

ACUPUNCTURE De-mystified

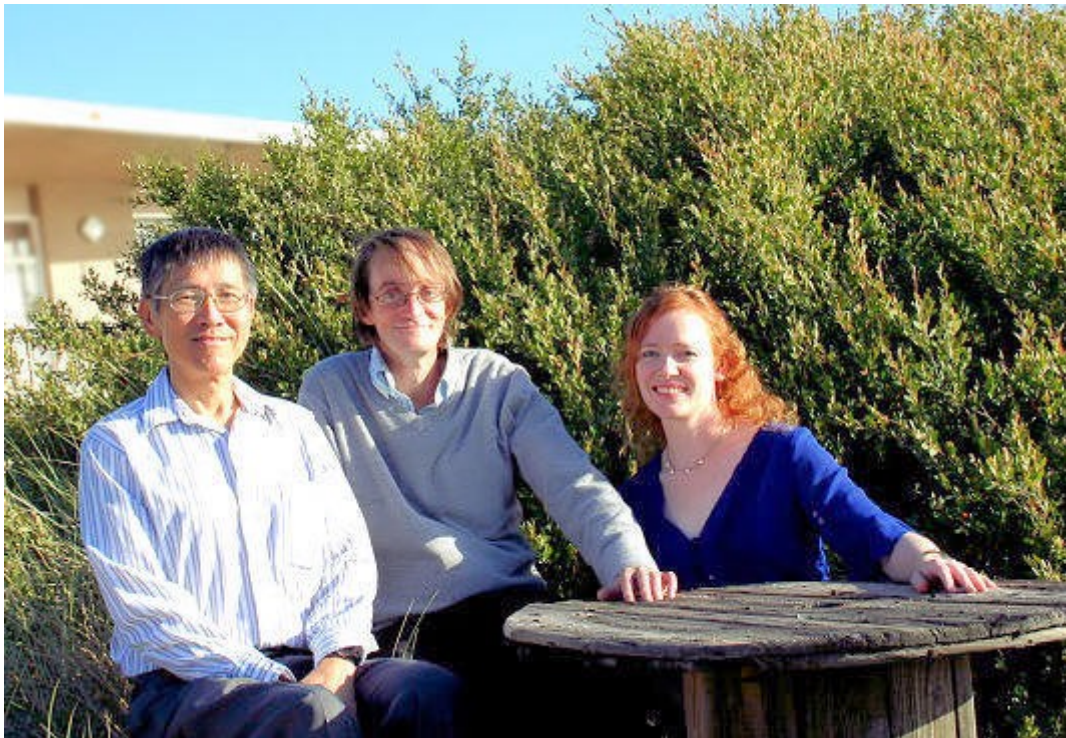


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From Left to Right: Dr. Andrew Ling, Kieran Davies, Ruby Rose Taylor.

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Confucius said: “San ren xing bi you wo shi” fs24

Translated saying:

***When two people walk with me there is my teacher;
meaning we can learn from each other.***

Introduction

As acupuncture is becoming more available in Australia, people are asking a lot of questions about it.

Although brought up in the culture where acupuncture was practised, like most kids, I was scared of needles in my childhood and avoided anything to do with it. Later, trained in Western Medicine, I initially did not believe that acupuncture had any legitimate use in treating illnesses, believing as a lot of people still do that "it's all in the mind", or as the proper term is in Western Medicine, it works through "a placebo effect". This belief was widespread amongst my medical colleagues many years ago and even today a lot of Western medicine trained doctors refuse to even look at the facts on acupuncture.

The purpose of this book is to present an overview of Acupuncture and how it can relate to Western Medicine to the general public. The more technical sections could provide an introduction to the average Western trained doctor as to how acupuncture can be integrated into their normal Western Medical practice to give patients full benefit of both

systems. Details of Acupuncture points and Meridians as well as complex explanations of ancient beliefs are left out to keep the book easily readable, but links are included for further reading on these and various topics. There are lots of Acupuncture books for those who intend to study acupuncture in depth, and I encourage those interested to continue increasing their knowledge in this fascinating mode of treatment. If this stimulated interest continues and scientists continue to investigate Acupuncture with more studies, leading to more revelations and better treatment options for people, the intention of this book will be fulfilled.

My Journey into Acupuncture

After graduating as a doctor at Monash University in Melbourne, Australia, I started work at the Prince Henry's Hospital. There a surgeon mentor called Mr Tim Loh went on the first Australian Medical team to China, when China opened its door to Westerners (after President Nixon's visit) to check the medical practices available to the Chinese people. He came back and told amazing stories of acupuncture practices there.

In particular, Mr Loh told of people undergoing major surgery using acupuncture and light sedation; and how the patients would walk themselves out of the operating room immediately post-operatively. Acupuncture was also widely used in China for illnesses normally needing drugs in Western countries. Mr Loh was so impressed he went on to study acupuncture and became a full time acupuncturist.

After graduation and on starting work, I was full of enthusiasm and thought I could help everyone with their illnesses. It did not take long to find out that there are a lot of patients who could undergo all available Western Medical treatments and yet have their problem(s) unresolved. Also there are a lot of patients who failed to continue their medicines due to side effects.

I initially sent my patients who failed to get adequate improvement with Western Medicine to Mr Loh for acupuncture and was impressed by the results, so I decided to look into the practice in depth. As I found more evidence of results, I felt it would be good for my patients to have an extra mode of treatment when normal Western Medicine was not adequate, that I could offer Acupuncture as well, so I did a course and have continued to keep learning as much as I can ever since.