

Key Points

- The meridian knowledge provides a lot of information and clues for our diagnosis. Since the pain area is on stomach meridian course, so I am able to figure out easily where is the weakness.
- In TCM, spleen and stomach supply the energy to muscle, liver to tendon, kidney to bone, lung to skin, heart to vessel. This is great knowledge for us to regulate the functions of relevant organs to help the healing of different injury. It never let me down.

Advices

- She sleeps late, drink the cold, eat the cold, that impairs her stomach and blood. Only when she realize the problems in her lifestyle and willing to modify them, my treatment could become powerful and effective.
- Children are easy to be recovered since they grow fast. But the unhealthy lifestyle becomes a major threat to children's health, they need more education in this world full of choices and attractions.



D, girl, 14 years old, came on 14th July 2012, with right ankle sprain for 2 months

She sprained her right ankle during exercise in school 2 months ago. Pain on and off, even lying on bed or sitting pain sometimes.

TCM diagnosis and treatment

My pulse taking, palpation, visual inspection indicated that her digestive system and lung are weak. The pain area on ankle was exactly on stomach meridian. I suggested her avoid cold drinks and food, keep warm by wearing more clothes, sleep earlier (I am always talk like a grandma). The acupuncture points include: Qihai, Zhongwan, Taichong, Zhiqiu, Gongsun. After the first treatment, she feels the big improvement, totally I did 6 sessions of Acupuncture in 3 weeks, she is fully recovered now.

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