to understand phases of transformation of natural phenomena.

Taoist wisdom is often expressed in paradoxical terms. The underlying message that the only constant in the universe is change maintains that, although Chinese medicine is ancient, its wisdom is eternally true. The theory is so profound that it is applicable in understanding medicine, culture, physics, design, relationships, strategies—you name it. Actually, there have been many books written on the Tao of physics, the Tao of poker, Tao of Pooh and many more.



Acupuncture is only one of the tools that the practitioner can choose to aid the body in creating a healthy, free-flowing yin/yang relationship. Once a diagnosis has been understood, the practitioner can choose, with the patient, which of the modalities to emphasize: acupuncture, acupressure, moxa, tuina, exercise, food therapy, life style changes etc. Chinese medicine skillfully treats both chronic and acute symptoms and its underlying philosophy is also used in prevention and maintaining a healthy life.

Spirituality, emotions and physicality are all connected in the healing framework of Traditional Chinese Medicine as each organ is assigned a physical function, an emotional vibration, and a spiritual entity. As an example, the liver has the function of making sure the blood flows smoothly, is weakened through frustration and anger, and is healed through compassion.

In 2003, the World Health Organization published a landmark study, titled "Acupuncture: Review and Analysis of Reports on Controlled Clinical Trials". I advise everyone to read over the summary of their findings and the many diseases and disorders that can be treated with acupuncture.

Although science is an unfinished business we can still use the principles of Chinese medicine and feel them work. Just as Noah was brought to safety in his arc from wood, which makes no sense since wood is so much heavier than water; we can use techniques that have shown themselves to work for thousands of years before understanding them in our time. I would like to conclude by ideas that the Tao and quantum physics both suggest and that is, and I quote Wayne Dyer "when you change the way you look at things, the things you look at change."

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