

## About MACM

My focus as a Traditional Chinese Medicine (TCM) physician is the treatment and management of chronic and resistant conditions that may have lasted for months, or even years (decades). This includes chronic pain syndromes (e.g., migraines) that affect many of us. Many are manifestations of dysfunctional Body <> Mind connections that we refer to as **Disharmony**.

**Licensed Acupuncturists (LACs) like me often have had thousands of hours of integrative health training covering therapies like acupuncture, acupressure (TuiNa), exercise routines known as Chi Kung (Qi Gong), the use of food as medicine (personalized dietary guidelines) and internal medicines (herbal formulas), many of which are often centuries old, if not older.** Combined with insights from a molecular perspective (e.g., chemistry) these methods are very powerful. They are also conservative, i.e., low risk.

Headaches, and related chronic pain conditions, like lumbar / hip / thigh pain syndromes, are common and often remain unresolved for years (decades), much to the frustration of both my clients and colleagues in primary care. **Why? The root cause of the condition has not been addressed.**

Migraines, like other unresolved conditions, taught me the importance of asking for a detailed clinical history, and also for clinically relevant societal connections that manifest as unresolved syndromes (e.g., pain, mood disorders).

Over the years, I have had the opportunity to successfully resolve these conditions primarily because I read prior chart notes carefully and asked questions about the other clinically relevant issues (e.g., lifestyle, drugs/medications, and supplements) that were not adequately addressed, from my perspective.

Often, this is usually covered in the first (E/M) session but may take many more sessions (consultations), if my clients' Awareness of personal health has been sidelined for a long time.

**Our hurried lifestyles, driven by societal demands, often don't give us the time to catch a breath and take a closer look at our lives, unless we make the time for it.**

As a scientist-physician, I look for the technical details in prior clinical assessments and analytical (lab) reports, both quantitative and qualitative, that might give us a clue as to where to go next. This is important information and I am happy to discuss iatrogenic aspects of past therapies and offer new options, from a TCM perspective.

**At the heart of the clinician <> client professional relationship is the need for open communication.**

Since we don't know each other (often) when we meet, contextual information regarding the health concern will require continued effort. The Body < > Mind (Identity Matrix) begins to change, as the treatments start working and my clients feel like there is hope.

**These communications, or information sharing, must be of value to both clinician and client to achieve Sustainable Healthcare.** When this happens, my treatments are very effective. Improvements usually range from 50 -70 %, in about 5-10 sessions.

**Make health a daily Investment.** Enjoy every day of life. **Be Well.**