

Complementary and Alternative Medicine (CAM)

Presented by:

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http://nccam.nih.gov/news/camstats/2007/camsurvey_fs1.htm

- 10 Most Common CAM Therapies among adults 2007
- Chiropractic and Massage are 4th and 5th at 8% after Natural Products, Deep Breathing, and Meditation.



Introduction

- Chiropractor by profession and also have a certificate in Acupuncture
- Teach 12th grade Health Science and take students to the medical center to shadow health professionals
- Also introduce CAM especially because it is becoming more popular and now MD Anderson Cancer Center, for example, has a Wellness Center offering Acupuncture, Massage Therapy, Aromatherapy, Chi Gong, Meditation, and much more for the well being of patients (example of referral) and medical schools are also introducing CAM to their students.

What is CAM?

- “Alternative medicine includes a variety of therapies that work to increase wellness, prevent illness and address existing symptoms and conditions. Increasingly, many medical professionals regard alternative medicine as complementary to conventional medicine.”

www.bcbsnc.com/apps/glossary/all.do

Intro to CAM in the classroom

- Before students go to the TMC, they are prepped with videos on verbal/nonverbal communication and at that time a video is shown on Complementary and Alternative Medicine by Dr. Andrew Weil and a power point presentation is presented. I also include a video on Nutrition and Eating Healthy.
- Next, a list of approximately 10 objectives is given to the students. 2 of the objectives are on CAM. For example, discuss 3 herbs, their uses and contraindications, and if used to make Rx drugs for example foxglove and digitalis; discuss 3 CAM and which one you would choose and why;
- Last during their final presentations, students discuss their rotation and each student discusses a different CAM and herb in their presentation. This way all students are introduced to the many CAM and herbs in the classroom.
- Overall, introduces CAM to students and opens their mind to other ways of looking at the body and preventive health.

Acupuncture

Today we will talk about 4 CAMs – Acupuncture, Chiropractic, Massage Therapy, and Craniosacral Therapy

- First Acupuncture- *Where did Acupuncture start? Egypt???*
- “Acupuncture is over 5000 years old. **There is evidence that it was practiced by the ancient Egyptians.** South African tribesmen scratched their bodies to cure disease and the Eskimos used a simple form of acupuncture. In ancient China, the Yellow Emperor's bible on internal medicine talks about the importance of acupuncture for curing disease and restoring health.”
- “Today, in China and Taiwan there are over 232,000 traditional Chinese medical doctors practicing acupuncture. In America there are more than 8000 qualified acupuncturists, 16 acupuncture schools and 2 medical schools teaching acupuncture. As a treatment, it's accepted and practiced worldwide.” www.healthtreasures.com

Acupuncture cont.

- “The general theory behind acupuncture therapy is based on the premise that there are patterns of energy flow through the body known as Chi/Qi that are essential for health. Disruptions of this energy flow, believed to be responsible for the onset of disease, are thought to be corrected by acupuncture stimulation.”
http://www.medicalacupuncture.org/aama_marf/journal/vol15_2/article2.html
- ***“Your body has a network of energy channels or 'meridians' in which your 'ki' flows. Each meridian is associated with a physiological system and internal organ. There are 12 principal meridians that run the length of your body and with more than 350 acupuncture points. Acupuncture points are specific locations along the meridians. Inserting a needle into a point will 'unblock' or stimulate the energy flow through the meridian in a very predictable and measured way.”*** www.healthtreasures.com
- “Acupuncture is all part of the philosophy and practice of TCM or Traditional Chinese Medicine, which uses an intricate system of pulse and tongue diagnosis. A qualified acupuncturist will also check the 'palpation' of the acupuncture points or meridians, your medical history and any other signs or symptoms of disorder.” www.healthtreasures.com
- ***“The treatment is painless and insertion of the needles can feel like an insect bite or tiny prick. If you are sensitive, you will feel warmth or energy flow and is often described as a 'buzz'. Your body will do what it needs to do to heal itself.”*** www.healthtreasures.com

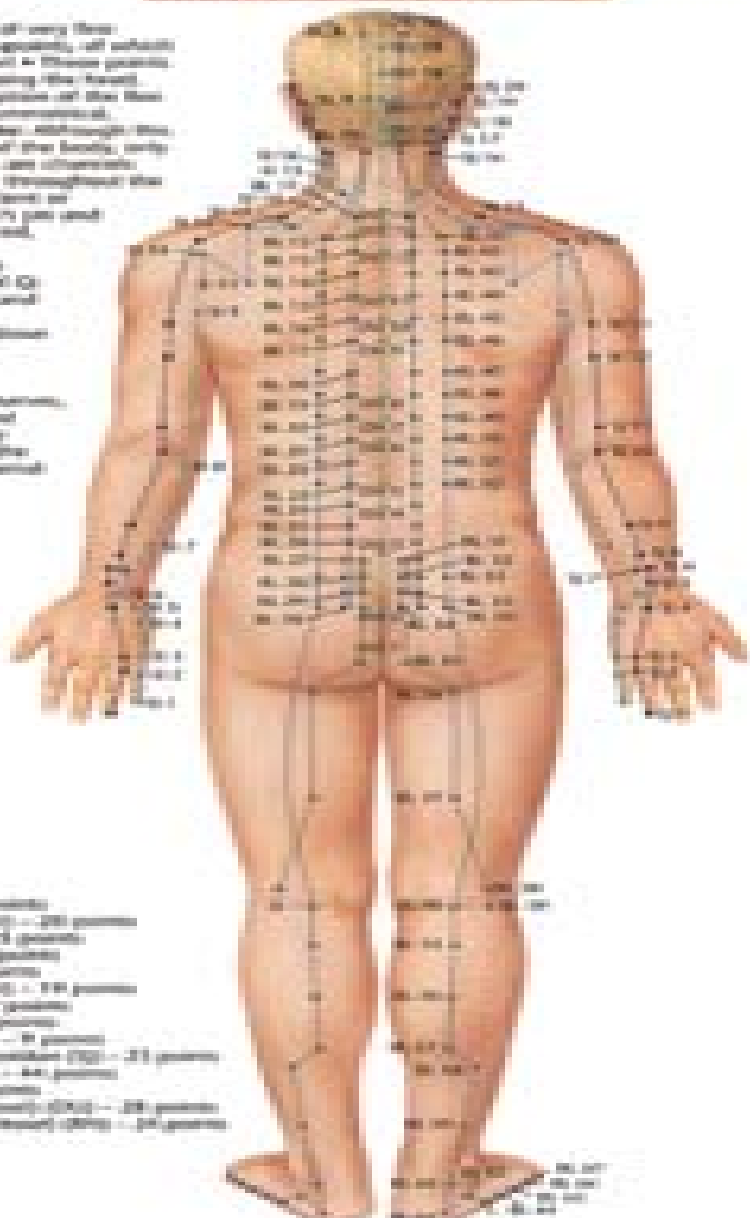
Acupuncture Points

FIGURE 1. Anterior view of meridian

FIGURE 2. Posterior view of meridian



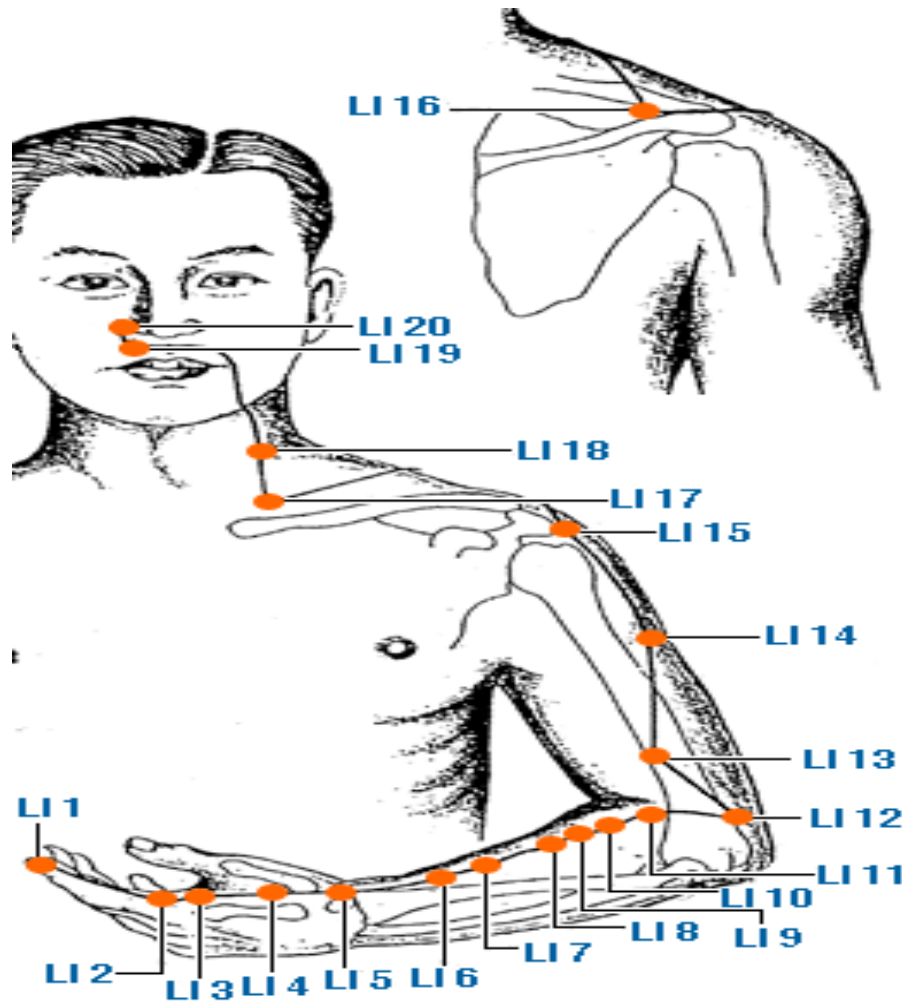
Acupuncture involves the insertion of very fine needles into the body in strategic locations, of which the major ones are located on the meridians. These points are located along 12 meridians, including the hand, foot, lung, and liver. Each meridian is associated with an organ, and the points are located along the meridian. The points are located along the meridian, and the points are located along the meridian. The points are located along the meridian, and the points are located along the meridian.



- Large Intestine (LI) - 41 points
- Small Intestine (SI) - 27 points
- Bladder (BL) - 61 points
- Pericardium (PC) - 16 points
- Heart (HT) - 9 points
- Triple Burner (TB) - 24 points
- Stomach (ST) - 41 points
- Spleen (SP) - 41 points
- Lung (LU) - 23 points
- Liver (LV) - 23 points
- Gallbladder (GB) - 41 points
- Kidney (KI) - 27 points
- Uterus (UT) - 23 points
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Example of an Acupuncture meridian

- **Large Intestine (LI)**- begins at tip of index finger and ends next to the nose; has 20 acupuncture points. Let's try LI 4 (HA – toxicity in LI; C/I – pregnancy) and LI 11.



Chiropractic-

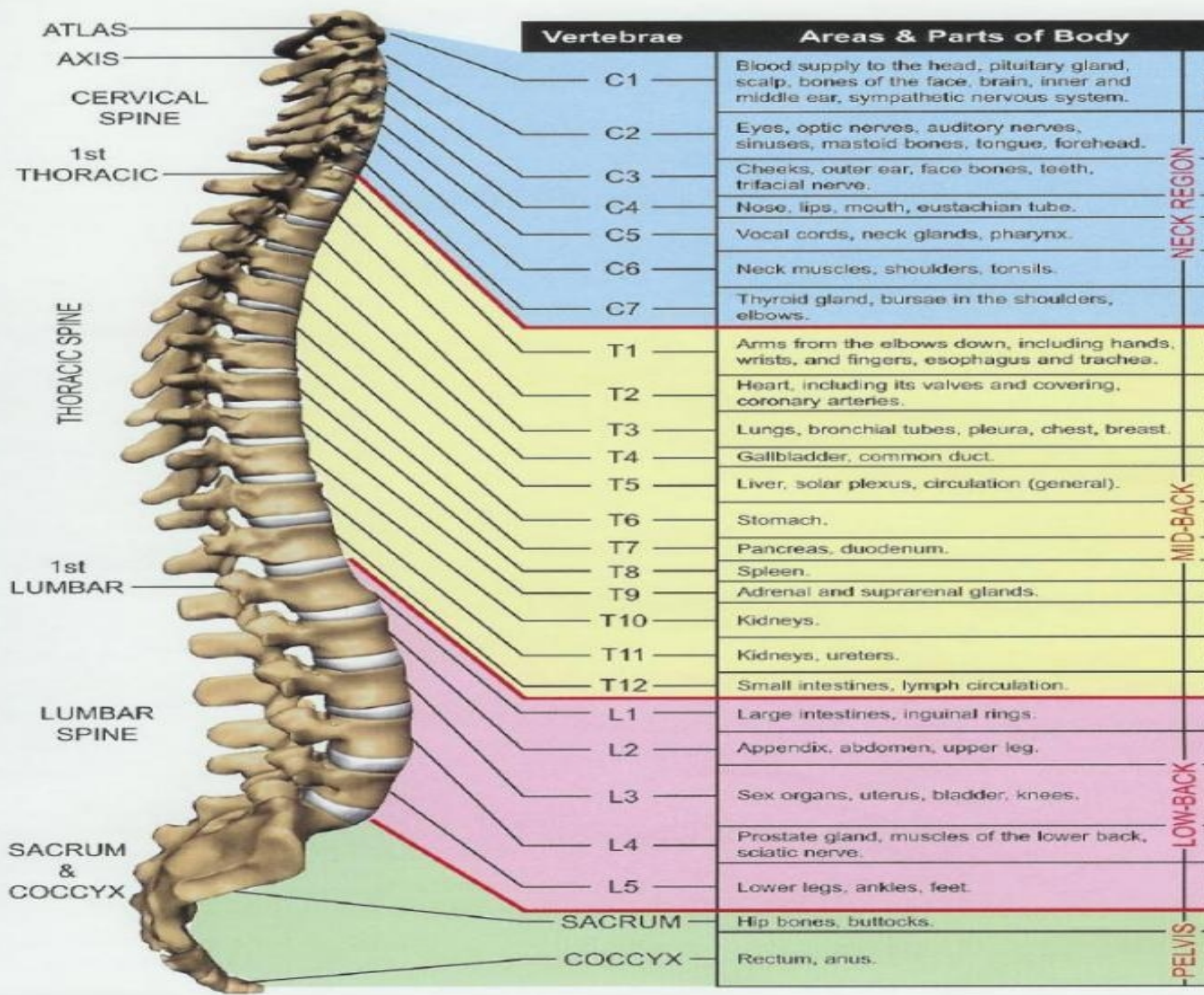
“ Look to the spine and its relationship to disease. ” (Hippocrates)

- “Chiropractic is a health care profession that focuses on disorders of the musculoskeletal system and the nervous system, and the effects of these disorders on general health. Chiropractic care is used most often to treat neuromusculoskeletal complaints, including but not limited to back pain, neck pain, pain in the joints of the arms or legs, and headaches.”
- ***“Doctors of Chiropractic – often referred to as chiropractors or chiropractic physicians – practice a drug-free, hands-on approach to health care that includes patient examination, diagnosis and treatment.”***
- “The most common therapeutic procedure performed by doctors of chiropractic is known as “spinal manipulation,” also called “chiropractic adjustment.” The purpose of manipulation is to restore joint mobility by manually applying a controlled force into joints that have become hypomobile – or restricted in their movement – as a result of a tissue injury.”
- ***“Manipulation, or adjustment of the affected joint and tissues, restores mobility, thereby alleviating pain and muscle tightness, and allowing tissues to heal.” (on its own)***
- “Doctors of chiropractic may assess patients through clinical examination, laboratory testing, diagnostic imaging and other diagnostic interventions to determine when chiropractic treatment is appropriate or when it is not appropriate.”

www.acatoday.org

Chiropractic cont.

- Chiropractors use many techniques. I use the Activator technique in which an instrument used to manipulate the joint. Another CAM I often use is Craniosacral Therapy which we will talk about later.
- ***I learned about and decided to practice chiropractic when I lived in Canada where chiropractic is well known and chiropractors are well paid by the government. The same is the case in London where I also went to visit a chiropractor.***
- Saudi Arabia is currently hiring many chiropractors to be part of their health care system in which Physical Therapists, Neurologists, and Chiropractors work together to help patients with Neuromusculoskeletal conditions.
- ***In the classroom, with their final presentations, the students also write a final essay. The topic of the essay is “How Can Allopathic Medicine and Complementary and Alternative Medicine work together to help patients”.***



Massage Therapy

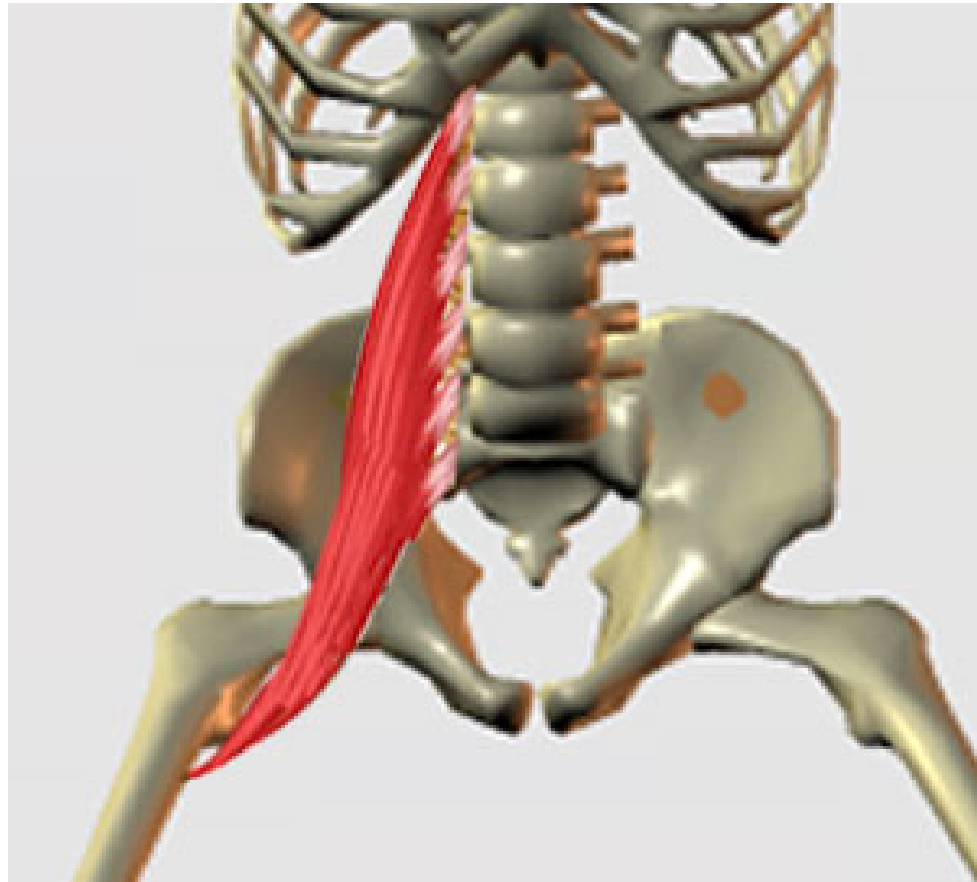
- Massage therapy is well known and we all know how good it feels and how relaxed we are after a massage.
- ***“Massage therapy, also known as Swedish massage, is the most common form of massage therapy in the United States.”***
- “Massage therapists use long, smooth strokes, kneading and other movements focused on superficial layers of muscle using massage oil or lotion.”
- ***“Massage therapy improves circulation by bringing oxygen and other nutrients to body tissues.”***
- “It relieves muscle tension and pain, increases flexibility and mobility, and helps clear lactic acid and other waste, which reduces pain and stiffness in muscles and joints.”
- ***“Massage therapy relieves stress. It is thought to help the body's stress response by lowering levels of hormones such as cortisol.”***
- Massage therapy also appears to enhance immune function.
altmedicine.about.com
- ***Again, the saying of Hippocrates: “Look to the spine and its relationship to disease”. Notice that many of the CAM are usually practiced along the spine to keep the body balanced and healthy.***

Massage Therapy cont.

- One muscle that is very important in my opinion but not often given the attention it deserves is the psoas (I call it the...) muscle.
- ***When we and the students sit all day in our desks, the muscle becomes shorter. When we are in class, before we head out to TMC, we usually start with jumping jacks and in the middle of the next class period do jumping jacks again.***
- It commonly is the cause of low back pain and when we exercise, especially walking or running, the psoas muscle's action massages the vital internal organs.

Psoas Muscle

- *Origin is at T12/L1*
- *inserts distally into the lesser trochanter of the femur.*



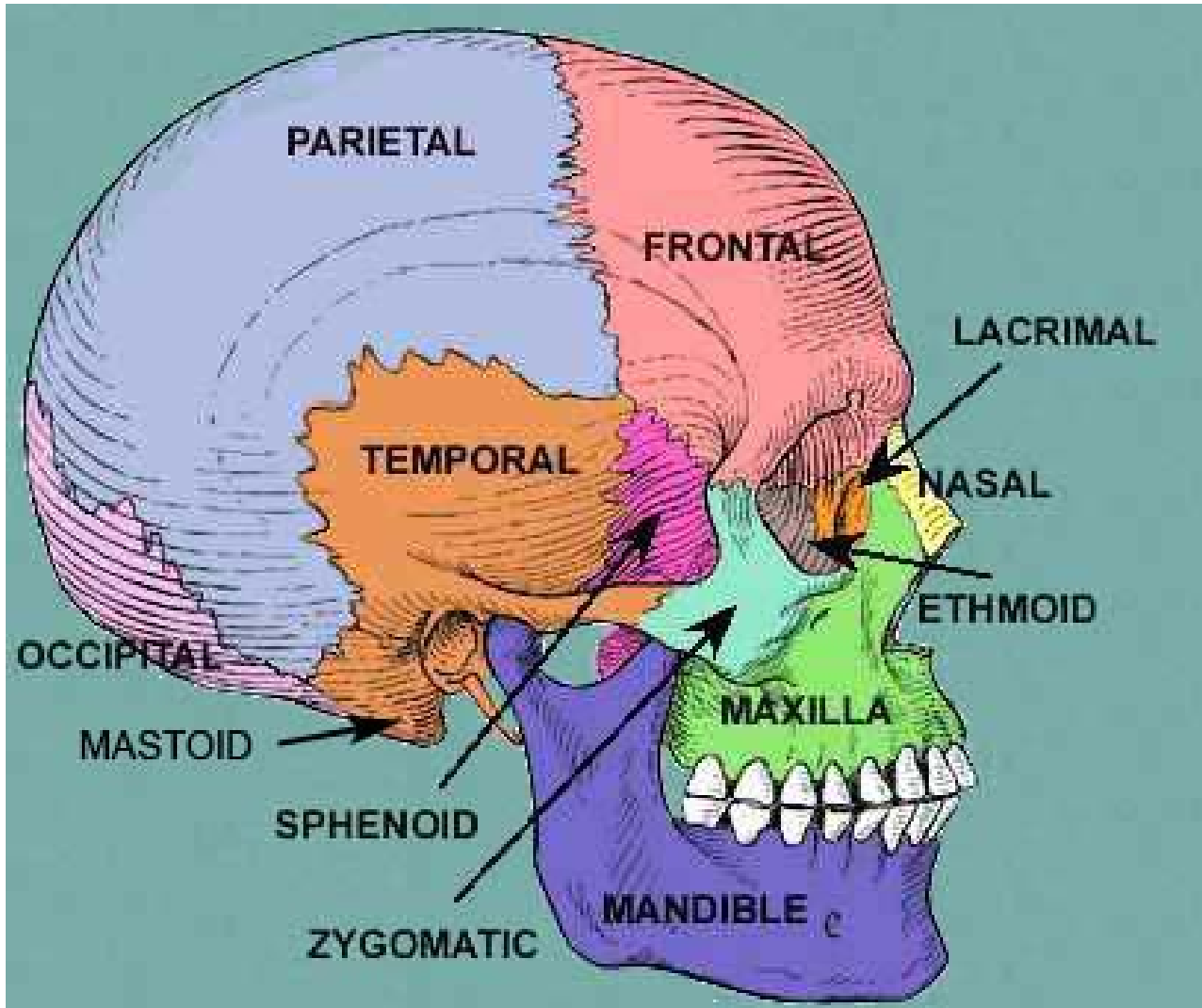
Craniosacral Therapy

- Discovered over a 100 years ago by William Sutherland an Osteopathic doctor.
- *“Craniosacral therapy (also called CST, also spelled Cranial Sacral bodywork or therapy) is an [alternative medicine](#) therapy used by [osteopaths](#), [massage therapists](#), [naturopaths](#), and [chiropractors](#). A craniosacral therapy session involves the therapist placing their hands on the patient, which allows them to tune into what they call the craniosacral rhythm.”*
- **“The practitioner claims to gently work with the [spine](#) and the [skull](#) and its cranial sutures, diaphragms, and [fascia](#). In this way, the restrictions of nerve passages are said to be eased, the movement of [cerebrospinal fluid](#) through the [spinal cord](#) is said to be optimized, and misaligned bones are said to be restored to their proper position.”**
- *“Craniosacral therapists use the therapy to treat mental stress, neck and back pain, [migraines](#), [TMJ Syndrome](#), and for chronic pain conditions such as [fibromyalgia](#).” [wikipedia.org](#)*

CST cont.

- 80% of the nervous system which controls our body is in the brain. Best way to influence the brain is by cranial bones.
- ***Dr. Upledger's story and the Upledger Institute in Florida.***
- Because CST deals with the rhythm, ADD/ADHD children and adults who tend to have a higher Craniosacral rhythm benefit from a CST session.
- ***One example, is the temporal bone, hypothalamus, and emotions.***
- Can't touch brain or spinal cord, but can influence the nervous system through bones as in cranial work and chiropractic.
- ***Emotions are also dealt with in Acupuncture – gall bladder.***
- Candance Pert, Ph.D. and Nobel Peace Prize- Effects of emotions on the physical body; therefore, for example, positive attitude releases positive molecules. I like to share that with the students.

Cranial Bones



Meditation & Chi Gong

- Quick points on this topic.
- *Meditation – relaxation; gives the mind a break like sleep gives the physical body a break;*
- *study shows decreases blood pressure in teens;*
- *Twice when the neurons in the brain highly connect– increase cortisol–like when a lion is chasing you and you have to think fast and during meditation;*
- *Deepak Chopra M.D. – 4 am & talks about the power of the mind on the Oprah show.*
- Chi Gong – Chi means– Energy and Gong means – skill; when we see people at parks; stimulates acupuncture points and meridians; includes meditation; done regularly to prevent disease and balance energy.

In Conclusion

- CAMs usually deal with balancing the body and letting it use its own innate intelligence to heal the body naturally—Vitalistic Medicine.
- Preventive Medicine.
- *A good book to read regarding CAM is Vibrational Medicine by Richard Gerber, M.D. – It was a best seller.*

Questions ?

- Any Questions????
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