

Chinese medical treatment of IBS, especially in the people's Republic of China. For instance, Chen Wei Di, writing in the Shanghai Journal of Chinese Medicine, reports on his treatment of 120 IBS patients with Chinese herbs. Eighty-one of these patients (67.5%) experienced a complete cure, while another 31 (28.3%) got a good result. Typically, these results came with 24-26 days of taking Chinese herbs. Yin Wei Che treated another 33 cases with a similar Chinese herbal regime (New Chinese Medicine). Of these 18 cases got a marked effect and 10 got some effect for a total amelioration rate of 84.8%. The comparison group receiving a Western drug only got a 58.3% improvement rate. Likewise, Hong Zhe-ruing treated 156 cases of 113 with yet another version of the same herbal formula (Zhejiang Journal of Chinese Medicine) and achieved a total amelioration rate of 91 percent. In this study, 62 cases were cured, 80 improved, and only 14 got no effect. These are only three among scores of Chinese research reports on IBS published in the last 10 years, all of which proved Chinese medicine is effective for this disease.

For more information on the treatment of IBS, contact one of our skilled practitioners today!

Acupuncture works for IBS!

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I RTITABLE
B OWEL
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Chinese
Medicine
can help

WHAT IS IT?

Irritable bowel syndrome (IBS) is a motility disorder involving the intestines. Patients may experience variable degrees of abdominal pain, constipation, and/or diarrhea which worsens as a reaction to stress. It is estimated that 10% of all American adults experience symptoms of IBS, and patients with IBS account for half of all doctor visits for gastrointestinal complaints. IBS affects three times as many women as men and, after the common cold, is the next most frequent cause of missed school and work.

WHAT CAUSES IT?

No one knows why some people develop heightened sensitivity of the GI tract, at least in terms of Western medicine, but researchers are working on the theory that there are direct links between the GI tract and the central nervous system. Such a brain-gut connection would explain why emotional upsets affect the intestines and why intestinal symptoms affect the mood.

HOW CHINESE MEDICINE TREATS IBS?

Unfortunately, many people experience side effects from any or all of the types of Western drugs used to treat this condition. The good news is that Chinese medicine has been proven to treat IBS safely and effectively. Unlike some conditions, the Chinese medical literature is virtually unanimous in its description of the Chinese medical mechanisms of this disorder. Chinese sources say that this condition is worsened by stress, overeating sugars and sweets, obsessive thinking, too much fatigue, and too little physical exercise. Together, these factors lead to what is called in Chinese Medicine a liver-spleen disharmony. If the liver is stagnated and the spleen is vacuous and weak, a number of

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other complications can arise. The main ones in IBS patients are the creation of damp turbidity, damp heat, and/or blood stasis. In addition, Chinese medicine finds that patients in their 40s or older may also develop kidney weakness due to spleen disease reaching the kidneys. As there are a number of possible complicated patterns IBS sufferers may present, the first step in being treated with Chinese medicine is to get a personal pattern discrimination from a qualified professional practitioner. While every IBS patient suffers from a liver-spleen disharmony, most also have one or more other patterns complicating this core mechanism.

WHAT THE TREATMENT ENTAILS?

After doing an individualized pattern discrimination, a Chinese medical practitioner may choose to treat this condition with acupuncture, Chinese herbal medicine, tui na massage or a combination of these therapies. In addition, they will certainly also adjust their diet and lifestyle. Excessively sweet and processed food is best avoided and the person usually needs to learn better relaxation skills. If acupuncture is the chosen method, the patient usually receives treatment weekly for several weeks and then one treatment biweekly for several weeks more. If Chinese herbs are prescribed, these may consist of modern desiccated powdered extracts or bulk herbs brewed and drunk as tea twice daily. Exactly what method of administration and what combination of Chinese therapies is chosen will depend on the training and preference of each individual practitioner, as well as each patient's needs.

THE PROOF IS IN!

A large amount of research has been done on the