

# *Wellness Care:*

*Health is a verb, not a noun*



## **RELIEF, STABILIZATION & MAINTENANCE CARE**

Most diseases progress through various stages. In the beginning stage an individual is often unaware of the disharmony occurring within the body. As the problem becomes more virulent, symptoms of pain or imbalance begin to appear, but unfortunately, they are often overlooked. When the disease is fully established and flourishing, then one experiences chronic pain or other forms of chronic discomfort.



It is important to point out that symptoms are often the last to appear in the progression of a disease. A perfect example is heart disease. The number one symptom of heart disease is often a fatal or near-fatal heart attack. Obviously, the heart problem was brewing in the system for a long time. However, it remained undetected from a Western medical perspective until it was too late. Since symptoms are often the last thing to develop in the growth of a disease, they are usually the first things to disappear in the treatment of the disease. This is especially true with Chinese Acupuncture and Herbal medicine. Generally, within just a few treatments, one notices a dramatic reduction in their symptoms.



This period of treatment we call **Relief Care** and it can take anywhere from 6 to 30 treatments, depending on the patient's response to this style of medicine and the severity of their problem.

Unfortunately, if treatment is stopped at this point, then one runs the very real risk that over the next few months the problem will re-appear and once again a number of acupuncture treatments will be necessary to reduce the symptoms. An appropriate analogy is that of cutting down a tree. If the stump is allowed to remain, then it is quite possible that new growth will appear after sometime. However, if the stump is removed the tree is gone forever.

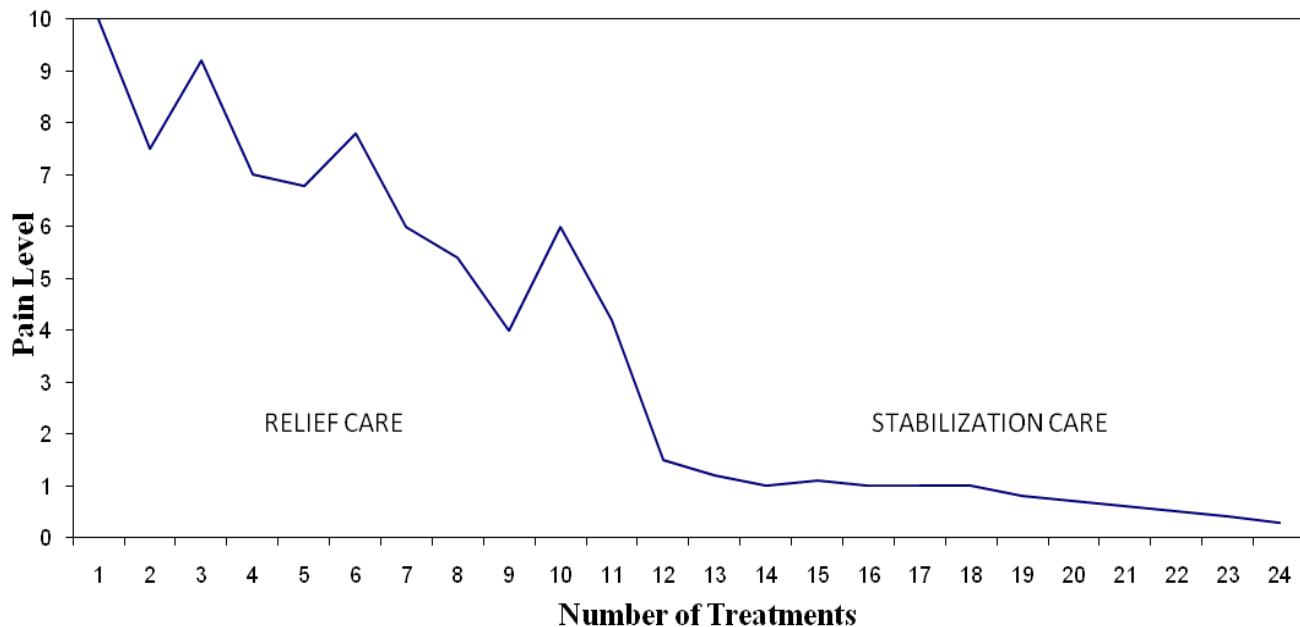
If we are allowed to treat beyond simply reducing symptoms then something truly magical begins to take place. Not only are the symptoms reduced but almost always they do not return. This portion of one's treatment we refer to as **Stabilization Care** and it also can take anywhere from 6 to 30 treatments. The rule of thumb is that it takes approximately the same number of treatments to correct the problem as it did to relieve the symptoms by 90%. Most patients at this clinic choose Stabilization Care as their goal. It is easy to see the fallacy of removing the symptoms only to see them re-emerge several months later. Then one has to go through the same process all over again. From an expense point of view, it is much more economical to choose Stabilization Care over Relief Care.

The third type of care provided through the clinic is **Maintenance Care**. This involves treating the patient once a month to ensure that nothing new emerges as a health concern.

Traditional Chinese Medicine is a complete health care system and its efficacy lies in the area of health complaints. TCM works well with Western Medicine in that Western Medicine's effectiveness is more in the area of trauma, which is something TCM is not well equipped to deal with. Our approach is to diagnose and treat problems long before they become a crisis and long before they require the intervention of Western Medicine.



## Typical Profile of Pain Relief



Above is a typical profile of the pain reduction through a series of acupuncture treatments. Note that the pain between the 9<sup>th</sup> and 10<sup>th</sup> treatments actually increased. However, the pain level on the 10<sup>th</sup> treatment is still 40% below what it was in the beginning and on the 11<sup>th</sup> treatment the pain once again is dramatically reduced.

This chart also illustrates the difference between Relief Care and Stabilization Care. Note that Stabilization Care begins when the pain reduction is approximately 90%, and also note that there is little pain volatility during the Stabilization phase of treatment.