

By Dr. Ludmila Vassilieva

Needlework on the body

Acupuncture along with homeopathy and other holistic therapies can be effective in treating ailments

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When was the last time you had an insect bite? How about a headache or soreness, maybe due to an injury? Aches, pain, itchiness, swelling and soreness are just a few symptoms of common ailments that can be annoying and restrictive, especially if you lead an active lifestyle.

Applying anti-itch creams and popping a few painkillers do make you feel better, though it may cause reaction or stomach discomfort. So why not skip the side effects, do yourself a favor and let your body help itself? If you put your mind to it your body will respond. After all, consistent with a holistic approach to healing your mind and body are one and work together to keep you healthy or make you ill. It's your choice and it takes effort. Yet, we are human, and even when we make that choice to lead a healthy active lifestyle, we cant help but sometimes experience a common cold or other ailment or injury.

Conditions such as pain, inflammation, injury and bleeding are those that are self limited and last for a relatively short time. Acupuncture along with homeopathy and other holistic therapies can be effective in treating problems. More than just reducing the symptoms they enable the body to activate its own healing power, promote tissue repair and prevent long-terms consequences.

Acupuncture is a Chinese system of healing that involves the insertion of fine needles it specific points to stimulate them. It relieves pain by stimulating te release of endorphins , the body's natural painkillers and acting on the nervous system, blocking the transmission of pain signals to the brain. Moreover, it assists in the healing process by stimulating th blood circulation and healing energy in the affected areas. When this energy, known as qi, is balanced, health problems, seemingly unrelated to pain may also improve. For conditions patients experience relief after a few treatments while chronic ailments may require a series of treatments to be fully effective.

Combined with homeopathy massage and other holistic therapies, acupuncture and powerfully promotes a return to normal bodily function and can be of help for most physical conditions, injuries and common ailments.

Success Story

David and his family led an active, healthy lifestyle and enjoy life as expatriates in Dubai. Yet, just like any of us, regardless of how healthful we are David has had his share of ailments. About a year ago, David began experiencing pain under his arm and developed some sort of bacterial infection which manifested itself in white pigmentation on and

around his back. Eventually, the underarm irritation became severe enough for David to seek medical care. He along with his wife decided to try a natural approach.

This was David's first visit to the Holistic Healing Medical Centre for a minor ailment. After consultation David was prescribed some homeopathic medication and Chinese herbal ointment. He was also advised to discontinue use of products with lanolin content as these are thought to contain bacteria that thrive in hot climates like Dubai. In less than a month, the soreness dissipated and spots diminished. David was encouraged to continue with a holistic approach to health and wellness.

A few months later, when David had a mosquito bite on his knee that developed into fluid around the knee cap, something he had experienced over the years from playing sport, he was confident that holistic medicine would help. Initially, David itched quite a bit. After a day or so however, the bite seemed to have become infected and soon his knee became red and swollen. He applied ice to reduce the swelling. This proved detrimental as the ice caused the fluid in the knee to harden, enhancing the pain and the inability to bend the knee. At the clinic he was advised to take some homeopathic remedies and see the acupuncture therapist Dr. Wong.

David was taken straight to the therapy room to have his first acupuncture treatment. Being somewhat put off at the sight of needles, he was nervous, but as the treatment proceeded, he became interested. It did not hurt, as expected. He had needles placed in his knee and toes. Dr. Wong also used heated glass cups for a suction cup action, along with massage therapy to draw out the fluid and stimulate the energy channels to prevent any future recurrence. Dr. Wong suggested that David continue this treatment three or four times a week. Being a businessman, it was hard for David to take time off his busy week. Yet his alternative to rid the fluid in his knee was surgery; and this would only temporarily relieve the swelling, merely draining the fluid, which could return, rather than treat the cause of the fluid retention. David also knew that the long term effects of continuous fluid could possibly lead to arthritis and other complications in later life.

Committed to a holistic approach, treating the cause rather than the symptom alone, David saw Dr. Wong two or three times a week. Along with the homeopathic remedies and massage, within a two-week period, he noticed a reduction in the pain and swelling. After a month, the edema disappeared. David continued with the homeopathic remedies a couple of weeks post acupuncture therapy. Overall the treatment was a success.

If David would recommend holistic therapies to others he said, "absolutely, as long as you are open-minded and patient."