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TCM & ancestral medicine holistic approach on chronic pain: Discussion on clinic cases

Introduction: Grenada, WI, woman 50 years old (Mrs. Sheila) She had been treating herself for 22 years in the same hospital she had been a nurse in before her car accident, in New York. She had 12 surgeries related to the accident in her right arm, for it was frozen. She couldn't even comb her hair and had constant pain in her limbs, head and shoulders. Another big issue was her insomnias as she was under heavy medication for a period of 22 years. She arrived at the clinic carried by 2 male helpers, as she couldn't walk.

Diagnose: Having had multiple and frequent surgeries, a blockage was created in her meridian paths followed by rigid and tense muscle structure, stiffness in the joints, restricted movements, stomach irritation, pulse slim and constipation. Sadness and anger came with these symptoms. During consultation, the patient informed that she "would ONLY give the Holistic system 3 sessions to see if they would work, as she was tired of trying and not having visible results". We together achieved muscular pain relief as well as we reduced stiffness in the joints and got rid of restrictions in movement; at the 2nd session of Acupuncture she started to have less pain and even slept during the session 1 Researcher: Dianna Ruas Monday, October 21, 2019 and at the 3rd session of Holistic treatment she started moving the limbs and walking by herself.

Prescription Method: Start by balancing the energy of internal organs using Ear Acupuncture (She-Men, Occipital minor, sub-cortex, kidney, shoulders & her articulations, clavicle, adrenal gland, neck), and Head acupuncture points, followed by deep tissue massage/chiropractic/shiatsu and hot ginger compress at the back, and Chi Nei Tsang (intestinal) massage. She was prescribed Clay baths at home and macrobiotic detox diet that included only the consumption of green vegetables, seasonal fruits, sea weed and whole grain cereal.

Results: After 2 sessions she started sleeping normally. After 5 sessions she started combing her hair and walking alone on the street of Grenada, WI. We had 10 sessions and after that she was moving flawlessly and going back to New York to meet with her hospital team and share the experience.

Conclusions: Frequent surgery created a blockage in her meridian paths caused rigid and tense muscle structure and also stiffness in the joints and restricted movements; the medications promoted stomach irritation, insomnia, and constipation. The Holistic approach of Ancestral Medicine has achieved a fast and long lasting result.

Biography

Diana's tryst with the beauty, spa and holistic world started years ago; when she began to equip herself with knowledge and skills as far back as the late seventies. Born and brought up in Brazil, she always had an innate sense of her own destiny. This intuitive ability lead her to develop varied skills in yoga, reflexology, crystal therapy, herb remedies, facial therapy, natural therapy, acupuncture, shiatsu, kinesiology and the list goes on. She has been associated with important bodies in numerous capacities such as FENAMAM- BRAZIL (National federation of alternative and natural medicine association), CIAMAM (international confederation of natural and alternative medicine Geneva – Switzerland and Madrid). Her experience has led her to be a speaker and an educator at various European, Caribbean and Asian spa and health conferences. She is the world pioneer in the Ruas Deep Tissue technique. Her travels led her to Cambodia where she was the Hospitality consultant and trainer for the Canadian Embassy at Phnom Penh. She has lent her spa consultancy skills in setting up spas and operations such as the Bliss spa- Cambodia, Madinat Makadi Serena spa- Egypt and most recently the Crown Spa Resort Hainan- Hainan Island, China. Her expertise complements Lovina's and with the same passionate intent, she is thus an integral part of Spa Guide-n-Light, Brazil. Together they plan on not just conceptualizing and opening spas for their clients, but also aim to devise unique spa therapies for their client ventures.

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