

KOWLOON CRICKET CLUB

NEWSLETTER



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"NEW HOPE FOR INJURED ATHLETES, NATURALLY!"

BY STEPHEN PAINE, OMD.

"Incorporating the best of the West with the best of the East for fitness and health."

A patient, let's call her Jane, came to my office recently. Her story is typical of those who seek alternative treatment of athletic injuries. She had injured her elbow playing tennis and was anxious to return to the courts. Jane, like most of the people who come to see me, is a self-starter, one who takes charge and takes responsibility. She was not happy with the prospect of surgery which her physician had suggested for her chronic lateral epicondylitis.

She had read that a study of acupuncture patients had revealed that 70% of those patients for whom surgery had been recommended were able to successfully resolve their disability without surgery. She had also read in that, on average, people who consulted acupuncturists were seeing an average of 3.5 healthcare practitioners - their MD's, specialist MD's, physiotherapists, chiropractors, massage therapists and others. What struck her and brought her to my office was the finding that despite this multiple usage, a majority claimed that acupuncture was "what made the difference."

Jane was surprised that the intake forms she filled in covered not only conventional medical questions but also questions on diet, emotional reactions and attitudes. She remarked that it made sense to her to carefully inventory all aspects of her life if she were to get healthy and stay that way. She had her eye on the big picture and was willing to make lifestyle changes that an active, vital life, and a healthy elbow required.

After her elbow pain began to resolve through the use of herbs and electroacupuncture, Jane asked what she could do to slim and tone her body, to relieve her stress and to increase her capacity for work. We began with dietary adjustments. She was intrigued to learn that her night sweats, frequent flushes and tendency towards constipation reflected a constitution which Chinese medicine characterises as 'inner heat.' She was delighted that replacing foods that aggravated the symptoms with foods that minimised them was so easy and effective. After including mung beans, apples and bananas in her diet, Jane found that her marginally high blood pressure dropped, her constipation resolved and her tendency to overeat diminished.

Jane began cross-training to allow her elbow time to heal and found that by adding resistive weight work to her regime, her lean body weight increased relative to her total weight. With her increased fat burning capacity, she was able to lose a pound a week over a twelve week period and keep it off without dieting.

Jane also began a systematic routine of supplements which led to sustained fat loss and rapid muscle gain. In addition she started to limit her total daily fat intake to 15% of her calories and bought more of her foods at natural food markets.

A fifteen minutes meditation programme was introduced for the morning and evenings and Jane soon discovered that her stress was manageable and that the time spent in reflection clarified her goals and thinking. She told me that she liked her co-workers more and didn't lose her temper as often.

Jane was also willing to invest the time, effort and expense to enhance her productive capacity. She began taking ginkgo biloba, schizandra and Siberian ginseng and reported that her memory improved. She awoke fully rested and was able to accomplish more work in fewer hours. She was pleased as well and soon realised that she was implementing a brilliant strategy for reduced risk of cardiovascular disease and longevity.

I asked Jane what her feelings were about the changes she had applied. She told me, "I now have more control over my life: I have more energy and I look and feel better than I have in ten years. Most of all, I now have the tools to maintain my weight and sustain my health for the rest of my life."

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