

HOW ASIAN MEDICINE DIFFERS FROM WESTERN MEDICINE: AND WHY TO USE THEM AS COMPLEMENTS

~ Jane Grissmer, M. Ac.

One well-chosen acupuncture point has the power to alter our perceptions or reactions to any phenomena in our lives. Our negatives may suddenly take on a brighter tone or we experience a renewed capacity in living them; our body settles and symptoms ease. That is the transformational nature of acupuncture.

If you have had the same problem for a long time, acupuncture will give you a new view.

To appreciate this is to understand that acupuncture works with an entirely different body. How, you might say, is it different? My favorite class for acupuncture students was to show them the amazingly different views of the human body found in early Greek and Chinese medicine. The picture below speaks more than a thousand words. So here side by side is the divergence in thought that took place thousands of years ago. The Greek view is the muscular body; the Chinese view the Meridians of Qi.

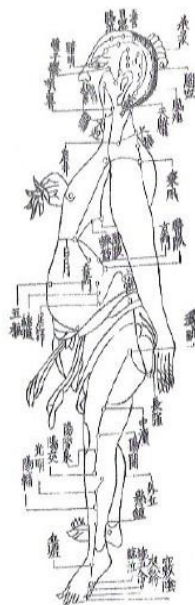


Figure 1. Hua Shi, *Shi Ling Mo*, 1341. Fujitsu Collection, Kyoto University Library

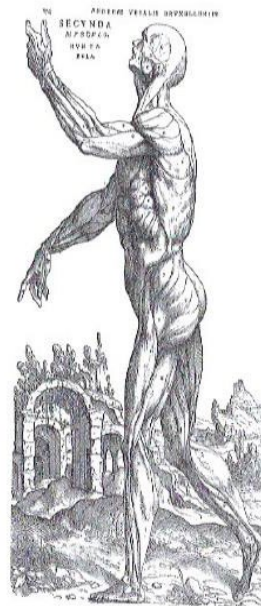


Figure 2. Vesalius, *De Humana Anatomia*, 1543. Wellcome Library, London

It is fascinating for me to witness aspects of our human bodies that western medicine has never even thought of. For instance, the little finger is connected to our heart health. On a patient with a crook in that finger I was able to discern a heart irregularity not picked up by his MD. Or in another patient the repeated twist of an ankle joint that revealed itself in indecision, where to take the next step forward. I spend time helping each patient view how their symptoms make sense through a different lens; and that being treated with a different lens, can have a different outcome.

This is why acupuncture should always be a complement to your health care. It offers unique insight and often great relief when one's experience is understood through another perspective. It is amazing how much help western doctors and their patients can find through interconnections they have never considered.

Schedule now to experience the transformative power of acupuncture in your own life.