

A · B · O · R · M

AMERICAN BOARD OF ORIENTAL REPRODUCTIVE MEDICINE

CLINICAL PEARLS - MAY 2016



conceivable
Made for the modern practice.
Shop.Conceivable.com



High Quality Affordable Fertility Care,
It's That Simple...
HQA
High Quality Affordable
FERTILITY CENTERS
Dr. Paul Magarelli
Free Consult 877 475-BABY (2229)

Cecil Horwitz R.Ac, D.Ac, CH (FABORM)

As an awesome way to create more business and to extend our treatment of women and her family why not treat kids. Treating kids is a great choice and a natural extension of what we do. Not only do we create more of a revenue stream, but we are also participating in the education and care of a healthy family. We can have such a huge impact on generations and the family at large, plus kids are super easy to treat and respond relatively fast in most cases.

When it comes to choosing a modality in which to treat kids we have several to choose from, that being said I rarely use any other modality besides acupuncture, moxa and herbals. In addition to those we can use electric stim, shonishin and of course diet and lifestyle changes. For me acupuncture is the fastest and least invasive ways to get at a squirmy infant or toddler. But the point is that if a kid does not want one option then there are others to pick from. Acupuncture is tolerated by most kids except for those really reserved, shy and delicate kids. Food and how they eat is a major cornerstone for major and permanent changes to take place. Most issues and especially over consumption of food with babies, infants and toddlers can be rectified with simply spreading out the time in between eating. A lot of these kids have food accumulation in a back drop of kidney yang, qi and jing deficiency. A good example is with young babies and colic, often a baby is being fed on demand and not on a schedule, and the eating they do is for comfort, they have yet to have a fully developed satiety centre that tells them to stop because they are full. Or we placate our kids by feeding them. And then food accumulates before it can be pooped out. The solution is often as easy as spacing the eating times out by an extra 15 mins so that their short immature digestive systems have time to process and expel before the next

[Learn How You
Can Advertise Here.](#)

meal. Combining that with some acup in 4-6 points and moxa I there is cold accumulation looks miraculous. Especially when they are constipated and in pain and they poop during their treatment and go from being miserable to lighting up the room. It's amazing and super rewarding.

Here are the treatment options:

Acupuncture

I find that if we are timid and scared or hesitant and intimidated by needling and kid or if their parent is then the kid will be aswell. So establishing a confident and playful tone is crucial. And don't refer to the needles as needles, anything else will do. I also recommend making sure that the kids know that they are the boss in the room. They decide when they want to stop or if they get a treatment at all, except in rare and important cases where it becomes necessary for the kids health. Most often with kids under 6 years they are sitting in a parent's lap of a parent is hovering over them or hold their hand on the table. They are comforted by this and the needle time is very short usually in and out or under a minute. Because they qi is not as diminished as it would be in the elderly the acupuncture point access for the qi can be a little bigger in diameter. The right needle and great needle technique is the key to pain free acupuncture in the treatment of kids. The cool part is that the kid feels really warm and nice during or post treatment and they associate that with the needle and the treatment so it's typical to find that they want to come back and they actually look forward to their next appointment.

Moxa

This is a great modality for the sensitive and cold child. It gives them a feeling like they are being enveloped in warmth and love, like a great hug. For colic moxa is amazing.

Herbal Medicine

I love to use sweet tinctures for children. Or if I use powders we have the parents add honey or agave and kids love it. Ok maybe they don't always love it, but they don't hate it.

Like adults kids need 1-10 treatments but this of course depends on the pattern and whether or not they are acute or chronic. Often a well rooted issue will require many more treatments. What I like to do in the first week of treatment is to see a kid three times with one day in between each treatment. Then the following week 2 times with 2 days in between and so on. Then reevaluate. This is a super way to kick start the treatment and healing effect especially with excess conditions like food accumulation and constipation.

When it comes to a diagnosis we want to first observe what their overall quality and quantity of qi is. So watching them in the waiting room and then how they move to and act in the treatment room is vital. So is watching them when you

initially chat with their parents. We also want to pay close attention to their behaviour and how they interact with a sibling if they are in the room and of course our interaction with them. The behaviour generally will tell us what is going on inside as far as how their qi is flowing inside. Are they aggressive, loud, wild, timid, shy reserved. All important. How fast do they eat their snack and on and on. Checking out their back muscles and structure, palpating their skin and muscles, feeling temperatures. Is their low back concave and is it weak and cold, or strong and tight. And finally what is their shen and face like, do they have a sugar bug, blue vein in between their eyes, do they have rosy reds, are they pale.

This of course is not an exhaustive list of what to look for, but it's an easy way to get started.

It's so rewarding to treat kids and to get the entire family on the same page.

This is a list of issues I have treated:

Constipation, vomiting, teething (almost always related to the stomach), diarrhea, low birth weight

Cough, colds, flu, pertussis, asthma

Strabismus, ear infections, throat infections

Thrush, chicken pox

Bedwetting, pediatric ut infections

Failure to thrive, add, adhd

Depression, insomnia, night terrors



ABORM | 910 Hampshire Road, Suite A, Westlake Village, CA 91361, United States | aborm.org

© 2016 ABORM