

Chinese Medicine for Peripheral Neuropathy

Dr. Orit Dahari, D.Ac, L.Ac

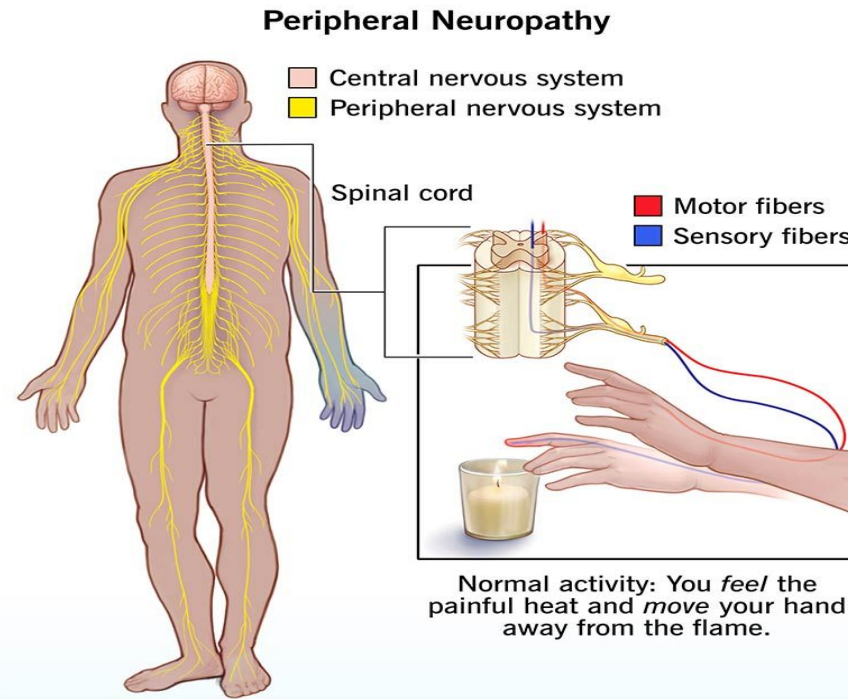


Overview of Lecture

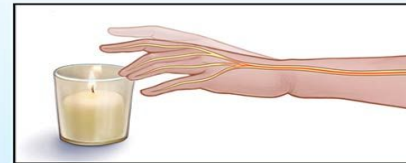
- Definition of PN
- Traditional Chinese Medicine (TCM): History & Philosophy
- TCM's Key Principles
- Acupuncture
- Herbs & Adjunct Modalities
- Movement: Tai Chi & Qi Gong
- Daily Tips
- Q&A

What is Peripheral Neuropathy

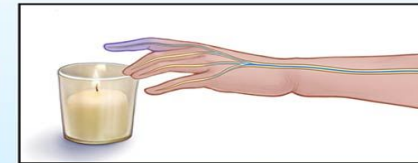
- Condition that damages the nerves outside the brain and spinal cord
- Nerves = Body's electrical system
- NS: communication throughout the body



Possible symptoms of peripheral neuropathy



Muscle weakness: Your finger can barely move away from the painful flame.



Numbness: Your finger does not feel the heat of the flame.

Motor, Sensory and Autonomic NS

Motor:

- Muscle weakness and paralysis.
- Muscle atrophy.
- Uncontrolled muscle movements.

Sensory:

- Numbness
- Tingling
- Imbalance
- Pain

Autonomic:

- Blood pressure changes.
- Sweating too much or not enough.
- Bowel and bladder problems.

What is Traditional Chinese Medicine (TCM)?

A holistic ancient system of medicine that uses diverse modalities like acupuncture, herbal medicine, moxibustion, cupping, nutrition, and manual therapy to maintain one's health.

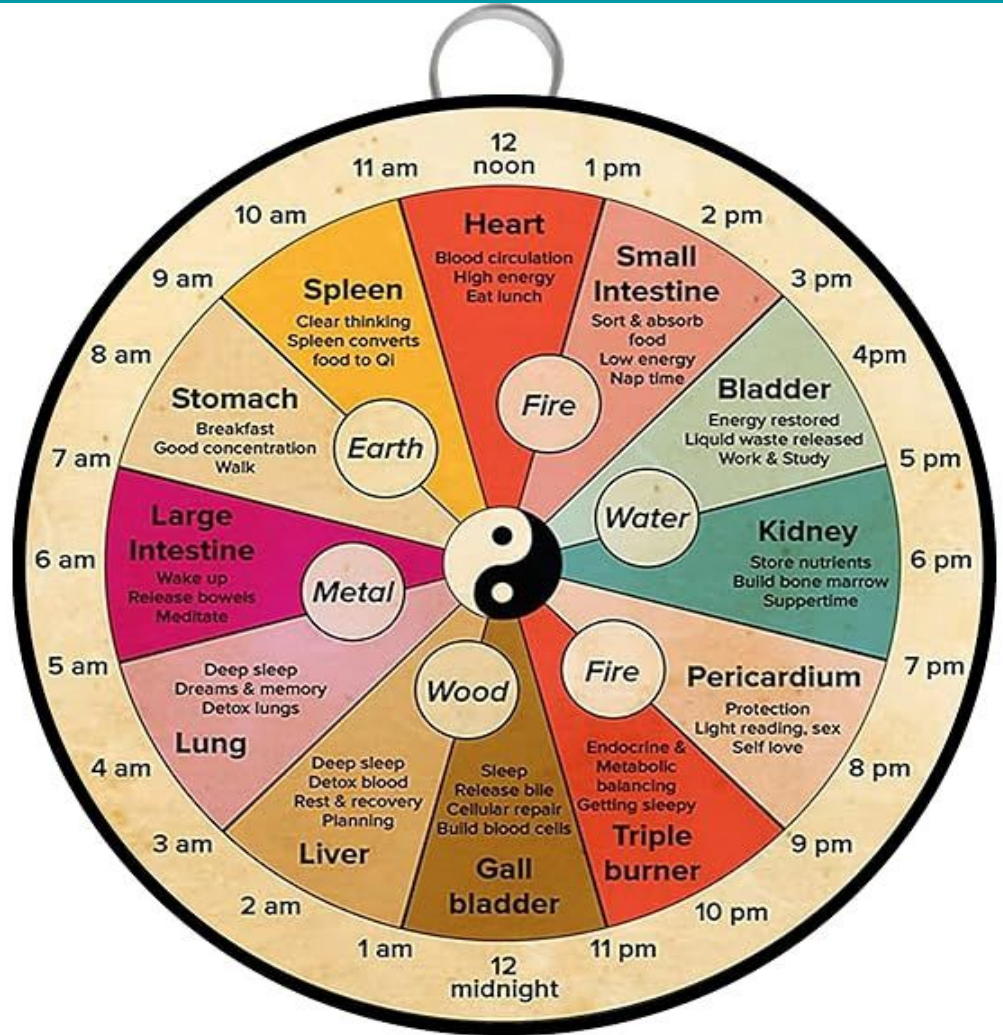
TCM Modalities:

- Acupuncture
- Herbs
- Nutrition
- Massage, Cupping
- Movement: Tai Chi & Qi Gong



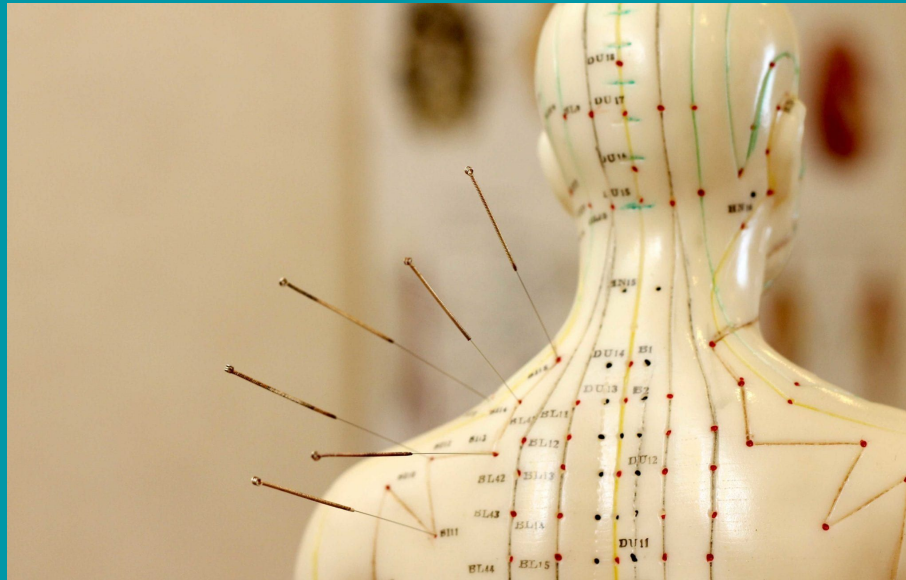
Key Principles of TCM

- Yin Yang
- Qi
- 5 Elements



ACUPUNCTURE

Acupuncture is a Chinese Medicine technique that treats various medical conditions including chronic joint and muscle pain, GI disorders, insomnia, allergies, peripheral neuropathy and more. It includes the insertion of thin needles into specific points on the body to promote healing and balance, stimulate blood circulation and activate natural immune response.



Chinese Herbs & Nutrition

- Prescribed formulas
- Tibetan Foot Soaks



Adjunct Modalities

- Massage
- Cupping
- Estim/ Nerve Reboot



Tai Chi for Neuropathy

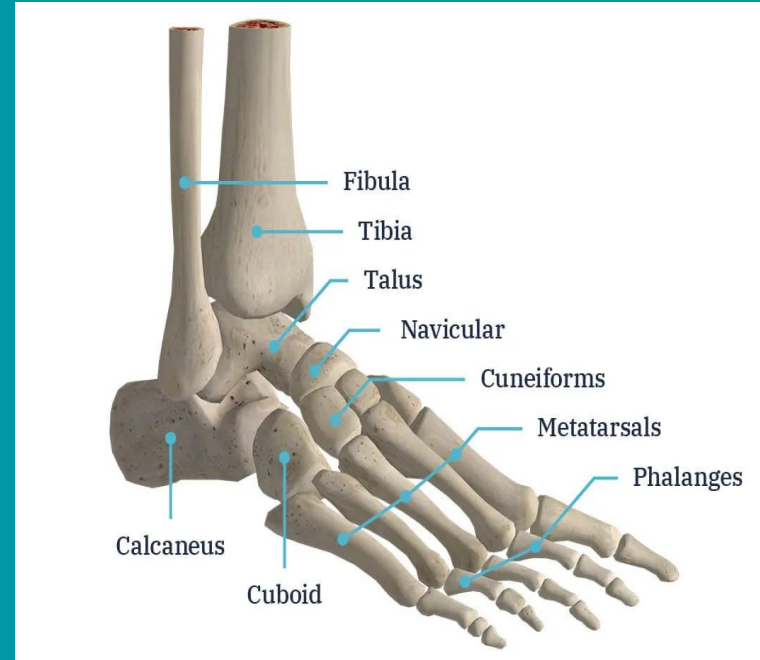
“Tai Chi increases the nerves’ ability and speed of sending signals back to the brain and spinal cord. After only a few weeks of Tai Chi practice, patients with PN can improve physical function and it is a safe and effective intervention.”

The Foundation for Peripheral Neuropathy



Daily Tips:

- Stand/ walk barefoot on uneven surfaces (safely!)
- Reduce muscular tightness with self-massage
- Improve circulation with Tibetan foot soaks
- Practice Tai Chi or Qi gong



Q & A

Contact me directly to register for the Tai Chi series:

Dr. Orit Dahari

914-705-1590

Dr.OritDahari@gmail.com

www.TrueNorthAcuHealth.com



4 week Tai Chi series:

Tuesdays at 10:00AM-11:00AM

October 21st–November 11th

On zoom only

5 students minimum