

My Experience With Dr. Tian

I used to have an incurable disease. Multiple doctor visits over a couple of decades repeatedly yielded the same diagnosis: Ulcerative Colitis, which is an auto-immune disease. *"We don't know what causes it, and there is no cure. There's nothing you can do, and when the symptoms become severe, we will remove sections of your intestine."*

With a background in health food, I explored diets that were claimed to treat or at least alleviate the symptoms. Eventually I came across a book titled Breaking the Vicious Cycle, and followed the Specific Carbohydrate Diet, which gave some relief.

Paying attention to and controlling my food intake became a daily prerogative. There were family outings, restaurants, and friends' dinners that became tricky to navigate, with deep concern about what might be ingested. I was careful, and felt that the disease was being managed.

But despite my dietary care, the symptoms eventually reappeared. I was taking classes at the local community college and working, and the situation became very difficult. It was inconvenient to travel, whether walking, taking the Metro, or going for long rides. I would feel a terrible urgency to use the bathroom, and blood appeared regularly. Once I got to a bathroom, there was relief, but not an emptying of the bowels. So the next bout of urgency was always looming, bringing anxiety and discomfort and, for all I knew, danger. I thought I might be in the advanced stages of a terminal disease.

This unfortunate state of affairs went on for many months, and I began looking for solutions outside the normal medical establishment. It became untenable to pay for health insurance. Besides being unaffordable, health insurance would simply lead to the removal of significant parts of my intestinal tract. I wasn't sure I wanted to live in that condition. And looking back, I believe that having no health insurance saved my life.

Doctors who practice Traditional Chinese Medicine vary widely in their training, understanding, and ability. Before meeting Dr. Tian, I tried a couple of other practitioners of Traditional Chinese Medicine, but I didn't feel confidence in their abilities. The illness continued.

Finally, meeting Dr. Tian, I explained my situation. He said that this was a curable condition, that he had suffered from something similar himself, and that he could treat it. I was skeptical, but had no realistic alternatives.

We began a treatment plan that involved acupuncture once a week, and herbal medicines twice daily. The cost of this treatment was approximately the same as if I had maintained health insurance. Had I been paying for health insurance, I would not have been able to afford Dr. Tian's treatments, and would probably have undergone surgery.

Treatment was continuous for seven months. During this time, I had periods of frustration, when I doubted that I would be cured. But I continued because of Dr. Tian's confidence and professionalism, and because there were no other obvious alternatives.

Dr. Tian also gave me dietary advice. My ulcerative colitis, he explained, had resulted from the accumulation of heat and dampness in my intestines. Because of this, warming food was to be avoided: beef, hot spices, ginger, turmeric, and especially alcohol. After my previous strict regimen, this was an easy set of guidelines.

After seven months, the symptoms finally disappeared. My sense of relief was overwhelming, but I was also cautious. To achieve a cure, I could not suddenly stop treatment. So after that seven months, and for a year and a half afterward, I have continued to see Dr. Tian on a less frequent basis. I gradually stopped taking the herbal medicine, and getting acupuncture. There have been no recurrences, and as far as I can tell, I have been cured of this disease.

I am deeply indebted to Dr. Tian for his treatment. Without his intervention, I believe that I would have met with a health disaster. He is competent, professional, and patient.

It would be wonderful to somehow spread the word that this condition can be treated successfully. Many people suffer from this condition, and similar conditions, and undergo irreversible life changing surgeries to relieve the symptoms. They should at least be aware of this treatment option.

I continue to see Dr. Tian, and highly recommend him. I think that Western medicine is valuable, but in cases of serious and chronic illness, Dr. Tian's approach is always worth a try.