



Bethune Oriental Medicine Center

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Business Hours

- Mon - Fri 9 AM- 7 PM
- Sat - Sun 10 AM-4 PM



You can take Bus 70, drop off at 32 Ave.



Fibromyalgia & Chronic Fatigue Rehabilitation

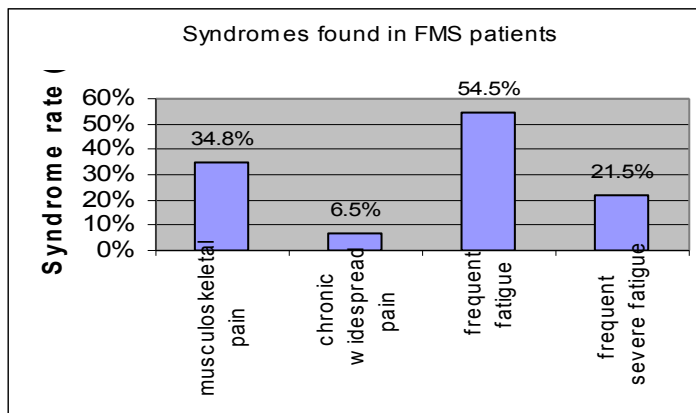
What is Fibromyalgia?

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.

Diagnosis:

- Widespread pain in all four quadrants of the 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

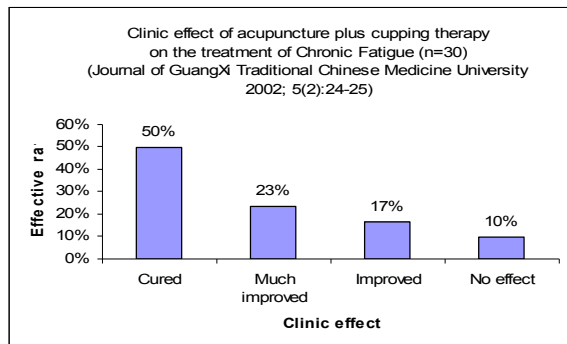
Treat Fibromyalgia with Traditional Chinese Medicine

- **Acupuncture**
- **Chinese Herbal Therapy**
- **Chinese Tui-Na Massage**
- **Herbal Therapy**
- **Food Therapy**
- **Relaxation Massage**
- **Hypnosis Therapy**
- **Far Infrared Lamp therapy**

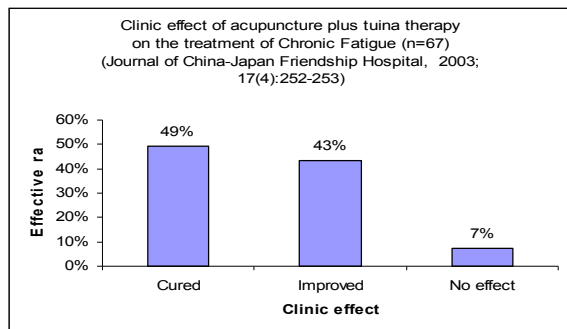


Acupuncture

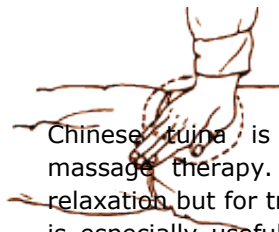
There are a lot of reports on the use of acupuncture in the treatment of Chronic Fatigue. In one study involving 30 patients, acupuncture plus cupping yielded a total effective rate of 90%.



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



Chinese Tui-Na Massage



Chinese tuina is a special kind of massage therapy. It is not aimed at relaxation but for treatment of illness. It is especially useful for the recovery of Chronic Fatigue.

In one clinical study in China, 28 patients with Chronic Fatigue were treated with the tuina therapy plus herb pills (Guipi pill, or Liuweidihuang pill) and the total effective rate is 100%.

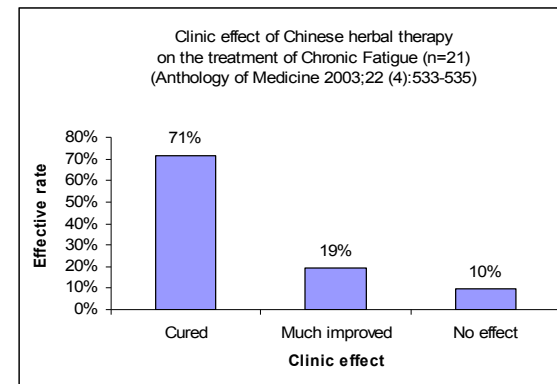


Herbal therapy

Herbal therapy is very important in Traditional Chinese Medicine. With the use of proper herbs and organizing 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 clinical study, 21 Chronic Fatigue patients were treated with a herbal therapy (Gui-pi tang). The 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 was 98.9%. The cure rate even comes up to 90%.

Diet therapy

Herbs can be integrated into daily diet for the recovery of Chronic Fatigue. This has been experienced by 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 ingredients.