

Points of Interest

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Astragalus: Huang Qi (pronounced Wang chee) is a very commonly used herb in Chinese medicine. If you've taken Chinese herbs, there's a good possibility you've have this one! When the root is sliced it looks like a tongue depressor and is commonly used as one in China!



As a medicinal herb, Huang Qi is used to build Qi and Wei Qi (the Chinese medical equivalent to our immune system). Research studies have shown the immune-boosting properties of this herb. Pretty cool when science supports traditional knowledge, huh! This herb is often used to help support people through cancer treatment, since chemo and radiation greatly damage the Qi.

Acupuncture in the News:
Acupuncture helps treat radiation-induced dry-mouth:



Dry-mouth is a very common symptom for those going through cancer treatments because radiation or other medications damage the sensitive salivary glands.

Without enough saliva, people experience difficulties in swallowing, speaking and chewing decrease or changes in the sense of taste as well as an increase in dental cavities.

In a study conducted in 70 patients, researchers found that patients experienced "significant improvement" that lasted six months, and with continued treatment, had sustained increases in saliva production for over three years.

Chinese Medicine and Cancer

Cancer can be a devastating and life-altering diagnosis. Radiation and chemotherapy are harsh and have many side effects that can make it difficult to impossible to even make it through treatment.

If you or someone you know is going through cancer treatment, consider seeing a Chinese medical practitioner to reduce the side effects of radiation or chemotherapy and allow these potentially life-saving treatments do their job.

For more articles on Chinese medicine, check out my blog at <http://qisy.blogspot.com>
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