



# Chinese Medicine at The Bath Practice

- ❖ Acupuncture
- ❖ Moxa
- ❖ Point stimulation
- ❖ Herbs

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# Chinese Medicine

Chinese medicine is more than just a therapy. It is a sophisticated and highly effective system of diagnosis and treatment based on the wisdom of Chinese doctors over thousands of years.

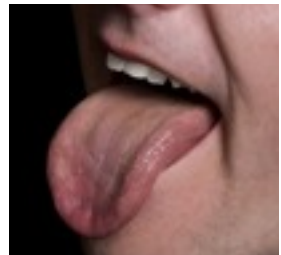
What makes it so effective is the recognition that humans are made up more than just flesh and blood. They are living beings with thoughts, feelings, and above all with energy. This energy is given the name Qi (pronounced Chee), and permeates the body flowing along channels along the arms and legs, and into the internal organs. We all know what it is like to have low energy, and we can dimly remember what it was like to have the energy of a youngster.

## Diagnosis

The diagnosis we make differs from a diagnosis in conventional medicine, for a key part is to determine the energy imbalance that has caused the problem. It is of course important to determine what has gone wrong on the physical level, but it is equally important to determine the energy imbalance. For example a young, strong person with a chronic cough would need a quite different treatment from an old, weak person. The herbs would be different, and so would the acupuncture treatment. Similarly a person who had a red face and was running hot all the time would require quite different treatment from a pale faced person who was always chilly.

## What we take account of when determining the Qi

We take into account all the aspects of a person that can easily be observed, including a persons mood, their facial characteristics, pulse and tongue. We put a special emphasis on the pulse, and there are no less than 28 qualities that can be felt at 3 positions on each hand. When available we also make use of the results of orthodox



medical tests.

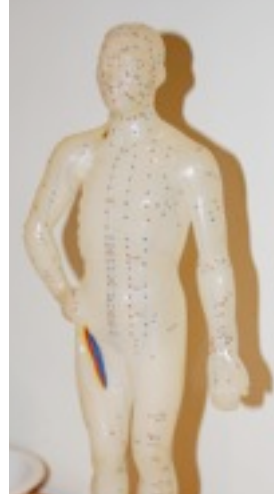
## Therapies that we can offer

### Acupuncture

Acupuncture is a wonderful medicine for children. It has a long and venerable history in China, and it is growing in popularity in the West. It can help in a very wide range of conditions and illnesses, even some which cannot be helped by orthodox medicine.

#### *Channels, meridians, points*

Qi flows along lines (called channels or meridians) all over the body. Most of these originate in the trunk, and go out along an arm or limb. The Qi concentrates at specific 'acupuncture points'. By inserting a needle at these points, the energy flow is invigorated along the whole length of the channel. This means that points can be used which are far away from the main site of the trouble. For example, headaches may be treated by points on the feet, lung problems may be treated by points on the hands.



### Moxibustion

Sometimes the acupuncture points are warmed with a smouldering herb called moxa. This may be in the form of a 'cigar' which is held over the point, sometimes a ball is placed on the needle to warm it, sometimes small cones are burnt directly on the skin to provide a stronger stimulation. (These are removed before they burn right down). Moxibustion is especially helpful for cold conditions, and for those who are



afraid of needles. It is moxa which gives the treatment room its characteristic smell.

### *Effect of treatment*

It is common to feel relaxed after treatment, and it is wise to avoid too much stress for the rest of the day. It is also common to feel tired for a day or so, as the body's energy is directed towards healing. It is also common for conditions to get worse before they get better, for a few days. After this, there is usually a noticeable improvement.

### *How often?*

In many conditions which have been there for a long time, it is sufficient to come once a week. There are other conditions where it is necessary to come more frequently, in order to give an impetus to the healing process.

### *How many visits?*

The number of visits is very variable, and depends on a person's constitutional strength, how long they have had the condition, and the severity of the condition. It is always difficult to predict the outcome of treatment with certainty, but you will be given an idea of what to expect at the first consultation.

### *Gentle and Strengthening*

Acupuncture has the great advantage of being safe and non-invasive compared to surgery and other techniques. It is free from the weakening side-effects of drugs. It is holistic and curative rather than merely symptomatic or palliative. The long-term effects strengthening.

## Herbs

Plants have been used for healing since the very earliest times. Over the years their use has become more and more sophisticated. Our understanding of how they work, how they can be combined and how they can be prepared has improved radically in recent years. Herbs are especially useful for a condition that requires long term treatment, for conditions that change only slowly, or for children who live a long way off, and for whom coming to the clinic is a real difficulty. All the herbs that we use and prescribe are subjected to rigorous quality controls to ensure that they are of the best quality and free from contamination.



St John's wort has been shown to be effective in the treatment of depression

## Chinese herbs

Prescribed by Dr. Gascoigne, normally in the form of powders prepared by freeze drying decoctions of traditional formulae. Occasionally in the form of pre-prepared pills.

## Western herbs

Prescribed by Julian Scott, normally in the form of tinctures. 20 to 40 drops are easily taken in a small glass of water.

## Electrostim

This is a variation on traditional acupuncture where the points are stimulated by a minute electric current (40 to 100  $\mu\text{A}$ ) – so small that it cannot be felt. Contact is made through a moistened cotton bud, so that the skin is not penetrated. This method is especially effective for pain relief, and is used with marvelous effect on children.

# **Special interests**

## **Children**

We see babies and children of all ages, from a few days old to teenage. The commonest age group is 1 to 3 years. The treatment is different from adults in that the needles are much finer, they are in and out very quickly, so that the whole treatment takes only a minute or so. For those children who are terrified of needles, we use the Electrostim, which is completely painless. Please see the pamphlet 'Holistic Treatments for Children'.

## **Eyes**

We have a special interest in the treatment of eye conditions. There are many eye diseases for which there is no treatment in orthodox medicine, but which have been successfully treated by Chinese medicine. See our pamphlet entitled 'The Eyebright Method'.

## **Cancer support**

Dr. Gascoigne has a special interest and experience in supporting patients with cancer. The combination of acupuncture and herbs has been found to be effective in reducing the side-effects of orthodox treatments. In addition, there are some Chinese herbs which have shown marked ant-cancer activity.

## **About . . .**

Julian Scott MA, PhD, Cert Ac. studied in England and in China. He has been treating children with acupuncture since 1976. In 1984 he opened the Children's Clinic for Natural Therapies in Brighton. From 1995 to 2000 he was a professor in an acupuncture school in Seattle USA. He is the author (with his wife Teresa Barlow) of several books on the treatment of children. His doctorate was in low temperature physics. He is a member of the British Acupuncture Association. He has lectured on Chinese medicine in many countries in the world. He lives in Bath with his wife and two school-age daughters, so he has first hand experience of the problems facing parents.

Dr Stephen Gascoigne M.B., Ch.B., C.Ac. (Shanghai), Dip. CHM. is qualified in medicine in 1976 and now specialises in Chinese medicine following 6 or so years of work in the NHS in the UK. He trained in acupuncture in China and subsequently studied in London in Chinese herbal medicine with the esteemed master of Chinese medicine, Tinh Thong Nguyen, a 3rd generation Vietnamese practitioner of Chinese medicine.

He is a fully registered medical practitioner with the UK General Medical Council and the Medical Council in Ireland. He is also registered with the Register of Chinese Herbal Medicine in the UK, the Irish Register of Chinese Herbal Medicine and The Acupuncture Council of Ireland.

He is the author of *The Chinese Way to Health (Connections, 2000)*, *The Clinical Medicine Guide (Jigme Press, 2001)*, *The Prescribed Drug Guide (Jigme Press, 2003)* and a booklet entitled *Natural Alternative for Depression (Winter Press, 2006)*.

## ***Some Conditions Treated***

Respiratory  
Flu and colds  
Cough  
Pneumonia  
Asthma

Skin diseases  
Eczema  
Oral thrush  
Mouth ulcers  
Shingles

Developmental  
ADD & ADHD  
Dyslexia  
Learning problems  
Failure to thrive  
Autism

Digestive  
Abdominal pain  
Constipation  
Vomiting  
Diarrhoea  
Teething  
Poor appetite  
Food allergies

Infectious  
Measles  
Chicken pox  
Whooping cough

Musculo-skeletal  
Back ache  
Sprained back  
Frozen shoulder  
Tennis elbow  
Knee problems  
Whiplash

ENT  
Ear infections  
Tonsillitis  
Short-sight  
Crossed eyes  
Macular  
degeneration  
Retinitis  
pigmentosa

Urinary  
Bedwetting  
Urethritis  
Cystitis  
Nappy rash  
Urinary reflux

Gynaecological  
Painful periods  
Irregular periods  
Infertility  
PMS  
Prolapse  
Post-natal depression  
Lactation problems

Miscellaneous  
Insomnia  
Palsy  
Chronic fatigue

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### **Treatment**

There are effective treatments for a wide range of conditions

### **Support**

At times of difficulty such as when bringing up a family, or looking after an aged relative, the supportive nature of the treatment can help people to get through.

### **Prevention**

With the wisdom of Chinese medicine, one can often see the onset of an illness long before any symptoms appear. We may then recommend ways of avoiding the problem.