

# Introduction to Common Syndromes

excerpts from

*Ancient Wisdom, Modern Science, and Evolving Diseases:  
The Emerging Paradigm of Medicine*

An Integrated Perspective and Resource

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Excerpts from my [not yet published] book designed to demonstrate and explain possible disease mechanisms through an integrated lens.

It is not intended to diagnose, treat, or replace primary care.

**FOR EDUCATION PURPOSES ONLY**

# Introduction

It is truly my pleasure to help people and I am blessed with a plethora of patients who have helped craft my practice with presentations that require me to expand my knowledge.

Because I specialize in complex and complicated conditions, my clinic availability is limited. Still, most seeking my care share similar challenges, so I often repeat many explanations.

Life is precious. I hope that my pending book, and all that I freely share, will serve as a catalyst to aid in improving how we care for each other in all paradigms of medicine. Be well.

*Jennifer M. Williams*  
Doctor of Acupuncture Medicine 

# Dr. Jennifer M. Williams

- Nationally Board-Certified Doctor of Acupuncture
- Licensed Herbalist providing consults via telehealth
- Specializes in complicated chronic conditions, severe chronic pain, neurological presentations, and brain injuries
- Professional presenter, technical writer, published author  
National Certification Commission for Asian Medicine (NCCAOM)  
approved PDA/CEU provider
- Enjoys farming, chickens, beekeeping, and sleeping



# Outline

Slide 5 - What's the point?

Slide 6 - Determinants of Health and U.S. Healthcare System

Slide 11 - Factors of Chronic Presentations & Strategies

Slide 26 - Inflammation, Organs, and Strategies

Slide 40 - Covid-19 and Strategies

Slide 45 - Neuropathy Types and Strategies

Slide 50 - Common Medication Challenges

Slide 52 - Acupuncture Medicine and Strategies

Slide 61 - Resources

# What is the Point?

- What is the point of these slides?
  - Many people are not well and can't find answers or significant help
  - These slides provide an overview of common syndromes
    - (that I see in my acupuncture medicine clinic)
  - People realize medications are not a fix and they want better care
- How can people develop better strategies?
  - Do not take providers' oversimplification personally
    - Providers do their best in the broken U.S. healthcare system
  - Develop deeper introspection – trust your gut instincts
- Why do chronic issues become complex and difficult?
  - May start slow or sudden, but often evolves to degeneration
    - Many people do not receive appropriate prevention or early intervention
  - See determinants of health on the next slide

# Determinants of Health

- Factors affecting health of individuals and communities
  - According to Society:
    - Social status
    - Financial stability
    - Education Access
    - Education Quality
    - Physical environments
    - Employment/working conditions
    - Social support networks
    - Personal health practices
  - According to Dr. Jen M. Williams:
    - Healthy child development
    - Coping skills
    - Introspectiveness
    - Self-Reliance
    - Social environments
    - Health care access
    - Health care quality and equality
    - Life-Style and epigenetics

As capable adults, we are responsible for our own health – don't give that power away

As caring adults, we are responsible for the health and development of children

\*Why do we allow children [and others] to be subjected to second-hand smoke?

\*Why do we allow children to be in school all day and return with home-work?

# U.S. Healthcare System

- Western medicine can be amazing and life changing
  - For those who can access high level care
    - Social determinants influence access to care and introspection
- There are over 190 healthcare systems in the world
- The U.S. Healthcare system is the most expensive
  - With some of the worst outcomes
  - It is amongst the top 5 economies in the world
    - So, why do so many seek care outside that system?
      - Lack of true prevention
      - Insurance and resources often determine levels of care
      - Medicare reimbursement decreasing as costs are rising
        - » Average citizens and veterans often subject to poor care

# U.S. Healthcare System

- Kuehn, B. ***US Health System Ranks Last Among High-Income Countries.*** JAMA. 2021;326(11):999. doi:10.1001/jama.2021.15468
- [www.health.harvard.edu/blog/is-our-healthcare-system-broken-202107132542](http://www.health.harvard.edu/blog/is-our-healthcare-system-broken-202107132542)
- [www.medifind.com/news/post/problems-us-healthcare-system](http://www.medifind.com/news/post/problems-us-healthcare-system)

## 8 Major Problems With the U.S. Healthcare System

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- |                                     |                                   |
|-------------------------------------|-----------------------------------|
| 1. Preventable Medical Errors       | 5. High Costs of Care             |
| 2. Poor Amenable Mortality Rates    | 6. Lack of Insurance Coverage     |
| 3. Lack of Transparency             | 7. Nursing and Physician Shortage |
| 4. Difficulty Finding a Good Doctor | 8. Inefficiencies                 |
-



# U.S. Healthcare System

- If you seek care outside mainstream healthcare system
  - Chances are your insurance reimburses little
    - Providers can't afford to give away care and resources
    - Providers do their best with limited time (treat 'em & street 'em)
    - Businesses often rely on other avenues of revenue
      - \$ Prescription drug refills
      - \$ Costly invasive tests
      - \$ Exhaustion of therapies
        - » covered by insurance
  - Primary care often appears flawed
    - Often fails to understand big picture
    - Income often valued over outcomes
    - Big pharma rules low level healthcare
      - Sick management



# Why is Healthcare not Working?

“If you thoroughly investigate the pathomechanism there will be no illness for which you will fail to give the appropriate treatment.” – Huangdi Neijing Suwen

- Investigating pathomechanisms requires knowledge and time
- Appropriate treatment requires communication and planning
- This is not how most medical care is delivered
- This level of care requires a range of resources and time
- Access to this level of care is not available to everyone
- Proximity to this level of care is not equally distributed

# Common Factors of Chronic Issues

- Three factors exist with every patient I see:
  - Gut Issues
  - Deficient Fluids
  - Excess Fluids

These factors  
are universal

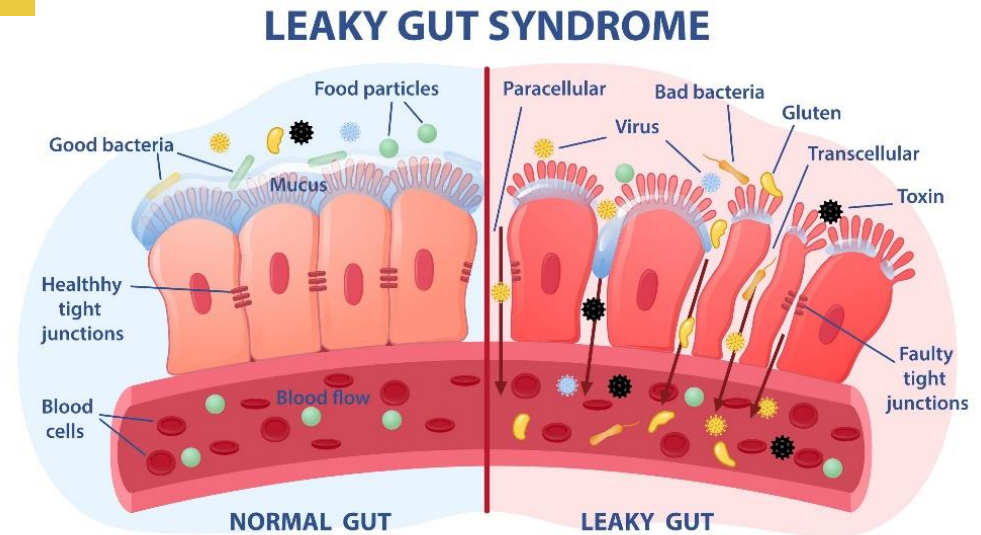


# Gut Factor

- Where is most of your immune system?
  - Your gut
    - Human digestive tract is about the size of a tennis court
      - Outside environment, food, drink, substances, and information
        - » brain and gut are connected
          - Microbiota-Gut-Brain Axis
  - Ancient medicine refers to this as Wei Qi
    - Gut must be warm to digest (elimination is not cold)
      - Will push cold away from center
      - Weakness will allow external weather to penetrate tissue
        - » Painful Obstruction
          - Cold, Damp, Wind

# Gut Factor

- What is protecting the gut?
  - Mucosal barrier
    - Thick mucus layer contains defenses
    - Trap particles, bacteria and viruses
  - Tight gut tissue junctions
    - Allows nutrients in
    - Keeps pathogens out
    - Keeps toxins out
  - Healthy microbes
    - There are trillions
    - Diversity is important
  - Lack of inflammation

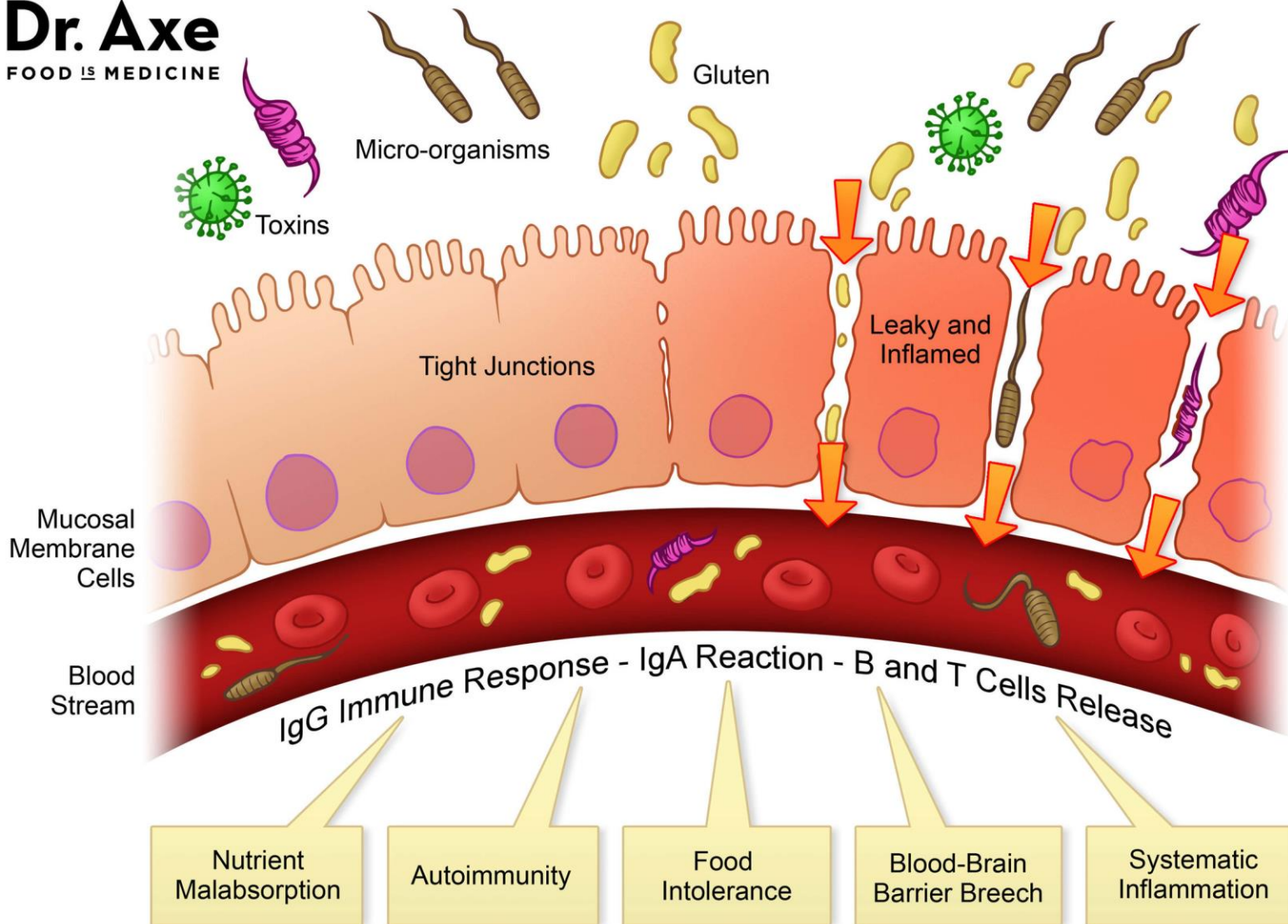


# Gut Factor

- What causes dysfunction of gut protection?
  - Pathogens degrade mucosal barrier
    - Results in inflammation and damage
  - Tight junctions [between columnar cells] loosen and break apart
    - Causes gaps in intestinal barrier
  - Toxins and pathogens leak into circulation
    - Impacts tissues locally and globally
    - Increases mucosal damage
    - Intestinal permeability allowing food antigen through barrier
      - enters bloodstream and triggers allergic reactions

# Leaky Gut Diagram

**Dr. Axe**  
FOOD IS MEDICINE





# Leaky Gut Factors

- Medications

- Proton Pump Inhibitors - lansoprazole (Prevacid), omeprazole (Prilosec), pantoprazole (Protonix), rabeprazole (AcipHex), and esomeprazole (Nexium)
- NSAIDs - (Ibuprofen, Motrin, Advil)
- Antibiotics are cold (gut needs to be warm) and disrupt digestive harmony

- Toxins

- Glyphosate (roundup on wheat, produce, and weeds)

- Lifestyle

- Food (reactions), alcohol, stress, poor diet

- Pathogens / Infections

- Bacteria, fungus, parasites, viruses



# Leaky Gut Factors

- **Medications** – closer look at Proton Pump Inhibitors (PPIs)
  - PPIs are one on the most used drugs
  - Most directions state to use no more than 10 days
    - but many people stay on for years
  - Reduced acidity has consequences
    - improperly digested food, germs, and bacteria
      - enters small intestine
      - causes inflammation and damage to mucosal lining
      - Bacteria can invade spaces such as intestines, heart, and middle ear
  - “Changes in the human body caused by PPI may include: dysbiosis, local mucosal secretory alterations, bacteria functional and morphological changes, and other potential factors that may contribute to the body's dysfunction. The most dangerous results of those changes are upper respiratory tract infections and possibly otitis media”

# Excess Fluids Factor

- One of many factors missing in mainstream framework
  - However, mainstream is recognizing inflammation
    - As a factor involved in many emerging diseases
    - As an excess that can have local and systemic impacts
- Excess is not always hot, not stable, and not consistent
  - Damp heat – closest 3,000-year-old term for inflammation
  - Damp cold – think of chronic swelling that hurts more in winter
  - Phlegm – a thicker excess that can further transform
- Causes
  - Poor Diet
  - External Environment (see Acupuncture Bi syndrome)
  - Emotions
    - Related to the development of asthma
    - Related to the feeling of a Pit stuck in throat
      - contributes to Sjogren's (dry eyes, throat)



# Deficient Fluids Factor

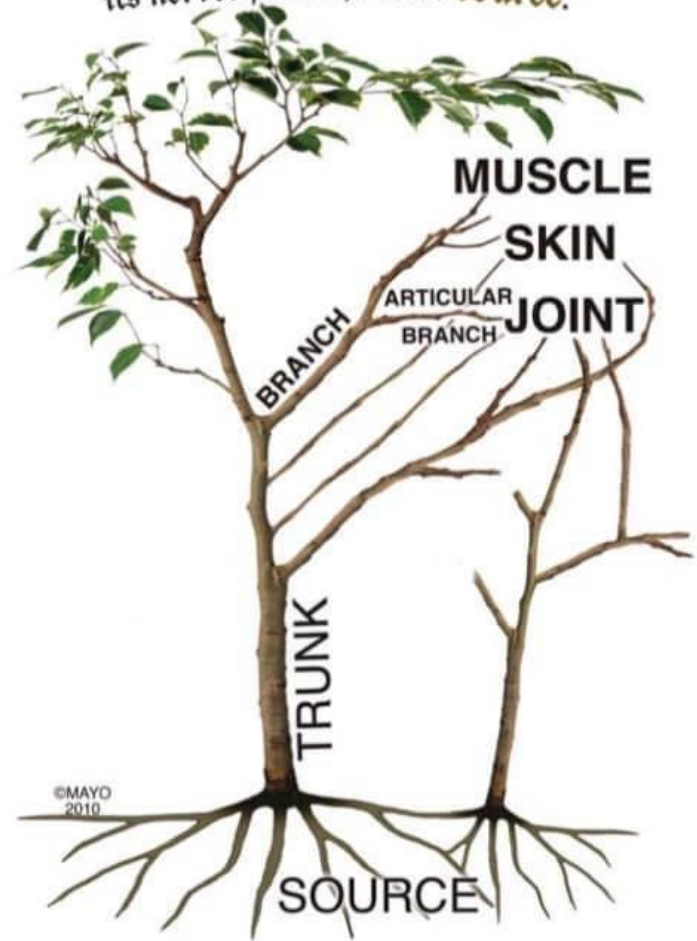
- Different than dehydration, which is more obvious
- Health requires useful fluids
- Excesses are pathogenic
- Excess is often stuck due to lack of useful fluids
- Useful fluids are vital substances
  - Fluids – ginseng is famous because it generates useful fluids
    - Water is important – a solvent, conducts electric impulses
    - Does not often hydrate when someone is fluid deficient - becomes a diuretic
    - Minerals are important; good fats - coconut oil, avocado
  - Blood (Xue) – quality and quantity are critical
    - Iron in one component – good quality requires range of nutrients
- Causes
  - Lifestyle - Poor Diet, Poor Sleep, Dysregulation
  - Stress Response
  - External Environment

# Excess and Deficiency

- Many people are like struggling houseplants
  - The leaves are dry (deficient) and yellow (excess)
  - The plant is thirsty, but water goes straight through
    - Because the dirt too dry to absorb water (deficiency)
  - Pockets of toxic fluid stuck around roots (excess)
    - Because surrounding dirt is too dry to absorb



"The same **trunks** of nerves whose **branches** supply the groups of muscles moving a joint furnish also a distribution of nerves to the skin over the insertions of the same muscles; and what at this moment more especially merits our attention, the interior of the joint receives its nerves from the same **source**."



“all diseases are mere effects, the cause being a partial or complete failure of the nerves to properly conduct the fluids of life”  
- A.T. Still (1897)

**Fig. 2.** Symbolic representation of Hilton's Law by a tree with its roots (source), trunk and arborization (branching) pattern (Reproduced with permission from Mayo Foundation, 2010).

# Strategies for Common Factors

ALWAYS CONSULT A MEDICAL PROVIDER FIRST

- This combination causes pathogenic blockages
  - Often referred to as cold damage
  - Can arise from internal processes or external sources
- So, what do we do?
  - Nourish with good food, good fats, electrolytes, herbs
    - Only licensed acupuncturists are licensed herbalists
    - If a provider offers herb formulas not listed as proprietary ingredients
      - This is a standard process for providers who do not know herbs - AVOID
  - Get nutrients from a variety of whole food sources
  - Understand the role of food therapy
    - ***Healing with Whole Foods*** by Paul Pitchford
  - See next slide for common food therapy guidance

# Strategies for Common Factors

ALWAYS CONSULT A MEDICAL PROVIDER FIRST

- **Heal the gut**

- Consider fermented foods and fruits with digestive enzymes
- See [www.gapsdiet.com/gaps-outline/](http://www.gapsdiet.com/gaps-outline/) for more information and ideas
- Omega 3 is great – Nordic is a professional brand
  - Don't cook with olive oil and make sure it is authentic
  - Coconut oil is anti-inflammatory and anti-bacterial
    - Oil Pulling is great for gum hygiene and minor gum infections
      - » [www.wikihow.com/Do-Oil-Pulling](http://www.wikihow.com/Do-Oil-Pulling)
- Consider bone broths (slide 63) – add to cooked veggies
- Check out [microbiomelabs.com](http://microbiomelabs.com)
- Register at [microbiomelabs.com/register/?ref=woodelement](http://microbiomelabs.com/register/?ref=woodelement)
  - Mega Sporebiotic - wide variety of microbes - spore based to bypass GI
  - Mega Mucosal - Helps build damaged mucosal lining / barrier
  - Mega Microguard - Can help with acid reflux / heartburn
  - Mega FidoSpore - For your dog



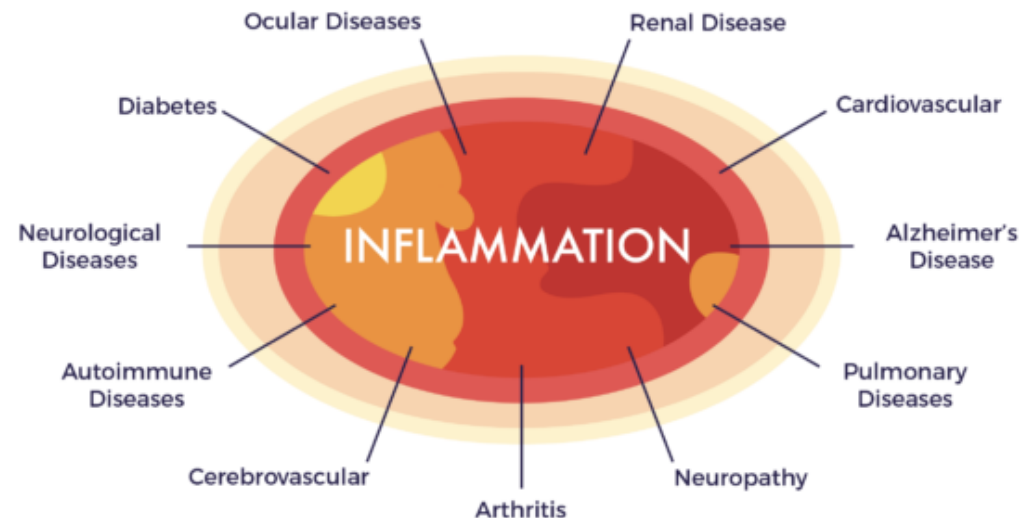
# Strategies for Common Factors

ALWAYS CONSULT A MEDICAL PROVIDER FIRST

- Decrease Excess, Increase Fluids, Improve Blood
  - Identify troubled areas
    - See Slide 17 for more information on pathogenic excess
    - See a professional acupuncturist herbalist
      - Start with a local acupuncture school student clinic
      - See your state’s list of licensed acupuncturists
      - Contact your state’s acupuncture association
      - Chinese herb system is advanced and effective
      - Formulas should clearly list ingredients
    - Telehealth with a licensed acupuncturist herbalist
      - I offer telehealth in TN, VA, and NC
      - Herbal Consult is \$55.00. Appointment time is 60 minutes
      - <https://www.woodelement.com>

# Inflammation

- Where does pathogenic excess or inflammation go?
  - To areas that are susceptible
  - To areas in line of fire
    - Related structures
    - Gravity
- What does pathogenic excess influence?
  - Phlegm
  - Dampness
    - Heaviness
    - Blockages / Obstruction
    - Lack of free movement
    - Nerve entrapment
  - Wind - moves around
    - Irritates nerves
      - Tremors
      - Demyelination
  - Cold
    - Contraction
    - Impedes blood flow



# Inflammation

- Many emerging diseases involve excess
- Mainstream now identifying broader issues with excess
  - Mainstream refers to most excess as inflammation
    - But still no framework for differential diagnosis such as:
      - Temperature
      - Viscosity
      - Movement
- Many Covid consequences involve inflammation
  - Location often determines trajectory
    - Challenge is that virus is getting smart
      - Actively engaging multiple receptors
        - » Usually finds a way into weakened areas
          - Prevention is determining and strengthening weak areas

# Inflammation

- What causes inflammation?
  - Events
    - Trauma
    - Covid 19 infection /shots
  - Breakdown of mucosal barrier (gut)
    - Babies now born with numerous neurotoxins in gut
    - Medications (starting at younger ages)
  - Gut / hyper immune response
  - Liver toxicity
  - Kidney filtration compromised

# Liver Inflammation

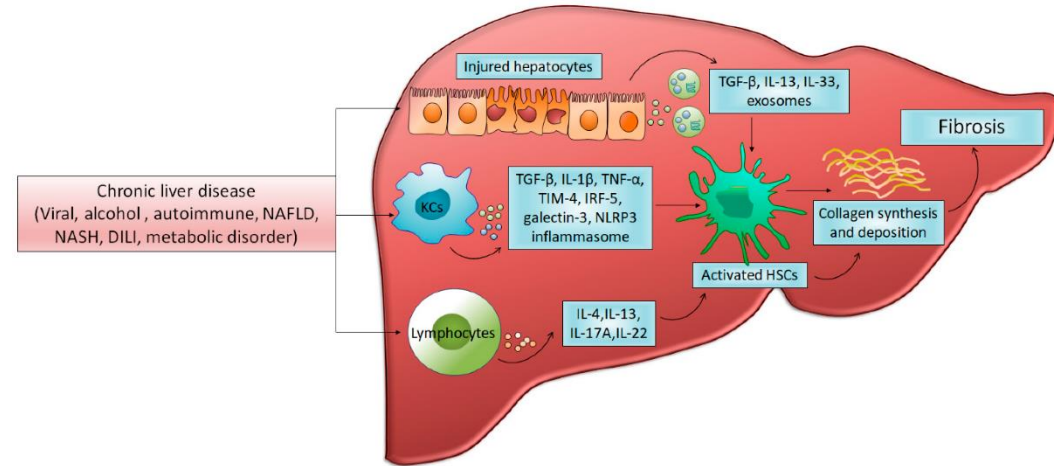
- Fat in liver is:

1. Adipose tissue

- Endocrine gland
  - » Makes cytokines

2. Ectopic fat (outside adipose tissue)

- Starts to invade other organs and tissues
- Increases cytokines
  - » proteins that cause inflammation
    - Specifically systemic inflammation
      - ❖ Such as joints
  - » Can create or worsen insulin resistance
    - Insulin resistance creates more systemic inflammation



# Liver Inflammation

- Inflammation in joints heal with scar tissue

- Fibrosis

- Back to liver

- Cirrhosis

- » Lack of bile production

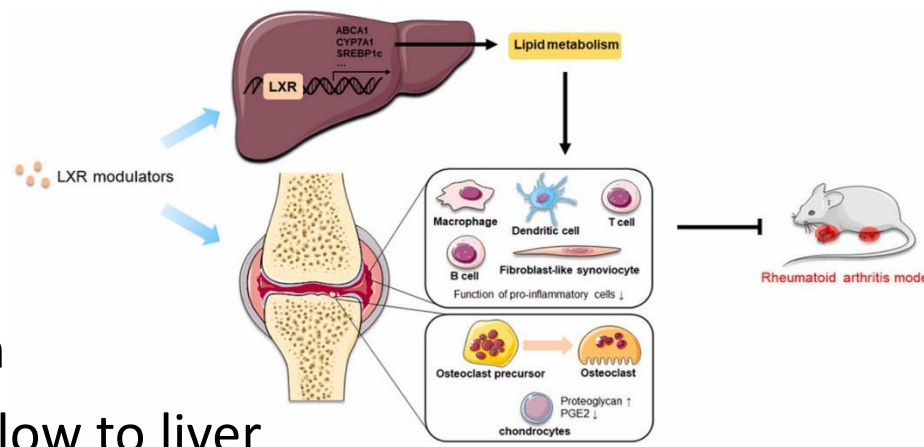
- » Bile (detergent) can't flow to liver

- More inflammation

- » Difficulty absorbing Omega 3 fatty acids (anti-inflammatory)

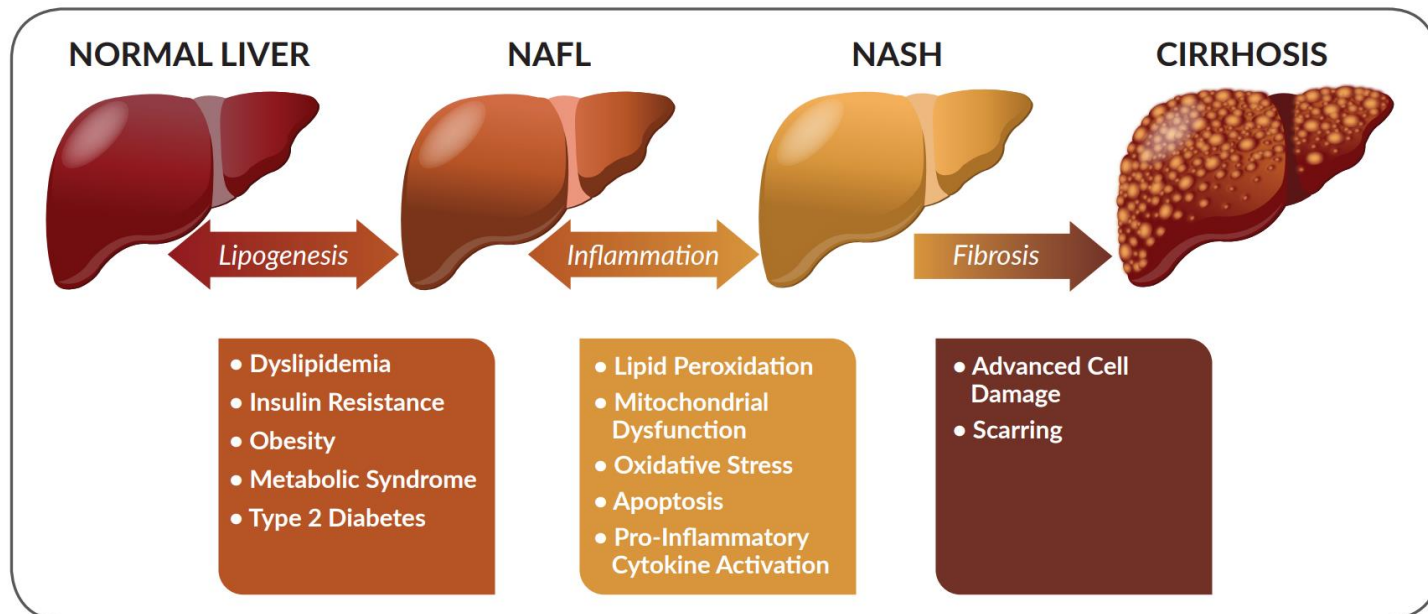
- » And other fat soluble – Vit A, Vit E, Vit D

- Joint stiffness and systemic pain



# Liver Inflammation Strategies

- \*Prospective evaluation of the prevalence of non-alcoholic fatty liver disease and steatohepatitis in a large middle-aged US cohort.
  - NAFLD diagnosed in 38% of asymptomatic mid-aged Americans
  - NASH was diagnosed in 14%
  - Significant liver fibrosis in 6%



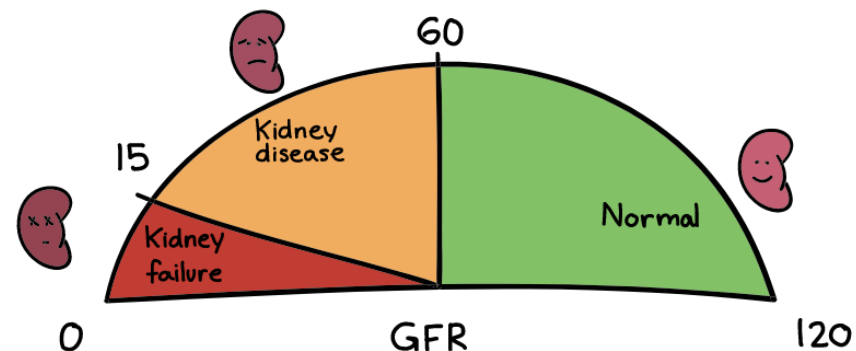
# Liver Inflammation Strategies

- Inflammation in the liver is common (see previous slide)
  - The liver can regenerate if damage is not advanced
  - Avoid alcohol, excess sugar, sweets, bad fats
  - Speak to your doctor about intermittent fasting
    - Can help reduce inflammation
    - Can turn on autophagy
  - Reduce unnecessary drugs and supplements
  - Remove unnecessary drama in your life
    - People can be toxic
    - Feelings of stress can be powerful
  - Take long walks in nature at least 3x a week
  - See a licensed acupuncturist herbalist
    - Most professionally used Chinese medicine herbs protect liver



# Kidney Inflammation

- Kidneys receive leftover toxins from liver
  - Serves as secondary filtration
- Glomeruli are tiny filters in kidneys
  - Help remove waste and excess fluid from blood
  - Glomerular filtration rate (GFR) is a blood test
    - estimates how much blood passes through filters each minute
  - Glomerulonephritis – inflammation of the kidney
    - Toxins
    - Viral Infections
    - Bacteria (imbalance)
    - Covid-19 shot adverse event



# Kidney Inflammation Strategies

- Kidneys are part of the endocrine system
  - [Kelp-based] iodine is required to make thyroid hormone
    - Body does not make iodine
    - Must be obtained from food or supplement
- Kidneys impact thinking, hearing, low back, knees
- Kidneys involve nourishing and warming the body
  - Avoid cold drinks
  - Drink plenty of water
  - Walnuts, Kidney beans, and Black beans can nourish
  - Gently rub low back to warm and connect with kidneys
  - See a licensed acupuncturist herbalist
    - I like Strengthen Water for Nourishing and Stone Clearing if congested

# Heart Inflammation

- Pericarditis - inflammation in outermost layer of heart
  - Pericardium is a sac of connective tissue
    - nerves and blood vessels supply and support heart
- Myocarditis - inflammation in middle layer of heart
  - Myocardium is the muscle of the heart
    - enables heart to pump blood (systole) / relax and fill heart (diastole)
- Endocarditis - inflammation in innermost layer of heart
  - Endocardium is a layer of connective tissues
    - organ lining that coats inner surfaces of heart chambers / valves
- Viral or Bacterial Infections
- Autoimmune
- Covid / Covid shot adverse reaction

# Heart Inflammation Strategies

- Many cultures believe the heart houses the mind
- Heat in the heart leads to anxiety and busy mind
  - Often involved in insomnia
- Heat in heart can be relieved through small intestines
- Consume mushrooms, beets, and microgreens
- Practice oil pulling (swish with coconut oil and spit in trash)
- Practice gratitude, engage with animals
  - Laughter is great medicine
- Talk it out, take long walks, grant yourself joy
  - You don't need another thing
- So many amazing Chinese herbs for cardiac health
  - Wang Y, Wang Q, Li C, Lu L, Zhang Q, Zhu R, Wang W. A Review of Chinese Herbal Medicine for the Treatment of Chronic Heart Failure. *Curr Pharm Des.* 2017;23(34):5115-5124. doi: 10.2174/1381612823666170925163427. PMID: 28950815; PMCID: PMC6340156

you could stop, or begin to reverse heart disease following lifestyle changes in nutrition, exercise, and stress management. Even severe coronary heart disease often begins to reverse when making these lifestyle changes, without drugs or surgery!

Very interestingly, after twenty years of research and practice as a cardiologist, Ornish wrote in his book, *Love and Survival*, that no other factor in medicine, "not diet, not smoking, not exercise, not stress, not genetics, not drugs, not surgery", affects our health, quality and length of life more than feeling loved and cared for. He

# Lung Inflammation

- What contributes to inflammation of the lungs?
  - Pathogens
  - Exposure to toxins
  - Pollutants, Irritants, Allergens
  - Viral or Bacterial Infections
- What happens after exposure?
  - Exposure causes inflammatory cells to activate
    - Releases cytokines
      - Proteins that cause inflammation
    - Releases mediators
      - to modify activities of other inflammatory cells

# Lung Inflammation Strategies

- Detox, Breakdown Excess, Nourish
  - Identify toxic exposure
    - Common causes of Idiopathic Pulmonary Fibroids (IPF)
      - What are you breathing in all night?
        - » Acid reflux, Down feathers, Micro allergens
    - Second-Hand Smoke
    - Covid Inflammation can catapult IPF
  - Breakdown Excess
    - Nutritional Yeast, Vit B, Digestive Enzymes
    - Spore probiotics – Large Intestine uptakes to Lungs (microbiome labs)
    - Chinese Herb Formula – Xue Fu Zhu Yu Tang
      - Kun Ji et al. 2020. *Efficacy and Safety of Traditional Chinese Medicine in Idiopathic Pulmonary Fibrosis: A Meta-Analysis*. Evidence-Based Complementary and Alternative Medicine, vol. 2020, Article ID 1752387, <https://doi.org/10.1155/2020/1752387>
  - Nourish Lungs
    - Professional Acupuncture Herbalist
    - I like Kan Herbal Company's Strengthen Lung

# Covid-19 Inflammation

- Systemic illness with hyper-inflammation
  - Cytokine storms – substances secreted by immune system cells
  - Cardiac injury biomarkers
  - Breakdown of mucosal barrier
- Manifestations
  - Orthostatic Intolerance
    - Dizziness
  - Long Recovery
  - Loss of taste / smell
- Pathophysiology
  - Appears to systematically search for weak areas
  - Inflammation goes where body is susceptible (slide 26)



# Covid-19 Vaccine Reactions

- Reactive Immune System
  - Triggers cause immune system to be hyperactive
  - Triggers can be pre-existing, new, or exposure to virus
    - Accumulation
    - Over-Stimulation
      - Attacks normal healthy tissue
      - Organ(s) lose function, then cell damage
- Manifestations
  - Auto-immune Disease
  - Activation of latent viruses
    - Epstein-Barr virus (EBV)
    - Varicella-Zoster virus (VZV)
    - Herpes Viruses



# Covid-19 Strategies

- Rectify Health/ Eliminate Excess / Nourish Yin
- Improve Gut and Digestive Health
  - Many L.Acs offer herbs, food therapy, and nutrition ideas
- Prevention with Immune Boosting Activities
  - Acupuncture, Moxa, Herbs
  - [www.100daymoxachallenge.com](http://www.100daymoxachallenge.com) study for long haulers
- Early Intervention with Anti-Viral Herbs (see slide 44)
- Find a local authentic licensed acupuncturist herbalist
  - Can differentiate inflammatory syndromes by location
  - Can provide custom or specific professional herb formulas



Fan AY, Gu S, Alemi SF; Research Group for Evidence-based Chinese Medicine. **Chinese herbal medicine for COVID-19: Current evidence with systematic review and meta-analysis.** J Integr Med. 2020 Sep;18(5):385-394. doi: 10.1016/j.joim.2020.07.008. Epub 2020 Jul 31. PMID: 32792254; PMCID: PMC7834293.

# Covid-19 Strategies for L.Acs

- Cognitive Impairment
  - \*Up to 32% suffer brain fog after Covid-19
    - Chronic Inflammation
    - Blood Vessel Damage
  - Gut and brain are connected
  - Professional (prescription from L.Ac) Chinese Herbs
- Loss of Taste and Smell
  - Local degradation of mucus membranes
    - Speak to your provider about Mega Mucosal
  - Local degradation of cells around nerves (inflamed or infected)
    - Acupuncture strategies include Du 26, Bitong, and Neural Flush
    - Pu Ji Xiao Du Yin; Cang Er Zi; Xin Yi San; Qing Bi Tang

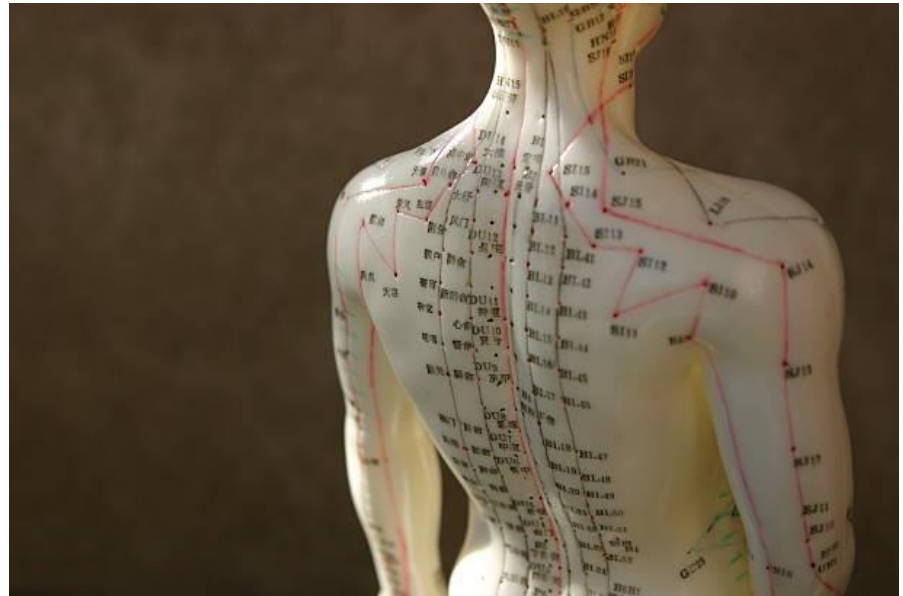
# Covid-19 Strategies for L.Acs

- All ingredients research proven effective
  - broad spectrum anti-viral
  - use as preventative if exposed
  - great for early intervention
  - effective for seasonal allergies, sinusitis
  - loss of smell and taste with Covid
- Relevant Research
  - <https://scitechdaily.com/melatonin-produced-in-the-lungs-prevents-covid-19-infection/>
  - <https://www.nature.com/articles/s41421-020-00197-3>
  - <https://www.biorxiv.org/content/10.1101/2020.12.08.415836v1>
- Now available at GoldenNeedle.com
- Wholesale - <https://ascentlabs.store/products/virashield-wholesale>

# Neuropathy

“all diseases are mere effects, the cause being a partial or complete failure of the nerves to properly conduct the fluids of life” - A.T. Still (1897)

Those invisible lines they call meridians, are simply diagrams to the periphery nervous system



# Neuropathy Types

- **Motor** - nerves that control muscles
  - Disease causes difficulty sending electrical signals
  - Makes hands and arms feel weak
  - Twitching and cramping
- **Sensory** – nerves that control sensation
  - Small fiber (pain-dominant)
  - Large fiber (ataxia-predominant)
- **Autonomic** – nerves that regulate involuntary function
  - Breathing, Heart rate, Blood Pressure, Sweating

# Neuropathy Examples

- Motor
  - Muscle Spasticity
    - Excess Entrapping and Harassing Nerve; Impeding Blood Flow
- Sensory
  - small fiber (pain-dominant)
  - large fiber (ataxia-predominant)
- Peripheral Neuropathy
  - Result of damage to nerves outside brain and spinal cord
  - Combination of motor and sensory
  - Weakness, numbness and pain - usually in the hands and feet
  - Can also affect digestion, urination and circulation

# Neuropathy Examples

- Dysautonomia
  - Disorder of autonomous nervous system
  - Large Umbrella of disorders
  - Orthostatic Intolerance
    - Postural Orthostatic Syndrome (Heart and Kidney not talking)
  - Significant increase based on Covid-19

“Conclusion: Symptoms deriving from autonomic dysfunction involvement are common in those affected by COVID-19. These symptoms have a great impact on the quality of life both in the short and medium to long term. A better understanding of the pathophysiological mechanisms of Post-COVID manifestations that affect the autonomic nervous system, and targeted therapeutic management could help reduce the sequelae of COVID-19, especially if we act in the earliest phases of the disease.”

Carmona-Torre F. et al (2022). Dysautonomia in COVID-19 Patients: A Narrative Review on Clinical Course, Diagnostic and Therapeutic Strategies. *Front Neurol.* May 27;13:886609. doi: 10.3389/fneur.2022.886609. PMID: 35720084; PMCID: PMC9198643. <https://pubmed.ncbi.nlm.nih.gov/35720084/>



# Neuropathy Strategies

- Alpha Lipoic Acid – helps reduce paresthesia
- Bone Broths with cooked mushrooms - nourishes
- Chinese Medicinal Herbs – licensed acupuncturist
- Evil Bone Water – topical based on ancient formula
- Melatonin – Anti-inflammatory and aids sleep
- Organic B Vitamins – take in morning only
- Probiotic Suppository – detoxes and helps system
- Seaweed Bath Soaks – soothes and pulls toxins
- Tibetan Foot Soaks – helps remove toxins

# Common Medication Challenges

- Medications can save lives but also create challenges
- Problems I see in clinic:
  - Recurrent refills
  - Adding drugs
    - But not removing
  - Taking too long
    - Often part of business model
  - Not concurrent with science
  - Highly addictive



# Common Medicine Challenges

- Proton Pump Inhibitors (Omeprazole)
  - Package states no more than 10 days
  - After 5, 10, 15, 20 years – consider bacteria load
    - Where does the bacteria thrive? Damage potential?
- Statins
  - Blocks the production of CoQ10 – good fats
    - CoQ10 supplement not the same and why supplement while blocking
  - Muscles, brain, tissues starve – wasting/thirsting
  - Recently banned in Europe
- Antidepressants
  - Highly addictive and known to address wrong mechanism
- Levothyroxine
  - Thyroid requires kelp-based iodine – body does not make
    - Consider a kelp-based iodine supplement

# Acupuncture Medicine

- What is Acupuncture Medicine?
  - A system of theories aimed at differential diagnosis
  - A range of treatment modalities thousands of years old
    - Acupuncture with a range of approaches (see chart on next slide)
    - Injection therapy
    - Tui Na (massage, orthopedics, bone setting, chiropractic)
    - Gua Sha (Graston technique, scraping)
    - Light Therapies (infrared heat, led, laser therapy)
    - Moxibustion
    - Herbal Medicine
      - Most pharmaceuticals are based on herbs and natural substances
        - » Can't patent a plant, so there is no system of huge profits
        - » Still stabilized in petroleum. Would anyone willingly consume petrol?
    - Others - Food therapy, Movement, Self-Cultivation

# Acupuncture Approaches

	A	B	C	D
1	Acupuncture Approach	Provider Types	Sample Conditions	Notes
2	<b>Ear Acupuncture Protocols</b> <i>BFA, NADA, HERO, ATP</i>	Mid-level providers, Nurses, Physicians, Medical Acupuncturists	Acute Minor Trauma, Addiction/Stress, Mild Anxiety, Mild Pain, Mild Depression	Ear Acupuncture protocols can be performed in many states after a short certificate program
3	<b>Ear Acupuncture</b> Over 200 mapped acupuncture points on the ear	Licensed Acupuncturists	Mood, Mild Pain, Tension, Eating Disorders	Ear Acupuncture includes over 200 points as microsystem used by Licensed Acupuncturists as an adjunct treatment
4	<b>Dry Needling</b> <i>Acupuncture needles are dry (see trigger therapy)</i>	Physical Therapists, Occupational Therapists, Physical Trainers, Physicians, Chiropractors, Dentists	Pain, Limited Function, Range of Motion, Mood, Poor Sleep	Dry Needling is now synonymous with unregulated acupuncture due to limited training and oversight
5	<b>Trigger Therapy</b> <i>Dry Needling, Trigger Point Release</i>	Physicians, Physical Therapists Licensed Acupuncturists	Hyper-irritated bands (muscle knots)	Solid needle or hypodermic without an injected substance
6	<b>Acupuncture Protocols</b> <i>Four Gates, Divergent Systems, Extraordinary Vessels, Inner and Outer Dragons</i>	Medical Acupuncturists, Licensed Acupuncturists, Nurses, Physicians	Minor Chronic Pain, Feelings of Stress, Poor Sleep Occasional/Mild Headaches, Depression, Anxiety, Catastrophizing, Ruminating, Nightmares, Cultivation	Medical Acupuncturists complete up to 300-hour CEU program in acupuncture focused in pain management
7	<b>Acupuncture</b> <i>Custom Treatment Plan based in differential diagnosis, Bleeding, with Moxibustion, with Manipulation, with a variety of methods and needle techniques</i>	Licensed Acupuncturists	Acute Pain, Chronic Pain, Feelings of Stress, Sleep, Headaches Digestive Issues, Cancer Support, Allergies, TMJ, Auto-Immune, Infertility, Weight, Women's Health, Men's Health, Children's Health, Organ pathology, Immunity, Respiratory, Elimination	Licensed Acupuncturists complete 2000-3000 hour degree programs resulting in Masters or Doctorate degree and are required to pass 3-4 national boards for medical licensure.
8	<b>Acupuncture with Electric Stimulation</b> <i>Continuous current</i>	Licensed Acupuncturists Medical Acupuncturists	Motor Point Stimulation, Isolated areas of pain such as knees, elbows, neck, shoulders, ankles, back, hips, wrists, hands, feet	Pointer Plus, Single or multiple line e-stim applications
9	<b>Scalp Acupuncture</b> <i>Western Homunculus</i>	Licensed Acupuncturists Medical Acupuncturists	Sinus issues, Headache, Pre-frontal Issues, Neck Pain, Maceral Degeneration, Dizziness	Using a Western framework to inform location/indications, this approach can be weaved into many frameworks
10	<b>Pragmatic Diagnosis &amp; Pain</b> <i>Integrated Frameworks, Applied Acupuncture, Moxa</i>	Advanced Licensed Acupuncturists	Complex Chronic Conditions with Comorbidities, Gut-Brain Axis, Internal Medicine, Chronic Pain Syndromes, Dysregulated Pain, Demyelinating Diseases, Neurovascular, Musculoskeletal, Mood, Auto-Immune, Emerging Diseases	Advanced Licensed Acupuncturists complete a variety of innovative classes resulting in a deep understanding of biomedicine and science while understanding that 'meridians' are a map of the peripheral nervous system
11	<b>Acupuncture with Electric Stimulation</b> <i>Programmed, Fluctuating current, PENS</i>	Advanced Licensed Acupuncturists	Complex Acute Pain or Chronic Pain, Radiculopathy, CRPS, Motor Point Stimulation, Neuropathy, Degeneration, Inflammation	
12	<b>Advanced Scalp Acupuncture</b> Cortical Anatomy, Fang System, Hao Method	Advanced Licensed Acupuncturists	TBI, Concussion, Bells Palsy, Motor Function, Tinnitus, Aphonia Gait, Vision, Balance, Dizziness, Headaches, Meniere's, MS, Aphasia, Neurological Conditions, Functional Neurology	<b>Content is neither inclusive nor exclusive and is intended for the purpose of communication and education.</b>
13	<b>Orthopedic Acupuncture</b> <i>Integrated Frameworks, Osteopuncture, Neuroortho</i>	Advanced Licensed Acupuncturists	Trauma, Frozen Shoulder, Neuropraxia, Nerve Entrapment, Sinew, Cross-Over Syndromes, Motor Points, Tendon, Muscular, Function, Central Nervous System, Bone Pecking	
14	<b>Neurological Acupuncture</b> <i>Neurovascular, Neuro Anatomy, Xing Nao Kai Qiao</i>	Advanced Licensed Acupuncturists	TBI, Concussion, Neurovascular, Post-Stroke, Paraplegia, Paralysis, Parkinson's, Neuromotor, Nerve Entrapment, Neuropathic Pain, Cerebral Syndromes, Central Nervous System Disorders, Aphasia, Aphonia, Gait Disorders, Functional Neurology, Moxibustion	

# Acupuncture Medicine

- Licensed Acupuncturists can help patients:
  - Understand big picture of health
    - Perspective, Mechanisms of complex challenges
    - Organ level assessment, Immunological assessment, Diet, Lifestyle
  - Can help determine actual or sensory tissue damage
    - Physical Exam
      - Orthopedic – Neurological Assessments
  - Can work interactively with mainstream providers
  - Can help develop introspectiveness
    - Examine or observe our own mental and emotional processes
  - By applying a range of acupuncture modalities
    - Significantly reduce pain and improve function
    - Fluid and nerve release
    - Improve emotional state



# Acupuncture Medicine

- We start where other providers give up
  - or fail to deeply understand patients' complex presentation
  - We take the time to understand the pathomechanisms
- Science is paramount
  - Science and healthcare don't always converge
  - It is critical to apply modern science and ancient wisdom
    - Don't be afraid of multiple lenses – but it is all the same body
- Acupuncture is a medicine of anatomy and physiology
  - Does not integrate well with a system of management
  - Insurance provides little coverage for authentic applications
    - Access to authentic acupuncture medicine is limited in the U.S.<sup>55</sup>

# Acupuncture Medicine

- Licensed acupuncturists (L.Ac)s provide authentic care
  - Completed Masters or Doctorate programs
  - Completed 3,000-10,000 hours of training and board exams
- Wide range of providers offering herbal consults
  - Many do not know herb pharmacodynamics
  - Essential oils can be soothing and aromatic, not actual medicine
- Wide range of providers offer acupuncture services
  - Better option than medication and many other therapies
  - Many do a great job, even with limited training
  - However:
    - Not always transparent about lack of training / qualifications
    - No acupuncture education standards, board exams, oversight



# Acupuncture Medicine

- Is Acupuncture integrated?
  - As practiced by non-L.Acs, acupuncture can be adapted
    - Not outcome driven - Provides limited care aimed at management
    - Not aimed at pharmaceutical reduction
    - Promotes a wide-range of provider and specialist involvement
      - Aimed at ongoing profits and illness
  - As practiced by L.Acs, acupuncture improves care
    - Outcome driven – Provides wide scope of care aimed at resolution
    - Aimed at pharmaceutical reduction
    - Promotes pragmatic care – L.Acs offer general and specialized care
      - Aimed at affordability and prevention

# Acupuncture Medicine

- What is the problem?
  - Public image of acupuncture based on misinformation
    - This misinformation is causing problems for the profession. In mainstream, misinformation supports:
  - Culture of marginalizing L.Acs
    - By administrators, policy makers, and other providers
  - Providers rely on revenue units (RVUs)
    - RVUs drive income and performance evaluations
      - By getting patients better, the revenue train stops or slows down
    - L.Acs delivering broader scope of medicine often impacts RVUs
- What is the solution?
  - L.Acs need to update public image – like this presentation
  - Culture of marginalizing L.Acs is unethical and discriminatory
  - Evaluations should be based on outcomes, esp in VA/Tricare

# Acupuncture Medicine

- U.S. Bureau of Labor and Statistics
  - Recognizes L.Acs as independent licensed practitioners
- Centers for Medicare & Medicaid Services
  - Limits access to authentic acupuncture
  - Does not recognize L.Acs and does not allow to file claims
    - Recently denied formal requests for licensed acupuncture inclusion
    - L.Acs, as independent providers, do not work under other providers
      - L.Acs are licensed independent practitioners - nationally and in most states
- Veterans Administration
  - Limits access to authentic acupuncture
  - Many VAMCs have non-L.Acs providing acupuncture
    - Who benefits from this?

# Acupuncture Medicine



"We've exhausted all conventional measures. One last desperate option is to put you on an alternative medicine that has a 96 percent success rate."

# Resources – Find an L.Ac

- Find a Qualified Licensed Acupuncturist Near You
  - [www.asacu.org/find-a-practitioner/#infoNational](http://www.asacu.org/find-a-practitioner/#infoNational)
    - Select a state
    - Open the participating state link
    - Type in Your Location
    - Select Search
- Visit Wood Element Acupuncture page on Facebook
  - Large community of licensed acupuncturists on this page
  - We can help connect you to providers
- Dr. Jennifer M. Williams has a small specialized practice
  - Available in TN, VA, and NC clinics and telehealth
  - She will help you find another practitioner if wait is too long

# Resources - Get Involved

- Anyone can get involved in acupuncture
  - Facebook Groups
  - State Acupuncture Associations
  - National American Society of Acupuncture
- The American Society of Acupuncture (ASA) [www.asacu.org](http://www.asacu.org)
  - National consortium of state acupuncture associations
  - Educates public, patients, providers, policy makers
  - Membership free with any state acupuncture association
  - Help ASA increase access to acupuncture via Medicare

# Bone Broth

- Savory, nutrient-dense, and collagen-rich soup base
  - Possibly loaded with vitamins, calcium, magnesium, zinc, iron, amino acids
  - Nourish and protect joints
  - Improves gut health
  - Reduces inflammation
- Instructions
  - Add bones, water, salt, and tsp of vinegar to water
  - Cook in pressure cooker x 90 minutes or covered stock pot 5 hours
- Other Ingredients
  - Onions
  - Garlic
  - Carrots
  - Celery
  - Ginger
  - Peppercorns
- Cool and store for future use in ramens, stews, soups, porridge





For an appointment, visit [woodelement.com](http://woodelement.com)



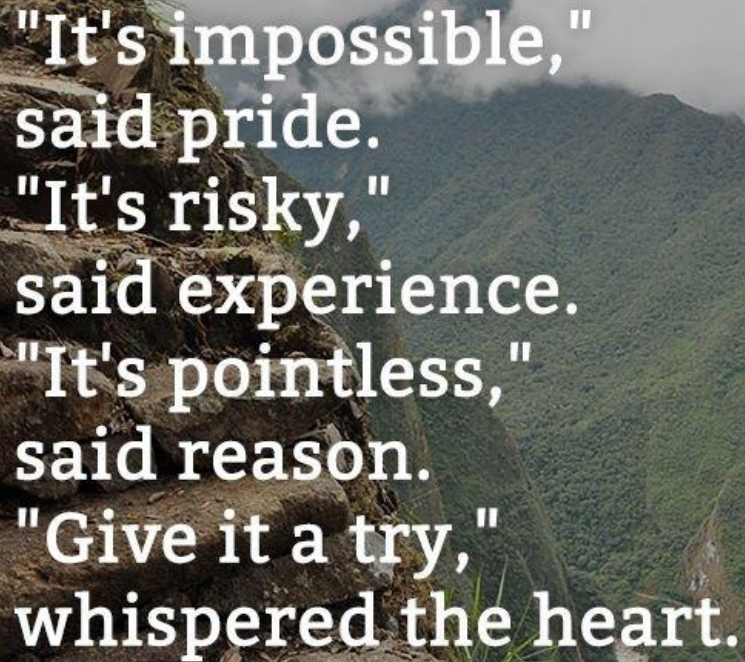
# Wood Element

ACUPUNCTURE AND HERBAL MEDICINE





- Wood Element Acupuncture and Herbal Medicine
  - Locations in Kingsport, TN and Green Mountain, NC
  - Telehealth appointments available in TN, NC, and VA
  - Specializes in chronic complex challenging presentations
    - \*Severe Complex Pain \* Brain Injury \* Auto-immune
  - Acupuncture Services and Fees [at time of service]
    - Initial Comprehensive Acupuncture Visit. 90 Minutes. \$90
    - Initial Community Acupuncture Visit. 60 Minutes. \$55
    - Herb Consult Visit in Clinic or Telehealth. 60 Minutes. \$55
    - Return Advanced Community Acupuncture. 30 Minutes. \$35
    - Return Advanced Complex Acupuncture. 45 Minutes. \$55
    - VAMC funded veteran Care. 60 Minutes. No Charge



"It's impossible,"  
said pride.  
"It's risky,"  
said experience.  
"It's pointless,"  
said reason.  
"Give it a try,"  
whispered the heart.

UNKOWN

If you enjoyed this free publication and would like additional educational material in the future, please send an email to [jennifer@woodelement.com](mailto:jennifer@woodelement.com)

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If you would like to try acupuncture or learn more, find a local acupuncture school student clinic or admin team. Or feel free to send an email.

Dr. Jennifer M. Williams presents to medical leadership, teaches core and continuing education classes, and provides lectures. She has drafted acupuncture regulation, policy, and education material. She is available for presentations, teaching, and composing documents. Contact [jennifer@woodelement.com](mailto:jennifer@woodelement.com) for more information and availability.