

TRADITIONAL CHINESE MEDICINE TREATS MODERN DISEASES

By Anthony D. Morris, L.Ac.

PART ONE: HIGH BLOOD PRESSURE (HYPERTENSION)

According to a new report in the Journal of the American Medical Association, high blood pressure (or hypertension) is a major risk factor for heart attack, stroke and kidney failure. Middle aged Americans face a staggering 90% chance of developing this condition. The western medical approach to treatment is to give medications that will lower blood pressure. However, The drugs must be taken daily, usually for a lifetime, and often these medications have side effects such as fatigue, depression, dizziness, ankle swelling and sexual dysfunction.

Researchers found that ancient Chinese medicine has the potential to dramatically reduce the pressure on the heart. This is because it can reduce activity in the sympathetic nervous system, which regulates involuntary movements such as heartbeat and blood pressure.

Traditional Chinese Medicine has its own view, theory and treatments for hypertension. When used, either alone or in combination with western medication, TCM has proven highly effective in treating patients with high blood pressure. Dr. Randal Zusman, Director of blood-pressure medicine at the Massachusetts General Hospital conducted a study on 180 individuals who will receive 12 acupuncture treatments over a six-week period. Treatments are based on Traditional Chinese Medical diagnosis and treatment protocols. According to Dr. Zusman, "The studies already reported in the medical literature are very encouraging and we anticipate that a significant number of participants will respond to the treatment." Dr. Zusman goes on to state, "A substantial number of our patients have responded with significant reductions in blood pressure and the implication is that the 12 acupuncture treatments over a six-week period will produce a cure." In this case, cure is defined as "maintaining normal blood pressure for one year without medication."

Kathy Griffin came to me for help with her high blood pressure: According to Griffin, "Three weeks before I began treatment I felt light headed and dizzy, my knees buckled and I had a temporary loss of consciousness. It was at this point I decided to begin treatments with Tony. He determined that my blood pressure was 178/97. Now after ten treatments, my blood pressure is 137 / 75. I was opposed to using pharmaceutical drugs, and was delighted to find a way to cure my hypertension in a completely natural way. Acupuncture and herbs bring my body into balance and harmony without the use of drugs."

Jim Creelan also had been suffering from hypertension. Creelan stated, "My blood pressure started out at 156/108. I had not taken medications because I didn't want to experience the side effects. After my first treatment with Tony, my blood pressure dropped to 154/89. I continued weekly treatments for two more weeks and in addition to the acupuncture treatments, I have been cooking the herbal formulas that Tony makes up for me. In just 3 weeks my blood pressure has dropped to 140/85."

