

## **Acupuncture for Tourette syndrome**

### **Acupuncture and Oriental Medicine**

The main purpose of acupuncture is to balance the system in order to restore its energetic flow into the normal state. Oriental Medicine is based on an energetic model rather than the biochemical model of Western medicine. In developing an understanding of the prevention and cure of disease, the ancient physicians discovered a system of cyclic energy flowing in the human body along specific pathways (meridians). Each pathway is associated with a particular physiological system and internal organ. Disease is considered to arise because of deficiency or imbalance of vital energy in the energetic pathways and their associated physiological systems. The pathways or meridian of energy communicated with the surface of the body at specific locations called acupuncture points. Each point has a predictable effect upon the vital energy passing through it. Modern science has been able to measure the electrical charge at these points, thus corroborating the locations of the meridians mapped by ancients.

### **Understanding Tourette syndrome in Oriental Medicine**

Tourette syndrome (TS) is named for the French doctor Georges Gilles de la Tourette, who first described the condition in 1885. Doctors and scientists don't know the exact cause of TS, but some research suggests that it occurs when there's a problem with how nerves communicate in the brain. A disturbance in the balance of neurotransmitters – chemicals in the brain that carry nerves signals from cell to cell – may play a role in TS.

Oriental Medicine understand disease as the combination of signs and symptoms. Those who are diagnosed as Tourette syndrome tend to show either one of or combination of following patterns: Phlegm, Deficient Heat, Liver Yin/Blood deficiency generating internal wind, Kidney Yang/Yin deficiency, Heart and Kidney disconnection, etc.

#### **Phlegm**

Phlegm is a pathological accumulation of fluids that occurs when there is a disruption to Lung dispersing and descending, Spleen transforming and transporting, Kidney Yang deficiency, etc. The essential signs of Phlegm are a sticky tongue coating, feeling of oppression of the chest, nausea, a feeling of heaviness, a feeling of muzziness of the head and dizziness, etc.

#### **Deficient Heat**

From the Yin-Yang point of view, deficient heat arises from Yin deficiency. If the Yin energy is deficient for a long period of time, the Yin is consumed and the Yang is relatively in excess. The main general manifestations of

deficient heat are a feeling of heat in the afternoon or evening, a dry mouth with a desire to drink in small sips, a dry throat at night, night sweating, a feeling of heat in the chest, palms and soles, etc.

### **Liver Yin/Blood deficiency generating internal wind**

Liver Blood or Yin deficiency may lead to the development of internal wind – tics.

The clinical manifestations of this pattern are fine tremor, tics, dizziness, blurred vision, dry eyes, ‘floaters’ in eyes, poor memory, insomnia, scanty period and brittle nails, etc. The Liver controls the sinews and when Liver blood is deficient these will lack nourishment and moistening and the person will experience muscular weakness, cramps or tingling.

### **Kidney Yang/Yin deficiency**

**Kidney Yang deficiency:** When Kidney Yang is deficient, the body fails to be warm, causing the feeling of cold in the back and knees and the general cold feeling. When Kidney Yang is deficiency it fails to transform the fluids, which therefore accumulate, resulting in abundant and clear urination. Deficient Kidney Yang not brightening the brain causes dizziness and not brightening the ears causes tinnitus (ringing ears).

**Kidney Yin deficiency:** The deficiency of Kidney Yin leads to lack of Body Fluids and ensuing dryness, resulting in a dry mouth at night, constipation and scanty dark urine. Deficient Kidney Yin fails to produce enough Marrow to fill the brain resulting in dizziness, tinnitus, vertigo and poor memory. Deficient Kidney Yin induces a deficiency of will-power and depression ensues. There is a slight anxiety as the Yin deficiency leads to some rising of deficient heat.

### **Heart and Kidney disconnection**

The manifestations of Heart and Kidney disconnection are palpitation, mental restlessness, insomnia, dream-disturbed sleep, poor memory, anxiety, dizziness, tinnitus, a feeling of heat in the evening, dry throat, etc. This is basically characterized by Kidney Yin deficiency failing to nourish Heart Yin, which also becomes deficient. This leads to the flaring up of Heart deficient heat.

### **Acupuncture Treatment**

The recommended frequency of treatment is twice a week for 3 months, which may be different from patient’s condition and progress. The duration of treatment is approximately over 3 months. After that, once a week or every other week for management.

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## **The expected result**

The frequency and intensity of ‘tics’ normally will be reduced as the system is getting balanced. Occasionally, temporary fluctuation of tics may occur depending on the condition of patient at that time. Overall, after 3 months of acupuncture treatment, the frequency and intensity of tics has been reduced to 30% in average.

## **Testimonials**

My son was diagnosed with Tourette Syndrome in July’08. Countless of hours were spent researching from website to website. Through many tears and worries, lots of questions were asked and very little answers. The thought of what “ifs”, kept me awake many of nights. The tics came strong and often. After confirmation with his symptoms, I was firm on not medicating him. From then on, all my research turned to alternate healing and learning about the foods & colors we eat on a daily basis.

We tried many different therapies. Which brings us to here...We first went to Andy Kim in late September as my son hurt his knee badly. Andy noticed Ben’s tics and he asked us a couple of questions. I told him as much as I could and said there isn’t much you could do about it. He has his ups and downs and when his tics are strong, nothing would work on him. As it did with all other therapies, it work for a while and then back to his normal. Plus Ben tried acupuncture before.

Andy explained the theories as to why the body organs function that way and he had experience with treating Tourette. He asked if I could give him 20 sessions with Ben. Needless to say, I did and it’s one of my best decisions. Andy is different, very caring with a true sincerity. At each session, Ben’s treatment will depend on what his pulses are on that day.

My son’s tics are hardly noticeable now. People asked what was done to Ben, Ben doesn’t have Tourette no more, is it cure???? As we all know, Tourette doesn’t get cured. His high tic days now were his low days before. We still go to Andy every week. On his growing weeks, as I called them, as they will be higher than usual, we go twice a week.

Socially as my son is 13, he has benefitted from not getting all the looks, comments, and questions about his tics. As a mother of a son with Tourette, I wish you all in strength and love.

Cindy Giesbrecht.

## **About “Andy” Inki Kim, R.Ac., L.Ac., MSAOM, MSE**

Andy I. Kim is a board certified (CTCMA, NCCAOM) and registered acupuncturist in B.C. Canada and State of Virginia, U.S.A.. He is the founder of NFA clinic of Oriental Medicine. Since beginning his practice, many people

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suffering from chronic illness and pain have found help and relief through safe and effective natural medicine. He earned his Masters degree in Acupuncture and Oriental Medicine at Bastyr University in Seattle, after completing Masters and Bachelors degree in Engineering at Hanyang University in Seoul and dedicating his life to research and development of polymer for medical application integrating Western science with Oriental Medicine for several years leading to seven patents awarded. Andy I. Kim is forthright, focused and purposeful.

Location of clinic

Unit 112C 8850 Walnut Grove Dr., Langley, B.C. V1M 2C9

Phone for appointment

778-899-6100

Website

[www.NeedleFreeAcupuncture.net](http://www.NeedleFreeAcupuncture.net)