



LifeLine

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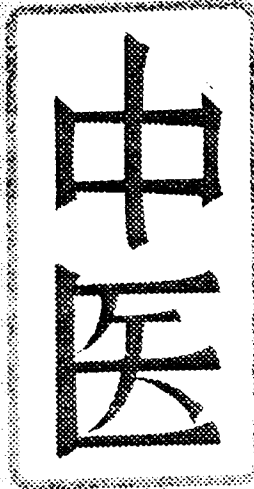


Chinese medicine

The Eastern approach to disease is dramatically different from the prevailing attitude in North America.

Western medicine views the body as a machine: when something goes wrong, the solution is to fix, replace or remove the broken part.

Eastern medicine sees the body as a whole entity, like a plant: if the leaves feel dry, the first step would be to give the plant water.



TREATMENT

The goal of therapy is to restore the optimal internal conditions so the "plant can flourish again:

1. **Warming** herbs, e.g. ginseng, or warming foods, e.g. ginger.
2. **Cooling** herbs, e.g. chrysanthemum, or foods e.g. watermelon.
3. **Moisturizing** herbs, e.g. rehmannia, or foods e.g. mussels, mushroom seafood soup.
4. **Tonics** or energizing foods, e.g. North American ginseng.

DIAGNOSIS

In Chinese medicine, the first step is to collect a wide range of circumstantial evidence relevant to the key health factors.

Factor	Clues
WET/DRY	Mouth dryness, stool consistency, cracked or thick tongue.
HOT/COLD	Temperature of hands, reaction to heat or cold, fast or slow pulse.
ENERGY/LETHARGY	Level of activity, tiredness, strength and pounding of pulse.

ACUPUNCTURE

The theory is that stimulation by a foreign body (acupuncture needle) activates the body's natural healing mechanisms in that area.