



Bethune Oriental Medicine Center

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Business Hours:

Mon., Wed. & Fri.	9 AM-6 PM
Tue. & Thu.	9 AM-7 PM
Saturday	10 AM-4 PM
Sunday/Holiday	1 PM-4 PM



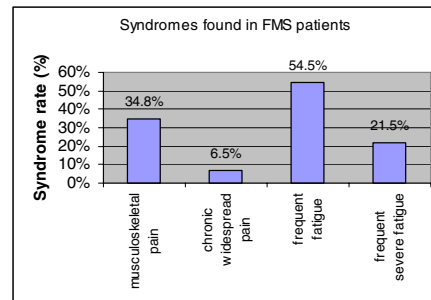
You can take bus 70, and get off at 32 Ave.

Fibromyalgia & Chronic Fatigue Rehabilitation

What's Fibromyalgia?

Fibromyalgia is a chronic disorder characterized by widespread musculoskeletal pain, fatigue, and multiple tender points. "Tender points" refers to tenderness that occurs in precise, localized areas, particularly in the neck, spine, shoulders, and hips.

Other common health problems include a sleep disorder, irritable bowel and bladder, cognitive and memory impairment, muscle spasms, headaches, nerve irritation, reduced coordination, multiple chemical sensitivity (odors, noise, bright lights, medications, foods), and decreased physical endurance.



Clinical diagnosis

- Widespread pain in all four quadrants of their body for a minimum of 3 months; and
- At least 11 of the 18 specified tender points clustered around the neck, shoulder, chest, hip, knee, and elbow regions. Over 75 other tender points have been found to exist but are not used for diagnostic purposes.

How is Fibromyalgia treated by conventional medicine?

- **medications** that diminish pain and improve sleep
- **exercise** programs that involve muscle stretching and improve cardiovascular fitness
- **relaxation** techniques and other measures to help patients relax tense muscles
- **educational** programs to help you cope with FMS

Therapies we use:

- ❖ Acupuncture
- ❖ Chinese Herbal Therapy
- ❖ Qigong Therapy
- ❖ Hypnosis Therapy
- ❖ Far Infrared Lamp therapy

How to save cost for treatments:

1. Coupon

You get \$1 or \$2 coupon after you spend more than \$30 or \$50 for acupuncture treatment.

2. Package price

Buy a 5-time or 10-time treatment package price, you save \$25 or \$100 for each whole treatment plan.

3. Rent therapeutic instruments

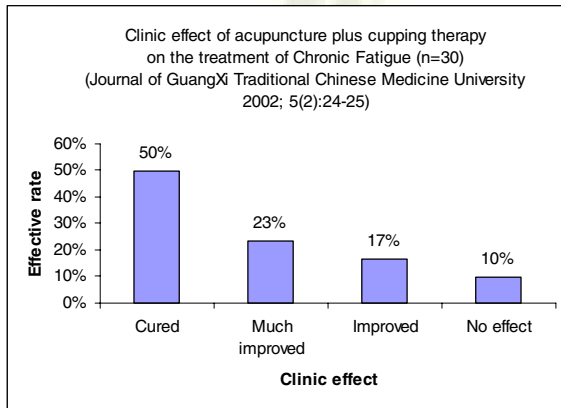
Rent an acupuncture/massage machine and use it at home. It is useful for those patients with chronic disease who need to boost immune system.

4. Qigong Rehabilitation Class

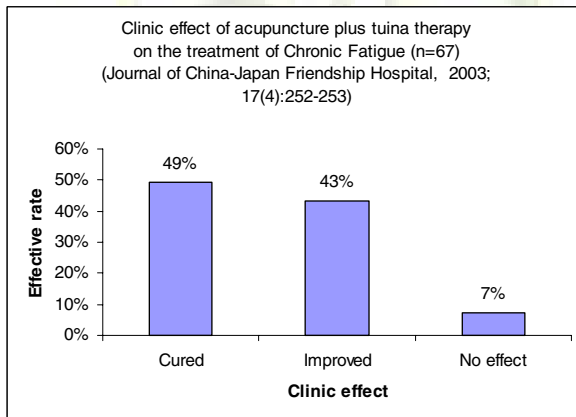
Participate the Qigong Rehabilitation Class. Learn Qigong technique, enjoy Chinese Tuina-massage benefit in the Class, to speed up your recovery so to save money for a long run!

Acupuncture

There are lots reports on the use of acupuncture in the treatment of Chronic Fatigue. In one study involving 30 patients, acupuncture plus cupping yielded a total effective rate of 90%.

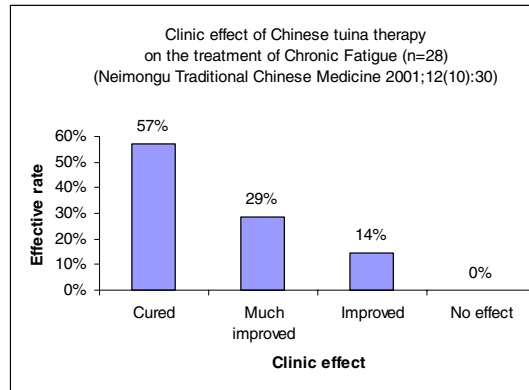


In another study, the use of acupuncture and cupping in 67 Chronic Fatigue patients yielded a total effective rate of 93%.



Tuina

Chinese tuina is a special kind of massage therapy. It is not aimed for relax but for treatment of illness. It is especially useful for the recovery of Chronic Fatigue. In one clinic study in China, 28 patients with Chronic Fatigue were treated with the tuina therapy plus herb pills (Guipi pill, or Liuweidihuang pioo) and the total effective rate is 100%.

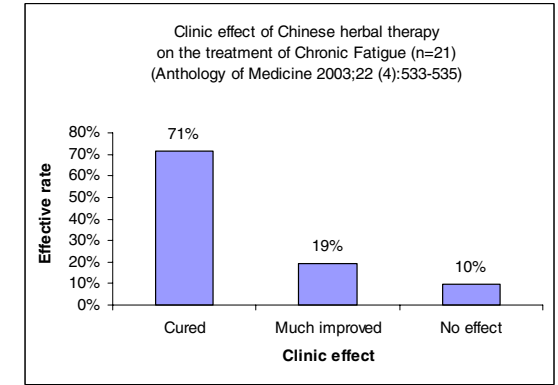


Herbal therapy

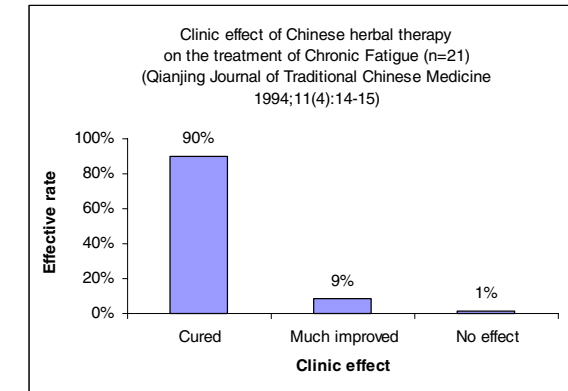
Herbal therapy is very important in Traditional Chinese Medicine. By use of proper herbs and organize them into a formula according to the conditions of individual patients, many kinds of diseases can be improved.

For Chronic Fatigue and for Fibromyalgia that are hardly improved dramatically with conventional medicine, the benefit of herbal therapy gained much more attention in China.

In one clinic study, 21 Chronic Fatigue patients were treated with a herbal therapy (Gui-pi tang). Total effective rate is 90%. The cure rate was 71%.



In another study, 367 Chronic Fatigue patients were treated with another herbal therapy. Total effective rate is 98.9%. The cure rate even comes up to 90%.



Food therapy

Herbs can be integrated into daily diet for the recovery of Chronic Fatigue. This is a experience of Chinese people for thousands of years. They believe that, food therapy is better than drug therapy.

One of the food therapies uses only Chinese Yam, Job's tears, lotus and small rice as the main intergradient.