

A guide to who should go to a Herbalist/Acupuncturist

The use of alternative forms of medicine like acupuncture, is still a relatively new thing in the midwest. Regularly acupuncture practitioners answer questions about what it is that an acupuncturist/practitioner of Traditional Chinese medicine (TCM) does, and what can be treated. The main misconception is that acupuncture is the medicine. Acupuncture is a tool, just as surgery is a tool. Acupuncture should not be separated from the medical systems that determine how, when and when not to use it.

The main job of TCM practitioners is to help people understand their situation and to heal. Acupuncture, herbal medicines, food therapy, Asian medical massage and others, are just tools that can be employed to help. TCM provides a structure for giving advice and utilizing tools to help the patient heal.

Patients and referring medical providers need to determine when it is appropriate for someone to be taking their situation to a TCM practitioner. Below are some quick rules of thumb in regards to the types of patients and conditions that can be referred to a TCM practitioner.

- self motivated patients who are interested in learning how to help themselves
- “I have seen doctors, no one can tell me what is wrong or how to fix it”
- drug and herb interaction concerns
- undefined stress with physical symptoms
- patients who do not want drugs
- muscle/ joint pain especially tight muscles in the upper back and neck, and pain from old injuries
- addiction control
- emotional problems, sleep issues, tired, anxiety, depression, ADHD
- pain- migraines, menstrual, joint, other odd or moving pains
- chronic symptoms - night sweats, hot flashes, restless legs, numbness/tingling, eye floaters, ringing ears, bloating, edema, skin conditions
- menstrual issues, bleeding, pain, emotional, infertility
- infections- vaginal, ear, suspected viral or bacterial
- asthma/allergies and “I can’t seem to shake this cold I caught”
- Gastro-intestinal issues, constipation/diarrhea, digestive upset
- “low energy”

As with any medical concern, get your advice from those who have the verified training, certification and experience to provide you with the quality medical advice you need. TCM practitioners/acupuncturists are medical providers and will refer a patient to more specific medical care if the presenting situation is beyond the scope of their medical practice.



Bock Acupuncture & Herbal Medicine

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David Bock C.Ac., Dipl.OM., FABORM

Wisconsin Certified Acupuncturist,
National Board Certified (NCCAOM) in
Oriental Medicine, Acupuncture,
Herbal Medicine and Asian Body Work.
Fellow American Board of Oriental Reproductive Medicine

888 Thackeray Trail #206
Oconomowoc WI 53066
(262) 567-1309
www.davidbocktcm.com