

The application of traditional medicine with chronic motor disorders**Merita Jackson Hinds**

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I am pleased to share my experiences in the application of the modalities of traditional Asian medicines using acupuncture, nutrition, herbs, massage (Tui na), exercise (Zihong) for chronic motor disorders as exhibited in Parkinson, Alzheimer's and muscular dystrophy. It is paramount to remember that according to the principles of TCM theory, treatment is individually based on the patient and all their symptoms. It is from each individual and their symptoms, a complete profile which can be ascertained, and an individual treatment program can be administered and complemented with not only the medical application of acupuncture but with all the modalities available through nutritional, dietary, and herbal therapies as well as modern technologies such as imaging, lab support, etc. Unfortunately, these respective chronic conditions are often defined as degenerative and categorized as irreversible and complicated with other challenges. There are many explanations as to the "whys" of these motor disorders and their progression into other conditions. Oxidation damage, aging, drugs, medications, and alcohol the list is long. Traditional Chinese Medicine (TCM) has proven that not only can treat these disorders be effectively treated, but also through modification of lifestyle be prevented.

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