



Explanation of Treatable Conditions

Inflamed Tonsils, Tonsillitis and Sore Throat

There are many symptoms that accompany a sore throat. These symptoms will vary depending on the cause of the discomfort. One may have pain or difficulty swallowing, hoarseness of voice, feelings of dryness and scratchiness, or inflammation of the tonsils. The symptoms may result from an infection. If so, the individual may have a cough, fever, headache and body aches, and feelings of nausea. If symptoms persist for more than a week, or recur frequently, it is important to see a physician.

Inflammation of the tonsils can indicate tonsillitis. Tonsillitis can be caused by either a bacterial or viral infection. The streptococcus bacteria are one common cause. Viruses that can cause tonsillitis include influenza or herpes simplex. The individual presenting with tonsillitis may have swollen glands and lymph nodes, blisters in the throat, ear ache, headache, fever and a coating on the tonsils. Treatment for tonsillitis caused by a bacterial infection will include antibiotics. Antibiotics are not appropriate for viral infections.

Tonsils are antibody-producing tissues within the immune system that help fight infection. They serve to prevent toxins from entering the respiratory system. In severe cases, it may be necessary to surgically remove the tonsils. At one time, this was a common procedure to treat tonsillitis, but now it is indicated only when the condition recurs frequently or causes serious difficulties.

In 1979, the World Health Organization listed tonsillitis on its list of acupuncture-responsive conditions. In a controlled study of 220 subjects, Chen, R.H., 1987, found that the symptoms of tonsillitis were alleviated by it. In particular, Chen found that fever and sore throat abatement was achieved earlier in the test group than in the control group.

Sertel, S. et al., 2009, Department of Otorhinolaryngology, University of Heidelberg, found that the duration of post-tonsillectomy pain relief was significantly extended with acupuncture treatments. In those patients taking nonsteroidal anti-inflammatory drugs, NSAIDs, treatment extended the relief of post-surgical swallowing pain for an additional three hours on average. The conclusion was that their specific protocol may also be appropriate in instances where patients have intolerance to NSAID pain relievers.

Under traditional medical theory, when treating tonsillitis, the acupuncturist will treat a pattern consisting of excess heat and toxin that results in swelling. This swelling contributes to blockages in the lung meridians resulting in qi and blood stagnation. In this instance, the stagnation causes the lymph nodes to swell. Individuals with other sore throat conditions may receive a differential diagnosis such as an invasion of wind heat or yin deficiency.

As always, the experienced diagnosticians at COHA Health will design your individualized treatment plan based on your specific condition.

Loss of Smell, Stuffy & Runny Nose

A loss of sense of smell is commonly caused by an inflammation in the sinuses, which are also called the nasal passages. The sinuses extend throughout certain sections of the bone structure of the skull, and they sometimes suffer from respiratory infection. This is the main cause of an inflammation of the sinuses. A person may also, on occasion, suffer a loss of sense of smell due to an injury, the onset of a tumour or any number of conditions. The loss of your sense of smell can be distressing and disturbing for several reasons. It can lead to loss of appetite and prevent you from tasting and enjoying food. There may even be dangerous consequences to losing your sense of smell. It can be an effective early warning system. For instance, it can tell you if food is burning or if gas is escaping in the home.

Coha Health has a series of acupuncture treatments which can give you back your sense of smell. It uses sterile needles, inserted in specific points on the body, where they can do the most good. They can be placed on the hands, the ankles, wrists and feet, where Dr Cann will use age old methods to help restore your sense of smell.

Dr Cann will carefully examine a patient's tongue, before beginning treatment. It is of primary importance to notice its coating, colour, tension, shape and size. The patient's face will also be examined, while the acupuncturist listens to the sounds of your breathing. Dr Cann will then check your pulse, while considering further symptoms. These may include asking if you are in any pain, determining sleep patterns, checking for fever, body odour and others.

Acupuncture can also be useful in remedying a stuffy or runny nose. This is a condition otherwise known as nasal congestion. It is caused by swollen membranes inside the nasal passages. It is brought on by blood vessels becoming inflamed. The tonsils and the adenoids may also be swollen, making the nose feel stuffed. This may be caused by an infection, an obstruction and allergies, among other reasons.

A stuffy nose makes breathing, speaking and hearing difficult. Alternatively, an individual may develop a runny nose from a cold, having influenza or suffering allergies. Rhinorrhea is a medical condition which can cause too much mucus fluid to develop in the sinus passages. Individuals will experience a dripping nose, ear pain, headaches, nosebleeds and sneezing. However, instead of using drugs with potentially risky side effects to fight it; many people are opting for this treatment instead. Dr Cann can relieve these conditions through the skillful placement and insertions of needles on a patient's body.

Acupuncture has a long history of success in treating many health conditions, such as loss of smell and a stuffy and runny nose. This form of alternative medicine began in China hundreds of years ago. Acupuncturists use solid, thin, sterilized needles, placed on predetermined areas of the skin. Stimulating these acu-points corrects imbalances in the functions of the body. Energy called qi is reverted to a normal condition, during and following the insertion of needles. These infirmities and complaints have a particular corresponding point on the body, which Dr Cann will treat with needles inserted into the skin. This is the process Coha Health will use to help relieve your condition.

Kidney Stones, Inflamed Intestines & Gallstones

Kidney stones are mineral deposits that form inside the kidney. They may be made up of calcium, uric acid or another chemical. Once the stone leaves the kidney, the individual may suffer pain that occurs when urinating and may also experience back pain and vomiting. Men are more likely than women to have kidney stones. Stones may develop when urine is concentrated, and drinking water may prevent minerals from forming into stones. A diet high in sodium makes the kidneys work harder to filter the resulting calcium increase. Therefore, a high-sodium diet should be avoided. The physician may prescribe medication to help pass the stone. In severe cases where the stone is too large to pass, surgery may be indicated.

Similarly gallstones are hardened substances made of the digestive fluid called bile. Individuals are at increased risk of gallstones if the bile contains too much cholesterol or bilirubin. The latter chemical is produced by the liver and remains after the break down and removal of old red blood cells. Women are more likely than men to have gallstones. Ethnicity, pregnancy, diabetes, hormone therapy, and obesity are all risk factors for gallstones. The physician may prescribe medication to dissolve the stone or may surgically remove the gallbladder. A diet high in fiber may reduce the likelihood of gallstone formation.

In eastern medical theory, kidney stones fall under the diagnostic pattern of lin disorders. In particular, the stone lin pattern encompasses the western diagnosis of kidney stones. The acupuncturist will design a treatment intervention to access the qi via the appropriate acupoints to treat individuals diagnosed with this pattern. The existence of gallstones may indicate stagnant liver qi along with liver and gallbladder damp heat.

Certain foods are known to increase damp heat. Foods and herbs that relieve damp heat include onion, ginger, cinnamon, rosemary, and dill. Those that increase damp heat include fatty and fried foods. Dampness, combined with other factors, obstruct the flow of blood and qi.

The importance of an accurate diagnosis under eastern integrative approaches cannot be overemphasized. All treatment protocols stem from the diagnosis. The experience of the diagnostician is of paramount importance as is the knowledge of the appropriate intervention. To relieve and prevent the occurrence of kidney and gallstones, it is important to know which foods should be avoided and which should be consumed. Dr. Cann and his staff will make dietary suggestions when clients present with diagnostic patterns consistent with the western diagnoses of kidney stones or gallstones.

Acne & Eczema

The chronic condition of eczema, also known as atopic dermatitis, is characterized by skin inflammation. An individual may have an itchy, red rash anywhere on the body, but it normally occurs on the face, hands and legs. Atopic dermatitis may occur in families concurrent with asthma and other allergies. However, there is no evidence that the presence of allergies leads to eczema or vice versa. Corticosteroid creams may ease symptoms. Depending on severity, a physician may prescribe an oral corticosteroid such as Prednisone. Complications of eczema include open sores that result from scratching. Individuals with open sores are at increased risk of bacterial infection and exposure to the herpes simplex virus. Small blisters may appear which can indicate eczema herpeticum.

Acne is another skin condition that has responded to treatment using integrative medical approaches. Acne is a condition that results from excess sebum, bacteria and dead skin that accumulate in the hair follicle. The blockages may form pimples, and if the clog is deep within the follicle, the individual may have cysts under the skin. Some hormones, such as androgens and those produced during pregnancy, can cause increased sebum production. Diets containing high amounts of sugars and carbohydrates may also increase sebum production as can some medications. Gentle cleansing of the skin, as opposed to scrubbing, will remove the excess sebum and dead skin thus preventing a buildup of bacteria in the follicle. Topical products containing benzoyl peroxide or alpha hydroxy acids are often applied after cleaning the skin.

In a study conducted in the Dermatology Department at Northwestern University, Dr. Kachiu C. Lee, et al., performed a randomized study on a small sample of 15 individuals with eczema. Subjects were assigned randomly to the experimental group and were instructed to apply pressure to the large intestine 11 acupoint. At follow-up four weeks later, individuals in the treatment group reported symptom improvement whereas those in the control group reported no improvement.

The large intestine 11 acupoint is accessed in treating skin conditions as is the UB 40 point along the bladder meridian. When used in combination, these two points reduce damp heat and address other indicators comprising a diagnostic pattern that encompasses various skin conditions. In eastern systems of acupuncture, the practitioner will make the diagnosis based on a number of factors including pulse and tongue observations. For example, if the pulse is rapid and full, this may indicate excess heat. Among other indicators, the qualities of the pulse support the diagnosis, and the pulse will be felt at various locations on the body.

Combined with a healthy diet and other beneficial lifestyle behaviours, acupuncture can minimize the causes of eczema and acne flare-ups.

Allergies & Seasonal Treatments

An allergic reaction can occur after exposure to pollen, dust, molds, latex, insect bites, dander and chemicals. Reactions may also occur after ingesting certain foods and medications. Symptoms manifest as inflammation of the skin, digestive system, sinuses and airways. There may also be congestion, runny nose, and itching, red, watery eyes. These symptoms occur when the immune system produces antibodies against substances that are perceived as threatening.

In the case of allergies, this immune response is a misdirected attempt to attack invading micro-organisms that actually are not pathogenic. Allergic symptoms result when these antibodies release chemicals known as histamines. The immune system will again make the histamine-producing antibodies upon future exposure to the allergen. Acupuncture treatments can minimize allergic reactions when again exposed to an allergen and may reduce reliance on relief medications such as antihistamines.

Diagnostic Patterns

After viewing the client's tongue, pulse pattern, gait and other indicators, the acupuncturist will diagnose a pattern. This pattern will relate to the western diagnosis of the specific allergy, but it will be more comprehensive. The stimulation of proper acupoints will follow from the diagnosed pattern or patterns. Given this, two people presenting with the same western diagnosis may be treated with different protocols. As a simplified example, the etiology of an allergy could be wind-cold or wind-heat affecting the lung meridian. The individual may have underlying lung and kidney deficiencies, and treatments will seek to remedy these imbalances by stimulating appropriate points along the lung and kidney meridians.

Hay Fever

Allergic rhinitis, commonly referred to as hay fever, is included on the World Health Organization's list of conditions where the efficacy of acupuncture treatment is proven through empirical, controlled studies. This may enable a person to lower the dose of relief medication by potentiating drug effectiveness.

In a 2013 study, Brinkhaus, B. et al. achieved significant improvement in seasonal allergy sufferers after applying these treatments combined with relief medications. The subjects in the treatment group showed greater improvement than those taking medications alone as measured by the Rhinitis Quality-of-Life Questionnaire. This study, entitled "Acupuncture in Patients with Seasonal Allergic Rhinitis: A Randomized Trial," was published in the *Annals of Internal Medicine* and was conducted in six hospital clinics and 32 outpatient clinics with a sample of 422 subjects.

Asthma

There is evidence that acupuncture is a cost-effective complementary treatment for those suffering with allergic asthma. In a 2013 trial, entitled "Acupuncture in Patients Suffering from Allergic Asthma," researchers Reinhold, T. et al. found that the improvement in life-quality after treatments was significant enough to justify the additional cost of treatment.

Eczema

Atopic dermatitis is commonly referred to as eczema, and it may concurrently exist with asthma and hay fever. An apparent immune response, eczema is a chronic condition where the skin becomes inflamed, itchy and red usually anywhere the skin creases such as behind the knees. In a 2008 study, entitled "The Effectiveness of Combined Chinese Herbal Medicine and Acupuncture in the Treatment of Atopic Dermatitis," Salameh, F. et al. found that treatments combined with Chinese herbal medicine were more effective than herbal medication alone.

The results of a 2010 study, published in *Allergy*, achieved a significant, favorable result on histamine-induced itch in atopic eczema patients. Patients reported itch reduction after receiving point-specific treatments. Additionally, when again exposed to the allergens, the subjects reported a diminished allergic reaction. This study, by researchers Pfab, F. et al., is entitled "Influence of Acupuncture on Type 1 Hypersensitivity Itch and the Wheal and Flare Response in Adults with Atopic Eczema."

Sinus Congestion & Pain

Sinus pain and congestion can be a miserable condition and a source of discomfort for many people. It is characterized by chronic facial pain and pressure, alongside a post-nasal drip, stuffy nose and nasal discharge. It can be the result of a cold, sinus infection or even allergies. The infection may be treated with antibiotics, but what do you do when you suffer from the complaint on a regular basis and nothing seems to help? What if prescription, over-the-counter or alternative forms of medicine appear to offer no relief?

Well there is an alternative open to you. We can treat this common complaint with acupuncture. It is a process which uses extremely thin needles gently inserted into the skin, to stimulate specific pressure points in the body. By stimulating those points which coincide with the sinuses, they can increase blood flow, as well as the flow of energy. This is how it can be of help remove the symptoms of sinus pain and congestion. It is also designed to encourage the body to self-heal.

There are a great many people concerned about the possible risks involved in the procedure. However, Dr Cann is Bermuda's most experienced acupuncturist and he efficiently performs these treatments on a regular basis. He always ensures the use of sterile needles, to help prevent the likelihood of any infection.

No matter the underlying cause of chronic sinus pain and congestion, acupuncture is considered an effective treatment. It could help make your troublesome sinus pain and congestion a thing of the past.

Acupuncture can also treat other cold, allergy and flu symptoms. It can also help reduce the need for medication, nasal irrigation systems and even, in some cases, surgical procedures. This is why more and more people are choosing acupuncture treatments, as opposed to other, conventional forms of medicine, to help cure complaints like sinus pain and congestion.

Coha Health is a company in Bermuda offering premier medical treatment, through the use of this a branch of Oriental medicine, which has been in existence for hundreds of years. We can administer this classic form of treatment to help cure a range of complaints, including sinus congestion and pain. Why not find out for yourself?

Hip & Knee Conditions

The knee is one of the largest joints in the body, and knee injuries are extremely common. Various ligaments hold the bones of the knee together, and tearing of the anterior cruciate ligament is one of the most frequently seen athletic injuries. Tearing of ligaments also can result from bending the knee in a backwards direction. This is known as hyperextension. Dislocation is another cause of hip and knee pain. A joint is the location where one or more bones meet, and a dislocation occurs when the positioning of these bones is disturbed. A joint may also be dislocated in accidents such as falls. There are a variety of other reasons for hip and knee pain that involve the joint itself, muscles, ligaments or tendons. Also problems that seem to occur in the hip may actually be referred pain that originates in the knee or lower back. If the knee or hip is injured, the patient should seek immediate medical care if swelling and pain does not subside. Surgery or physical therapy may be necessary.

Arthritis, such as osteoarthritis, can also affect the knees and hips. Rheumatoid arthritis may also cause joint pain due to inflammation. This type of arthritis is an autoimmune condition. Arthritis may also result from infection or other disease process. The treatment for pain from arthritis depends upon the type of condition presented.

Complementary interventions such as acupuncture can relieve joint pain by reducing inflammation and enhancing the release of endorphins. Treatment can also minimize the side effects of anti-inflammatory medications and those prescribed for pain. In eastern medical approaches, the appropriate treatment acupoints depend on the location of the pain and the diagnosed pattern. In Chinese medical theory, arthritis is one of many western conditions caused by “bi syndrome.” This syndrome is caused by problems with qi and blood circulation. There are a number of techniques within Japanese theory as well. The Hifushin technique, for example, determines the acupoint after detecting patterns within the pulse. The angle and depth of the insertion depends on whether the goal of treatment is tonification or dispersion.

The practitioners at COHA Health are well-trained in integrative medical interventions. Dr. Cann and his staff will design a specific treatment protocol to address your diagnosed patterns. They will discuss the meaning of eastern diagnoses and the goals of treatment. In all cases, treatment is holistic and focuses on overall balance. Clients often see wellness restored in other areas that seemingly have nothing to do with the presenting problem. This is the benefit of eastern integrative approaches. The diagnosis describes more than just the presenting symptom and, therefore, treatment often resolves or minimizes other conditions.

Carpal Tunnel Syndrome and Wrist Pain

The initial symptoms of carpal tunnel syndrome, CTS, normally occur in the evening and include pain, numbness or tingling in the fingers. Eventually, the symptoms can include weakness of the hand and will begin to occur during the day particularly while attempting to hold objects. The symptoms, however, are not always restricted to the hand and can involve the entire arm. Women are several times more likely than men to develop CTS possibly due to female hormonal changes or a smaller carpal tunnel.

Tendons to the fingers and the median nerve run through the narrow carpal tunnel located at the base of the palm. The symptoms of CTS result from a pinched median nerve. There can be many causes, or risk factors, related to this compression. Conditions or symptoms that increase susceptibility to CTS include rheumatoid arthritis, diabetes, hypothyroidism, fluid retention, and swelling or inflammation of the tendons. Performing work that requires hard, repetitive or extreme motions of the fingers and wrist will also place individuals at risk. Treatments include wearing a wrist splint at night, correcting occupational factors, injecting anti-inflammatory medications into the tunnel, taking oral steroids and surgically enlarging the tunnel.

As mentioned, since there are many possible causes for CTS, acupuncture treatments for these specific causes are appropriate. We have mentioned that CTS can result from fluid retention, and fluid retention is a symptom in many conditions. Untreated hypothyroidism is one example. Female hormonal fluctuations can also cause fluid retention. This is one possible reason why CTS often develops during pregnancy. Most importantly, a physician should determine if any underlying medical conditions are contributing to CTS.

In its 1997 consensus statement, the National Institutes of Health concluded that this can be an alternative therapy or a component of a comprehensive CTS treatment plan. The acupoints often targeted in the treatment of CTS are those along the kidney, gallbladder and liver meridians. While surgery may be indicated for some individuals, for those who desire their initial treatment to be conservative, acupuncture is a good alternative to oral steroids.

In their 2009 study, published in *The Clinical Journal of Pain*, Yang et al. randomly assigned 77 CTS patients to either a group receiving treatments or a group taking oral steroids. Individuals participating in the study were diagnosed with mild-to-moderate CTS. These researchers concluded that, for this population, short-term treatment with acupuncture was just as effective as short-term treatment with a low dose of prednisolone.

In a 2001 article, published in the *Canadian Family Physician*, Banner, R. and Hudson, E.W. present the case study of a 36-year-old female with CTS who received these treatments. Using ultrasound, they found substantiation of anatomic change resulting from the treatment.

Fertility

The World Health Organization defines infertility as an inability to become pregnant after two years of intercourse without the use of contraceptives. Infertility occurs equally in males and females. About one-third of the time, both individuals are infertile, and often the cause of the infertility is not known. In their efforts to conceive, many couples experience financial and emotional stress that can adversely affect their relationship. They may seek fertility treatments such as in vitro fertilization, IVF, egg donation or hormonal treatments. While there have been medical advances in this area, there continues to be no guarantee of success.

Acupuncture can be the primary treatment or an adjunct therapy to traditional western methods of treatment for infertility. By accessing specific acupoints, the practitioner can tap into the life energy known as Qi, pronounced “chee”, which flows through a network of meridians throughout the body. When used as an adjunct to IVF or donor-egg transfer, it can increase blood flow to the uterus providing a richer home for the embryo. Additionally, this may decrease contractions of the uterus. The acupuncturist may also treat imbalances of the endocrine system thus further increasing the probability of a successful outcome.

With respect to infertility in males, acupuncture can increase the quality and quantity of the sperm. Sperm count and quality can be compromised due to environmental factors as well as poor lifestyle choices. As with most health difficulties, stress also has an impact. Smoking, medication, hormonal problems, and Varicocele can also compromise sperm quality, quantity and mobility. The latter condition consists of bulging veins above the testicle and is present in about one-third of men presenting as infertile.

At COHA Health, we have experience treating infertile couples using traditional Chinese medical approaches. We are knowledgeable concerning the proper acupoints that will increase the likelihood of conception. Dr Cann also knows which specific acupoints are contraindicated after IVF, donor – egg transfer, or if the client is pregnant. You can trust that we will endeavour to provide the greatest possibility of conception.

We complete a thorough assessment of each individual within the couple. Our focus will not only be on infertility, but to improve the overall health of both individuals as well. We will

design a comprehensive and individualized treatment plan that will encompass lifestyle changes to minimize stress through various mind-body practices. If indicated, we may recommend appropriate Chinese herbs along with an improved diet. If the couple chooses traditional western interventions for infertility, acupuncture treatments, as well as other approaches within traditional Chinese medicine, will increase the chance of a viable pregnancy and minimize discomfort from drug or hormonal side effects.

Back Pain

The wide-spread occurrence of back pain is associated with a number of risk factors. These include increasing age, obesity, strenuous movement, a sedentary lifestyle, pregnancy, smoking, and the general stress of daily life. Back pain occurs more frequently in women than men. Often there appears to be no physiological cause for back pain. In other instances, the muscles, ligaments, bones, disks and tendons of the back are affected for various reasons thus causing the pain. The pain may be chronic or acute. In some instances individuals seek surgical treatment; others take pain killers that often become less effective over time. Individuals experiencing back pain concurrent with other symptoms such as numbness or swelling anywhere in the body or fever should see a healthcare provider to rule out comorbid conditions.

In addition to addressing lifestyle issues such as smoking, lack of exercise, and poor nutrition, those suffering with back pain have found relief with complementary medical practices derived from traditional Oriental medicine. Acupuncture is one such practice that has empirical support of efficacy. The University of Maryland Center for Integrative Medicine is continuously engaged in studies concerning the efficacy of the treatment of back pain and other health problems. Other researchers have completed meta-analyses and literature reviews of published studies that also support the efficacy of acupuncture and other complementary medical practices. Additionally, these treatments may slow or prevent acute pain from becoming chronic if commenced early in the pain cycle.

The allopathic view is that acupuncture produces natural steroids and endorphins that respectively reduce inflammation and alleviate pain. With this, Dr Cann inserts thin needles at specific points on the body to access the life energy known as qi, pronounced “chee.” In this manner, the acupuncturist manipulates the flow of qi through the meridians located in the body. If the flow of energy is obstructed or stagnant, treatment can restore balance. The process is virtually painless. If indicated, the client may receive treatment alongside traditional allopathic approaches to pain management.

At COHA Health, we offer a client-centered approach to healing. Prior to treatment, the holistic practitioners at COHA Health will do an initial evaluation assessment to learn about you, the client. Dr. Cann will ask questions concerning your lifestyle, emotions and mood, dietary and exercise habits, and quality of sleep. Additionally, we will look at your physical presentation including your skin, eyes, hair, and tongue. After the initial assessment, the acupuncturist will develop a treatment plan specifically designed for you. We will continuously evaluate your progress during and after treatment.

Rib Pain And Intercostal Neuralgia

Rib pain can be a symptom of intercostal neuralgia. This pain is neuropathic in origin and emanates from the intercostal nerves. Intercostal nerves are part of the peripheral nervous system and extend along a portion of the rib surface. The pain can be experienced as pressure, tingling and cramping and may occur in waves of searing hot or electrical-feeling sensations around the band of ribs. The individual may have a painful response to a stimulus that normally would not induce pain. Also, one may respond with the sensation of feeling heat when the eliciting stimulus would normally evoke the sensation of cold, or vice versa. Pain from intercostal neuralgia is common after some thoracotomy procedures whereby the surgeon gains access to the chest cavity. This is particularly the case after some coronary bypass procedures and those performed to remove tumors. Intercostal neuralgia may also develop after an injury that affects the nerves or as a result of some degenerative conditions where the nerves are pinched. As usual, the individual presenting with rib or chest pain should rule out comorbid conditions and those that may present with similar symptoms.

The conceptual foundation of Oriental Medicine encompasses the balance of Yin and Yang along with the life energy force known as Qi. The concept of duality is fundamental to many philosophical, spiritual and esoteric systems of thought, and this archetypal concept transcends culture and time. Each end of a polarity exists in and of itself, and yet, some essence of each end exists within the other. Words barely capture the nature of the energies, but active and receptive, masculine and feminine, and dark and light are word forms close enough to convey the meaning. Humans are physical manifestations of duality in that, generally, we are biologically either male or female; yet we each contain the energies of both. From a diagnostic perspective, if there is an excess of Yin over Yang, or the reverse, the individual will present with illness. While it is not possible to have a perfectly equal balance of Yin and Yang, it is the theoretical ideal. The treatment process aims to achieve, to the extent possible, a harmonious interplay and interrelationship between these two forces.

Acupuncture is one of many treatments within Oriental medicine that treats intercostal neuralgia and other disorders that result in neuropathic pain. As mentioned, in addition to the balance of Yin and Yang, the target of treatment under the Oriental medicine model is the life energy known as Qi. The practitioner seeks to manipulate blockages, deficiencies and imbalances of qi through specific points along a pathway of meridians. There are several targeted acupuncture points for treatment of intercostal neuralgia that normally address stagnant liver Qi and conditions of the blood that lead to obstruction of the liver and gallbladder meridians.

Interventions within Oriental medicine have a foundation in eastern thought and practice. These ancient practices have evidence of efficacy in western empirical studies that were conducted with rigorous research methodologies applied to randomized population samples. You may feel confident that Dr. Cann and his staff at COHA Health are current on the existing research and experienced in the application of Oriental medicine interventions.

Blurred Vision, Red And Puffy Eyes

A large number of people suffer from eye complaints such as blurred vision or red and puffy eyes. There are many who feel though that conventional treatment or medicine has been unsuccessful in meeting their needs. If this is the case, you should consider the medicinal, therapeutic benefits of acupuncture, as overseen by Coha Health. It can be used to heal various ailments.

When treating blurred vision, or red and puffy eyes, choose the vanguard of complementary medicine. We utilize years of skills and expertise to administer the leading treatments. It can help blurred vision, as well as treat red and puffy eyes, without introducing chemicals into the body. This all natural, non-invasive treatment has been used for hundreds of years in Chinese medicine. How could centuries of testing be wrong?

Acupuncture helps release toxins and relaxes tension in a myriad of ways, to help patients in a healthy and natural way. We can treat blurred vision through this method. This may be brought about through aging, while near or far sighted people can also experience blurred vision at a very young age. There are many other causes though, such as reading in the dark or using a computer screen for an extended period of time. This is along with experiencing an overexposure to sunlight and strong lights. It may also be the result of an unhealthy lifestyle, such as eating too much sugar.

Dr. Cann can treat blurred vision by releasing pressure points in the body. This is a holistic approach, which helps relieve stress on the body. As well as improving blurred vision and eyesight, it can also help improve liver function.

Acupuncture can also assist you in the treatment of red and puffy eyes. These ailments may be caused by a number of factors. They range from lack of sleep to conjunctivitis, orbital cellulitis and allergies. These are together with dry eyes, dehydration and many other factors. They may all contribute to red and puffy eyes. Fortunately, Coha Health use this to treat these symptoms.

There is scientific evidence to explain how acupuncture benefits these different ailments. MRI's have shown us that, when needles are placed in certain pressure points on the body, there is a change in brain activity. It proves that the treatment can be an excellent alternative to surgery or medication when it comes to treating patients.

If one is not fond of needles, there is no need to be afraid. They do not hurt, and when our treatments are over, our patient always feels much better. Acupuncture is an inexpensive alternative to modern medicine, offering genuine healing at the truest level. Everyone can benefit from this and it is often used as a preventative form of treatment. It is a wonderful way to relieve various forms of stress and pain.

Post-Surgical Pain and Scar Tissue

It is established that acupuncture treatments are an effective component of chronic and acute pain management. The analgesic effects are also beneficial in managing post-operative pain. In its 2003 publication entitled *Acupuncture: Review and Analysis of Reports on Controlled Clinical Trials*, the World Health Organization includes the treatment of post-operative pain

as one of many conditions where it's effectiveness is supported by empirical, well-designed studies.

Treatments may be the sole pain-management intervention. When used in conjunction with pain medications, treatments can increase the duration of pain alleviation and allow for a lower, or less frequent, dose of medication. One commonly targeted acupoint to minimize post-operative pain is the extra point known as neimadian. This point is located on the lower leg.

Researchers, Ding, L.X. et al., 2011, at The First Affiliated Hospital of Henan University of Science and Technology conducted a controlled, post-operative study of 120 patients who had abdominal surgery. The subjects were randomly assigned to either a group receiving acupuncture treatment or a group receiving pain medication. The subjects in the first group were treated with electro-acupuncture at the neimadian acupoint. The subjects in the medication group self-administered the dosing of an intravenous analgesic drug with Sufentanil. Subjects in both groups rated the analgesic effect of their respective interventions at six, post-operative points in time up to 48 hours. The subjects in the first group experienced greater pain alleviation than the medication subjects. While the beta-endorphin levels increased in both groups, the acupuncture subjects had higher levels than those in the medication group.

Scars, surgical or otherwise, frequently can be painful, numb, itchy and sensitive for an indefinite period of time. It is likely that the trauma that causes scar tissue leads to a disturbance in the flow of qi or to other energy imbalances. Scar tenderness can be suggestive of qi and blood stagnation or deficiency.

A case study presented in *Acupuncture Medicine*, 2011, reported the minimization of a surgical keloid scar on a patient's wrist that was continuously sensitive. After placing needles in the healthy skin close to the scar's border, the patient achieved improvement after nine treatments over four months. The scar was flatter and less sensitive. It also had a lighter, improved appearance.

The practitioners at COHA Health have experience treating post-surgical pain and scars. They are also current on the research literature. With respect to treating scars, an experienced clinician knows the importance of cleanliness and of avoiding treatment too soon after the trauma. The acupuncturist also knows that treatment should proceed slowly with continuous monitoring of the reactions of the client.

Cluster Headaches, Migraines, Tension & Sinus Pressure

Migraine headaches, cluster headaches, sinus headaches and tension headaches are common problems. They can cause many people pain and loss of work time. There are a variety of medications available, but these drugs are not always considered effective. Acupuncture though offers patients another option when treating these cases.

Cluster headaches are so-called because they occur in patterns or "clusters" periodically. The pain is centred in or around the eye, often on one side of the head. It can also cause redness of the affected eye, runny nose, swelling, paleness and a drooping eyelid. Nausea and sensitivity to light can also be symptoms. Triptan medications and breathing oxygen can be helpful for

treating the pain. Thin needles are inserted into precise points on the body. This is in order to block the nerves from transmitting the sensation of pain. We therefore employ this technique to treat the pain of cluster headaches. It is also common for Dr Cann to apply needles to pathways on both sides of the body, but he may also concentrate on the side affected by cluster headache pain.

Migraine headaches can occur for a number of reasons. They range from hormone changes to food sensitivities and taking medication. It is also felt that changes in sleep patterns or weather changes can cause disturbances in brain chemicals. The pain can be intense, with nausea, vomiting, sensitivity to light, blurred vision and pain on one side of the head. A number of studies have shown though that it can reduce pain and improve the quality of life for patients with chronic migraine headaches.

Tension headaches occur when the muscles of the face, head and neck, become constricted and reduces the blood flow to the top, sides or back of the head. It is generally believed that over-the-counter pain relievers help treat tension headaches. If taking these drugs is medically inadvisable however, patients may require alternate treatments like acupuncture. Studies show that it can be effective in treating the pain from tension headaches. We also provide therapy which, when applied at regular intervals, can be a form of preventative medicine as well.

We additionally use acupuncture to treat sinus pressure and headaches. The cavities within the facial structure are called sinuses and they can become inflamed. This may be due to allergies, infection or other diseases. The increased mucus can cause pressure and pain within the cavities. There are many different kinds of sinus medications available which could be helpful, these often contain pain relievers. However, if these are not effective in dealing with sinus pain, then you may choose this option.