

## How to Wean Off Medications



Any type of steroid and related drugs for thyroid or glaucoma disorders may be slowly decreased.

- 1) Drugs, which manage disorders such as high blood pressure, high blood sugar, high cholesterol or triglycerides, depression and stress, may be discontinued. These drugs are not correcting the disorder, but are causing insidious harm to the body.
- 2) You may keep such medications handy just in case your blood pressure, blood sugar, etc. are too high some days, and take it only as needed. Just make sure you really need it before you take it.
- 3) You may wish to consult with your doctors who are prescribing the drugs and tell them you are currently taking herbal medicines and plan to slowly wean off the drugs. If your doctor supports you in stopping the drugs, he will suggest that you come back for periodic laboratory tests to make sure you are improving. This is a good physician-stay close to him.

## Ni's Chinese Medical Center...

was established by Bo-Shih Ni and has been serving the central Florida area 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](http://www.drboni.com) for current events.



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4/2022

# HIGH BLOOD PRESSURE

# AND

# HEART DISEASE

## Conditions and Treatments



## Ni's Chinese Medical Center

Board Licensed Acupuncturist

**Melbourne (321) 757-9731**

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## High Blood Pressure

In modern medicine, high blood pressure is considered a disease. Traditional Chinese Medicine views high blood pressure as a symptom, not a disease.



High blood pressure is the body's method of sending a message that something is out of balance. Modern medicine generally treats high blood pressure by placing patients on various drugs, which more often than not have side effects. Traditional Chinese Medicine looks to find the root cause of the high blood pressure condition and attempts to correct this disorder with natural, but potent herbal medicines. A correction is possible, but every individual's physiology is different. Some take two weeks; some take two months, and some need six months depending on the severity of the condition. A true physician of Traditional Chinese Medicine thoroughly examines the internal organs to look for the cause of an individual's high blood pressure. Once the cause is determined, the symptoms may be treated accordingly. In some instances, modern drugs may be used in the event of an emergency. The key is to not misuse them. Side effects of long-term use of modern drugs will be damaged blood vessels, a decrease in libido; and strokes can still occur.

## Heart Disease—Deficiency

In Chinese Medicine, heart disease is seen from two aspects. The first is *deficiency*. What exactly does the arcane term *deficiency* mean? In this instance, *deficient* individuals have a weak digestive system as well as a lot of mucus in the chest area. Excessive water under the chest is also observed. The weakness of the immune system makes one's heart very susceptible to germs and to other sorts of diseases. (Germs love moist or wet environments) In a *deficiency* situation, the pulse of the left hand will be very weak. The face will appear pale, the vessels of the eyes seem thin/pink and the patient may feel dizzy. In an excess situation, the pulse of the left hand is very strong, the face is red, the vessels in the eyes have strong red color, and the inside of the middle ear will be very painful when pressed. Treatment consists of two methods: Acupuncture and/or herbal medicine. If acupuncture is done, the results will be quicker. Body circulation and metabolism will speed up thereby strengthening the heart with NO SIDE EFFECTS. Herbs are used to purge out mucus, water, or foreign matter in the blood vessels and digestive system. Results should be apparent in a short period of time.



## Heart Disease—Blockage

The second aspect in which Chinese Medicine (and Modern Medicine) views heart disease is *arterial blockage*. This is due to eating large amounts of foods high in fat and cholesterol. Symptoms of heart disease include:

1. Shortness of breath
2. Palpitations
3. Depression
4. Irregular heart beats
5. Pains, which literally shoot from the back to the front of the chest or vice versa

### The methods Chinese Medicine uses to diagnose heart disease include:

1. Pressing on the fifth thoracic vertebrae area. Diseased individuals will have sharp pains.
2. The center of the inside of the ear will have sharp pains when pressed.
3. The blood vessels in the whites of the eyes will be very striking in appearance.
4. The tips of the fingers will have sharp pains.
5. The tongue coating will be thick and white.

Remember, a healthy digestive system keeps one immune to heart disease. A good digestive system can be acquired and maintained by proper exercise, eating moderately as well as avoiding stress. Enjoy life!

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