

## ARTHRITIS AND TRADITIONAL CHINESE MEDICINE PART TWO: CLINICAL CONSIDERATIONS

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It is generally understood that each person has their own unique inheritance, constitution, and characteristics. Some people are affected by allergies, while others are not; a certain medication will work for one person, but not all. What this means, clinically, is that the same method cannot be used to treat different people, even when they have the same disease. Even though Western medicine is still in its infancy, its practitioners have found that the same treatment will not work equally well on all patients. TCM treatment principles are specific to each individual client. Outlined below are some of the concepts and principles utilized in TCM.

- **Diet:** Chinese medicine offers many herbs that can ease the pain and reduce the inflammation of arthritis, some of which are commonly added into a meal and eaten as food. It has recently been discovered that protein, calories and fats can reduce the inflammation of arthritis. Certain fish oils may also interfere with the inflammatory process and therefore reduce the symptoms of rheumatoid arthritis. As Hippocrates said, “let food be your medicine.”
- **Residence:** The qi in your environment can affect the qi in your body. If the climate where you live is too damp or too cold, it may affect your arthritis. This holds especially true if you tend towards having a damp or cold constitution. Arthritis sufferers should give serious consideration to the environment in which they choose to live.
- **Sexual Activity:** It is reported that sexual activity can stimulate the adrenal glands to produce corticosteroid, a hormone that reduces joint inflammation and pain. It is believed that sexual activity may also trigger the release of endorphins, which inhibit the perception of pain.
- **Lifestyle:** Your lifestyle affects how the qi circulates in your body. If you frequently feel ill, either physically or mentally, you may need to closely examine your lifestyle. When your qi circulation is against the “Dao” (nature), you will become ill. You may find that walking or doing Qi Gong exercises every morning can improve your qi circulation.

In order to understand arthritis completely, we must remain open minded and objective. Only then will we be able to reach the goal of a complete cure.

Sources:

*\*Acupuncture and Arthritis by Steve Phillips, L.Ac.*

*\*Acupuncture and Arthritis, BMC Complementary and Alternative Medicine*

*\*Acupuncture Reduces Arthritis Pain by Tom Keppeler*