

SHINE 2016: Dr. David Weinthal - The 911 Patient Assessment with Chinese Medicine

The 911 Patient Assessment with Chinese Medicine

In today's talk we're going to explore some new concepts relating to Patient Assessment.

- Concept: Quantum Healing - Inner / Outer Traditions
- Concept: Expressions Of Chinese Medicine
- It's connection between Practitioner and Patient.
- Systems
- Take Home Actions
- Method: Healing Mantra

See with your Heart



May our
Hearts only
know our
Truth.

So Be The
All- Seeing
and All-
Hearing One

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To understand Chinese Medicine assessments,
We need to understand the origins of Chinese
medicine.

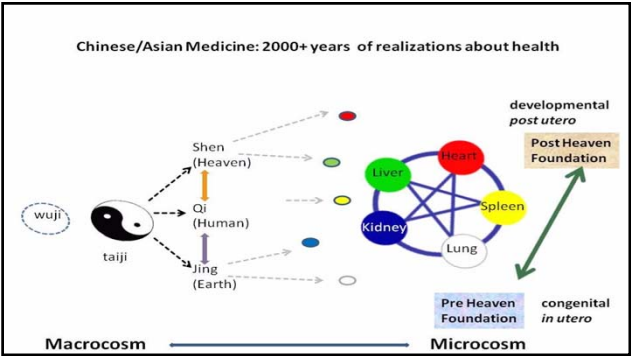
To appreciate the inner nature of Chinese
medicine, we must first understand how early
Chinese thought about the world.

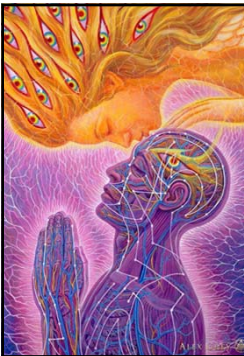
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The ways of knowing in ancient China focused on
understanding the movements of the dao - The
ultimate principle - the creative influence - As it's
manifested externally in the universe and internally in
us.

Dao gives birth to one,
One gives birth to two,
Two gives birth to three,
Three gives birth to the ten thousand things.

- Dao De Jing

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The term "inner tradition" refers to the practice of Chinese medicine in a way that places primary emphasis on the use of medicine as a tool to aid spiritual evolution.

The inner tradition is most explicitly concerned with the psychospiritual basis of illness and the views of physical symptoms and signs as superficial manifestations for underlying constitutional issues.



A quote from The Shen Nong Ben Cao, China's oldest herbal text, the highest aspect of healing involves helping the patients fulfill destiny in order to live out the years as allotted by heaven.

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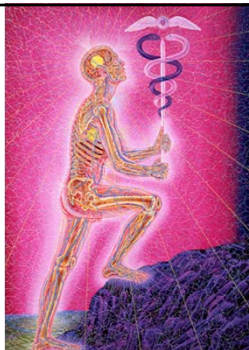


The upper class of medicines ... govern the nourishment of destiny and correspond to heaven ... If one wishes to prolong the years of life without aging, One should use these.

The middle class of medicines Govern the nourishment of one's nature and correspond to man ...If one wishes to prevent illness and to supplement the depletions and emaciations, one should use these.

The lower class of medicines ... Govern the treatment of illness and correspond to earth. If one wishes to remove cold, heat and other influences from the body, to break accumulations and cure illness. One should based ones efforts on these.

The master practitioner must be able to take the therapeutic action most appropriate in the moment for the individual patient. This entails being able to access patients on many levels ranging from their depth of spirit to the most superficial aspects of their physical being.



One of my master teachers reminds us always:
"You transmit all of your knowledge as consciousness through every needle." he further said, and all of your garbage too.
Dr Mikio Sankey - founder of Esoteric Acupuncture

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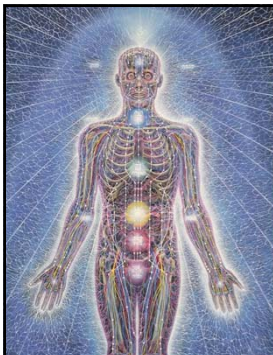
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Your beliefs become your thoughts, Your thoughts
become your words, Your words become your
actions, Your actions become your habits, Your habits
become your values, Your values become your
destiny.

~Mahatma Gandhi



*"You cannot see yourself
without a mirror; Look at
the Beloved, He is the
brightest mirror" Rumi~*

The Dao sends us this
perfect mirror to help us
remember our exquisite and
divine nature and to become
the practitioner we were
intended to be.



Chinese medicine views the body as
an energetic system in dynamic
balance.

Qi, energy or life force, flows in a
regular pattern through a system of
channels — or meridians — to all
parts of the body.

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Yin is also the basis of all fluids, Such as blood, saliva, in the fluids they keep all the mucosa my membranes moist And healthy. *Yin* comprises the physical substrate of the body.

Our inherited endowment of *yin* must last a lifetime.

Signs that one store of *yin* is becoming depleted are very and include hot flashes, He and the palms and the soles of the feet, Night sweats, excessive thought, restless spirit, heart palpitations, a peeled tongue



Yang Is the sun shining down on the ocean of *Yin* drawing life ever out of it. *Yang* Is the fire toward which all beings strive in their evolutionary path. It's the impulse that's sparse all physiological activity and movement. In us, *Yang* represents the activating influences on the mind As it works through the nervous system. Thus our *shen*, The heart fire that activates and initiate all action, is an emanation of *yang*.

Yang deficiency Include symptoms of coldness and the physiological processes Slowing down due to the deficient *yang*'s inability to initiate and sustain activity.

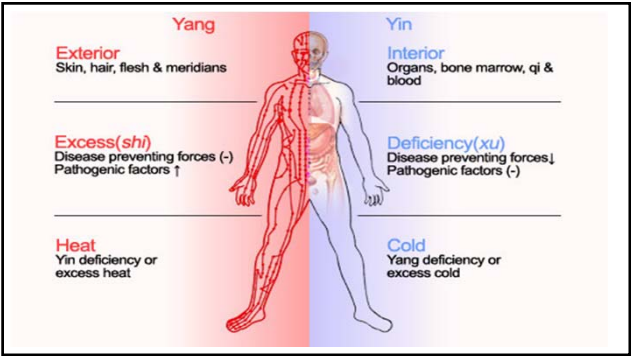
精
氣
神

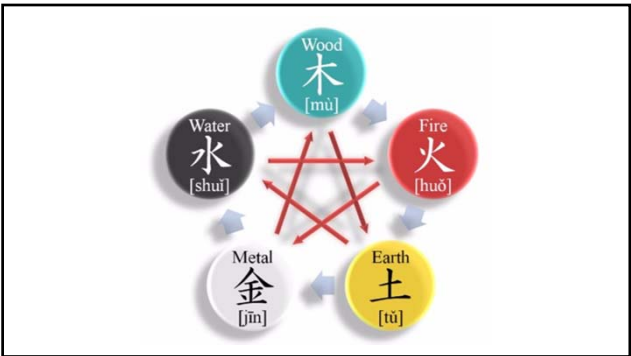
Three Treasures" are the essential energies sustaining human life:

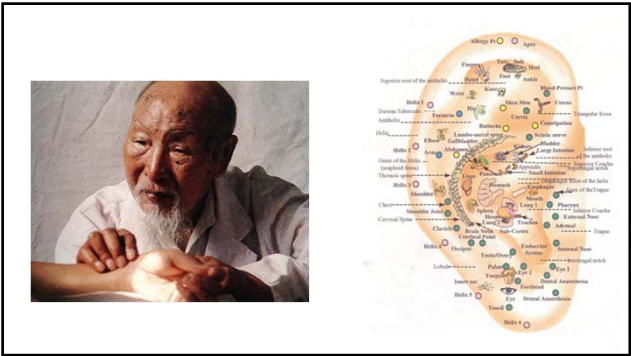
Jing 精 "nutritive essence, essence; refined, perfected; extract; sperm, seed"

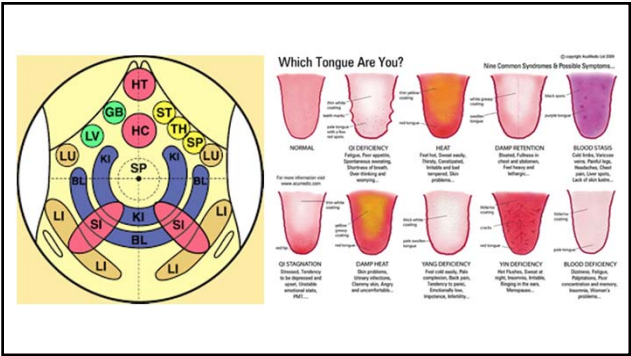
Qi 氣 "vitality, energy, force; air, vapor; breath; spirit, vigor; attitude"


Shen 神 "spirit; soul, mind; god"











Questioning or interviewing a patient during intake covers many topics, including:

Past medical history

Origin of the current problem

Living and environmental conditions

Current and past emotional issues, including family relationships, partner relationships, work issues etc.

Eating patterns and Diet

Specific questions relating to bodily systems

Foods that support the Liver
in Chinese Medicine
fresh / green / sour

- Alfalfa
- Asparagus
- Basil
- Broccoli
- Celery
- Citrus (esp. the peels)
- Collard Greens
- Cucumber
- Fennel
- Fermented Food
- Ginger
- Kale
- Lettuces
- Radish and its leaves
- Seaweed
- Small amounts of vinegar
- Sour Pickles
- Spirulina
- Sprouts (Beans, Seeds, Grains)
- Watercress
- Wheatgrass

Questions About Temperature, Hot, Cold and Fever, Chills

Questions about temperature are common ways of finding both the level of a particular disease as well as whether it is an internal or external problem.

External Wind-Cold, for example, is essentially the common cold but before a fever or other heat signs such as yellow mucus have begun. This is an important distinction as the treatments for wind-cold and wind-heat are quite different.

Questions About Sweating

Questions about sweating can provide valuable information regarding deficiencies that may exist in the body. Night sweats, for example, are an important indicator of Yin deficiency - a TCM diagnosis which may involve such conditions as insomnia and anxiety.

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Foods that support the

Heart

in Chinese Medicine
bright / red / spicy

- Basil
- Black Pepper
- Brown Rice
- Catsnip
- Cayenne
- Chamomile
- Chia Seed
- Chrysanthemum
- Dill
- Fruit
- Fresh Ginger
- Lemon
- Lettuce
- Mint
- Mulberry
- Mushrooms (all types)
- Oatstraw Tea
- Quality Dairy Products
- Red and Hot Peppers
- Scallion
- Valerian Root
- Whole Wheat

Questions About The Head and Face

Questions surrounding the head and face help to assimilate a broad range of information including Headaches, Dizziness, Eye and Ear issues.

There are many types of and treatments for headache, for example, and questioning the patient is an important component in coming to an appropriate TCM diagnosis.

Questions About Pain Related Issues

Finding the nature and causal factors involved in pain conditions is an important part of an effective treatment. While treatment of the local area is important, without an understanding of the conditions underlying the pain, the long-term effects may be limited.

Foods that support the

Spleen

in Chinese Medicine
nourish / yellow / sweet

- Amaranth
- Apricot
- Barley
- Cabbage
- Carrot
- Cherry
- Garbanzo Bean
- Lightly Cooked Foods
- Millet
- Molasses
- Oats
- Peanut
- Peanut
- Pork
- Porridge
- Potato
- Pumpkin
- Some Animal Products
- Soy
- Sweet Potato
- Sweet Rice
- Winter Squash
- Yam

Questions About Elimination of Urine and Stool

Questions about stools and urination are usually the ones considered most unrelated by patients. As an example, it is often difficult to understand how the quality of one's stools can be related to their knee pain.

Asking questions about the elimination system provides important indications about the functioning of the Kidneys and the digestive system. Weak kidneys, for example, are often related to lower back and knee pain in Chinese medicine and a poorly functioning digestive system can lead to internal dampness which can also settle in the joints and cause pain.

Questions About Digestion,Thirst, Appetite & Tastes

Questions about appetite and tastes are helpful in understanding the quality of the digestive system as well as whether a person has an underlying cold/deficiency syndrome or a heat/excess one. The relationship of tastes to certain conditions are drawn from the five element

Lung

in Chinese Medicine
fragrant / white / acrid

- Apple
- Barleygrass
- Broccoli
- Daikon Radish
- Flaxseed
- Garlic
- Ginger
- Green Onion
- Horseradish
- Kelp
- Kombu
- Marshmallow Root
- Mullein Leaf
- Mustard Greens
- Nettles
- Oats
- Pear
- Radish
- Slippery Elm
- Tomato
- Turnip Greens
- White Pepper

Questions About Sleep Quality and Habits

Sleep is an important part of a person's overall health. The inability to get a good night's rest usually involves TCM diagnoses which would indicate other issues as well. Heart Blood Deficiency, for example, may involve other symptoms which affect the person during the day such as poor concentration and anxiety.

Questions About the Thorax and Abdomen Area

Pain may arise in the thorax and abdominal areas in physical conditions involving the heart, lungs, digestive system and liver. From a TCM perspective, however, pain may also arise in these areas due to psycho-emotional issues. A western medical diagnosis is usually helpful in these conditions, however, pain in these areas does not always involve an underlying physical problem. Pain in the hypochondriac region, for example, may be related to a physical liver problem or - from a TCM perspective - is indicative of some LV Qi Stagnation issues. LV Qi Stagnation may present with hypochondriac pain and symptoms of depression and depression, but depression can also be related to the Liver.

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Foods that support the

Kidney

in Chinese Medicine

grounding / black / salty

- Aloe Vera
- Barley
- Black Bean
- Black Sesame Seed
- Bone Broth
- Cinnamon
- Glove
- Dried Ginger
- Eggs
- Fish
- Kidney Beans
- Meats Cooked on the Bone
- Melon
- Millet
- Miso
- Onion
- Quinoa
- Seafood
- Seaweed
- Walnuts
- Water Chestnut
- Wheat germ

Questions Regarding Gynecological Issues

The status of a woman's menstrual cycle is an important indicator of her overall health. Whether you are diagnosing a gynecological condition such as irregular menstruation or a non-gynecological related condition, the information from the questions is extremely valuable in forming an appropriate diagnosis.

Medical History Questions, Lifestyle and Habits

A complete view of a person's medical history, diet, lifestyle and habits is an important part of the overall diagnostic procedure. There are many questions that can be asked and the value of their answers depends on the conditions you are trying to treat. Most practitioners have a lengthy section of their intake form which covers this information in detail.



Take Home Actions

Feel Your Qi - Breathe - Move Your Qi

Take Self Assessment see your imbalances

Feel Your Heart How Does It Feel to See Itself

When You See The Imbalances In Yourself
You See It In Others



Healing Mantra

I Love you

I'm Sorry

Please forgive me

Thank you

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Please Help Me Assess You!

Take The Self Assessment
Form Survey
At

www.doctordavid.com/shine

And fill out form to receive
PDF of Self Assessment
Form
