

Traditional Chinese Medicine (TCM)

Even though TCM has been used effectively for more than 5000 years, Western science is just beginning to take a serious look into how and why it works to correct so many serious health issues. Unfortunately, they are still trying to 'prove' it's efficacy in a test lab, when the restored health of the patient is the only proof needed. Yet despite the best efforts of Western medicine, few diseases have ever been completely eradicated, in spite of all the advances in Western Medical Science. Drugs and surgeries are still used to control symptoms and relieve pain, and organs are removed from the body as though they were never needed.

Chinese medicine understands how the body works, and how disease develops. Using only acupuncture and herbal combinations, and sometimes cupping and moxa treatments, TCM practitioners have had a high success rate in restoring good health to their patients with no harmful side effects. Even in the worst case scenario when too much damage has been done to the body from drug therapies and other western treatments, TCM can often help the patient live a higher quality lifestyle by minimizing the side effects of the drugs they must now take.

The skilled practitioner of TCM knows how to read the human body, and the patient knows his symptoms better than any machine or blood test. All symptoms are taken seriously and are a critical part of the diagnostic process. Using TCM training and skill and the patients' description of their symptoms, a TCM practitioner can detect the cause and solution of health problems long before the body has reached an actual disease state or become irrevocably damaged, without the expense, discomfort, and inconvenience of blood, laboratory, and painful exploratory testing.

Ni's Chinese Medical Center...

was established by Bo-Shih Ni and has been serving Florida for over 25 years. The physician's of Ni's Chinese Medical Center practice at superior levels due to Dr. Ni's training of ancient healing wisdom, something not found in American schools. Dr. Ni's knowledge is so extensive that he is a treasured professor not only in the U.S. but also in China and Taiwan.

Acupuncture, Chinese herbs, and Food as Medicine are utilized to expedite healing and provide lasting results. The goal is to restore balance to the internal system. Once balance has been obtained, our physicians teach their patients winning strategies to maintain it. This knowledge is frequently sought out by local groups, therefore; our physicians conduct monthly seminars and are available for speaking engagements. Visit our website www.drboni.com for current events.



Ni's Chinese Medical Center

1250 W. Eau Gallie Blvd., Suite L
Melbourne, FL. 32935
Phone: 321-757-9731

www.drboni.com

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High Blood Sugar

Battle

Of

Balance



Ni's Chinese Medical Center
Board Licensed Acupuncturists
Melbourne (321) 757-9731

Why Do I Have High Blood Sugar?

Modern medicine considers high blood sugar a disease. The standard treatment is to administer blood sugar lowering drugs to balance the blood sugar. Traditional Chinese Medicine (TCM) sees the blood sugar as high because individuals have a deficient amount of water in their cardiovascular system. Let's look at a simple analogy. Take two equal size cups. One cup is filled to the top with water; the other is half full with water.



If a teaspoon of sugar is mixed in both cups, which cup will be sweeter tasting? Obviously, the cup that is half filled with water will taste sweeter. So, it isn't so much the amount of sugar present, but the amount of WATER present. As time passes, the sugar solute will settle to the bottom. This will create a deceiving amount of sugar. Modern medicine follows this principle. The blood sugar is high, so drugs are administered. Results are tested by taking a sample of blood from the FINGER TIP, which seems to show the blood sugar has decreased. But, if the sample was taken from the toe, the sugar level will read high because as with the analogy before, the sugar has settled in the feet area. It appears the sugar problem was resolved, but really it has not.

Diabetics generally always have very poor circulation in their feet. As a result, if they ever have a wound in their feet, the wound never heals. Eventually, the infection gets to a stage where puss enters the bone and into the bone marrow. The only method of treatment is amputation of the necrotic area.

Treatment

Traditional Chinese Medicine takes a different approach. Standard treatment is to restore water to the cardiovascular system thereby correcting the sugar imbalance. There are many herbal medicines to treat high blood sugar. The first thing to do is to protect the kidneys. High blood sugar always damages the kidneys. When the kidneys are healthy, there will be no concern for dialysis. Furthermore, good kidneys prevent heart failure. When the kidneys and heart are working properly, the pancreas will heal itself.



Will I Always Be On Medicine?

If patients keep using insulin and do not seek the help of TCM, the pancreas may eventually cease to function. At this point of degeneration, it is too late for any type of true healing. Insulin is the only route. However, at this point, herbal medicines may also be used to protect the heart/kidneys to avoid dialysis.

There should be no cause for alarm when one is taking Chinese herbal medicine for conditions such as high blood pressure, blood sugar, etc.. Drugs may still be kept handy, in case of emergencies. They may be taken once in a while. The key is to not abuse them. A balanced lifestyle and Chinese herbal medicine taken for a period of time will eventually bring the body back to normal. When this occurs, drugs will not be necessary anymore.

