

Fibromyalgia: Diagnosis & Treatment Strategies

Pacific Symposium

November 5, 2017

Richard Gold

Treatment of Fibromyalgia

- Great Opportunity
- Significant Challenges

Neurasthenia

- an ill-defined medical condition characterized by lassitude, fatigue, headache, and irritability, associated chiefly with emotional disturbance
- an obsolete technical term for a neurosis characterized by extreme lassitude and inability to cope with any but the most trivial tasks
- Along with hysteria, the most common psychological diagnosis of the late 19th and early 20th century

Neurasthenia

- A complex of symptoms characterized by chronic fatigue and weakness, loss of memory, and generalized aches and pains.
- Psychiatry. (not in technical use) nervous debility and exhaustion occurring in the absence of objective causes or lesions; nervous exhaustion
- First recorded in 1855-60

Neurasthenia

- waking up feeling totally un-refreshed
- constant fatigue
- feeling very stiff in the morning
- numb hands or tingling fingers
- finding everyday noise irritating and painful
- loss of ability to concentrate
- forgetfulness
- irritability

Neurasthenia

- The aches and pains of **Neurasthenia** affect many of the muscles around the body, although not necessarily all at the same time
- The pain is usually worse in the neck and the upper part of the back
- it's unlikely to be fully relieved by everyday painkillers i.e. aspirin or ibuprofen.

Dr. Tin Yao So's treatment

11. NEURASTHENIA *weakness of nerves, as body*

Causes: Overwork, over-smoking, irregular meals, internal organs poisoning, masturbation; usually occurs during middle age.

Symptoms: This illness is divided into:

- (1) Cranial nerve type (Vagus nerve) *emotional; face flushed*
- (2) Spinal nerve type (Sympathetic) *anemic pale face*
- (3) Mixed type

Cranial Nerve Type (Vagus Nerve)

- Most prevalent cause: Emotional disturbance
- Common symptoms: flushed face, heaviness of head & headaches, loses concentration and understanding in reading
- Insomnia, easily delighted and provoked: sudden changes in temperament
- Often frightened with palpitations: rapid pulse
- Loss of appetite,
- Habitual constipation

Cranial Type: Treatment Protocol

- Principal points: Needle to Gb20 & Ht7
- Direct Moxa: GV24 (Shen Ting: Spirit Courtyard), GV20
- Assistant points: Needle to Li4, Lu7, St36

Spinal (sympathetic) Type of Neurasthenia

- Also caused by emotional disturbance
- Face is anemic & pale
- Slow pulse
- Bronchial & esophageal spasms
- Vomiting and diarrhea
- Frequent urination
- General aching, feels tiresome in bodily muscles upon awakening

Spinal Type # 2

- Frequent urination
- General aching, feels tiresome in bodily muscles upon awakening
- Muscular fatigue of lower limbs while walking
- Aching in sacral region and tenderness of the spine

Treatment of Spinal (Sympathetic) Type

- Needle then Direct Moxa on UB18, UB20, UB23, GV12, GV4
- Assistant points: Needle and then Direct Moxa on UB31, UB32, UB33, UB34 (sacral foramen points) Ren12, St36
- Spare Points: Ren15, GV11, GB21, UB43 (old UB38)
- Prognosis: mild cases: 10 treatments // severe cases about 30 treatments

Uppgivenhetssyndrom

- Resignation Syndrome
- Illness exists only in Sweden and only among refugees
- No underlying physical nor neurological disease
- Lost the will to Live
- By 2005, over 400 children between ages of 8 & 15 diagnosed

Uppgivenhetssyndrom #2

- Typical patient: totally passive & immobile
- Lacks tonus
- Withdrawn
- Mute
- Unable to eat or drink
- Incontinent
- No reaction to physical stimuli or pain

Fibromyalgia (FM or FMS)

- Medical disorder characterized by chronic widespread pain,
- but the pain comes and goes and moves about the body
- neurosensory disorder characterized by:
- widespread muscle pain, joint stiffness, and fatigue
- Allodynia, a heightened and painful response to pressure

Additional Common Symptoms of FMS

- chronic fatigue syndrome
- irritable bowel syndrome
- chronic muscular headache... leading to the use of the alternative term **fibromyalgia syndrome (FMS)** for the condition

Time Line

- The first clinical, controlled study of the characteristics of FMS was published in 1981 providing support for symptom associations
- In 1984, an interconnection between FMS and other similar conditions was proposed
- 1986, trials of the first proposed medications for fibromyalgia were published

Disputed Diagnosis

- Fibromyalgia continues to be a disputed diagnosis
- Many members of the medical community do not consider fibromyalgia a disease because of a lack of abnormalities on physical examination
- absence of objective diagnostic tests

A "non-disease"

- Considered an over-inclusive and ultimately meaningless label
- Seen as a physical response to stress, depression, and economic and social anxiety
- the associated symptoms are a normal part of everyday life

Opponents of the FMS Dx

- part of the human condition: the tendency to respond with distress to physical and mental stressors
- opponents of the fibromyalgia concept argue that if it is a non-disease...then does it exist?
- legitimizing patients' sickness behavior by providing a disease label
- Noted: a statistically significant improvement in satisfaction with health is observed following a disease classification

Millions of People

- Under-diagnosed disorder of unknown etiology
- affecting over 5% of the patients in general practice
- approximately 3-6% of the general population
- occurs predominantly (80 to 90%) in women of childbearing age (between the ages of 25 and 45)

Prevalence

- one of the most common chronic pain conditions
- Worldwide it affects different ethnic, monetary and medical communities in the same proportion
- Juvenile FM is gaining more attention and research in this population has escalated over the last few years

Challenges for Western Diagnosis

- Fibromyalgia can't be easily confirmed or ruled out through any laboratory tests
- It can't be detected in blood tests
- Cannot be seen on an X-ray
- Diagnosis relies on symptoms
- Fibromyalgia symptoms may vary widely from one person to the next

Clues to the Possibility of Fibromyalgia

- Past/present prolonged localized pain complaint
- Important tests negative: i.e. lupus, rheumatoid arthritis
- Often prior nonspecific labeled- chronic fatigue syndrome, restless leg syndrome
- Past/present tension headache, irritable bowel, fluid retention
- Widespread joint/muscle pain
- Background stress factors

Causes of Fibromyalgia (from Medicinenet.com)

- Family History
- Exposure to stressful or traumatic events such as:
 - Car accidents
 - Repetitive action
 - Infections or illnesses
 - Being sent to War (PTSD)

Possible Causes of FM

- Most researchers agree that FM is a disorder of central processing with neuroendocrine and neurotransmitter dysregulation
- The FM patient experiences pain amplification due to abnormal sensory processing in the central nervous system
- increased levels of substance P in the spinal cord: released from the terminals of specific sensory nerves
- found in the brain and spinal cord and is associated with inflammatory processes and pain

Possible Contributing Factors

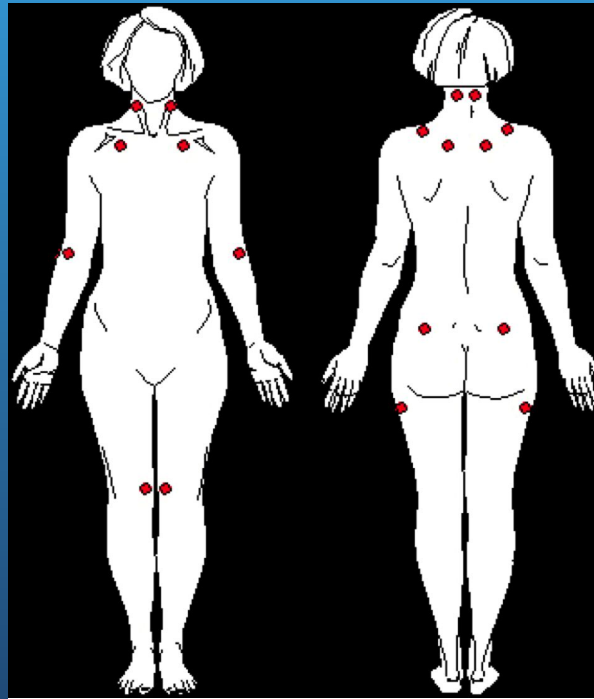
- low levels of blood flow to the thalamus region of the brain (relays sensory impulses to the cerebral cortex)
- HPA axis hypofunction: hypothalamic-pituitary-adrenal
- (also prevalent in Chronic Fatigue)
- low levels of serotonin and tryptophan
- abnormalities in cytokine function: category of signaling molecules that mediate and regulate immunity, inflammation and hematopoiesis.

Diagnosing Fibromyalgia

- In 1990, the American College of Rheumatology (ACR) established criteria for the diagnosis of fibromyalgia
- Relies mainly on “tender point” exams
- Tenderness to the touch at 11 or more of 18 specified tender points
- Widespread pain in all four quadrants of the body for at least three months

Diagnostic Tender Points

Points to palpate



Acu-point/Tender Point Correlations

- UB 10 Li 11
- St 9 UB 52
- GB 21 GB 30
- Si 12 Sp 10
- Lu 2

Diagnostic Guidelines

- Test 18 points on the patient's body for tenderness (9 points, checked bilaterally)
- Utilize light pressure on each point to see whether they feel pain
- Medical criteria state that pain at 11 of the points may indicate fibromyalgia

Tender Point Count: Challenges!

- Many physicians do not know how to do a tender point count
- Are not comfortable diagnosing fibromyalgia because they think tender point count is 'necessary' to make the diagnosis
- On average, it takes five years for a person with fibromyalgia to get an accurate diagnosis

New criteria: avoid tender points and tender point exams

- Widespread Pain Index (WPI) coupled with a Symptom Severity Scale (SSS) is used
- The pain index is a 19-item checklist
- Person marks the number of body parts where they have experienced pain during the previous week

Fibromyalgia Diagnostic Criteria

- A patient satisfies diagnostic criteria for fibromyalgia if the following 3 conditions are met:
- Widespread pain index (WPI) > 7 and symptom severity (SS) scale score > 5
- or WPI 3-6 and SS scale score > 9
- Symptoms have been present at a similar level for at least 3 months
- The patient does not have another disorder that would otherwise explain the pain

WPI (widespread pain index)

- note the number of areas in which the patient has had pain over the last week
- In how many areas has the patient had pain?
- Score will be between 0 and 19

The Symptom Scale

- three hallmarks of fibromyalgia
- A. unrefreshing sleep (morning fatigue)
- B. fatigue
- C. cognitive issues

Symptom Scale #2

- For each of the 3 symptoms on previous slide:
- indicate the level of severity over the past week using the following scale:
- 1. no problem
- 2. slight or mild problems, generally mild or intermittent
- 3. moderate, considerable problems, often present and/or at a moderate level
- 4. severe: pervasive, continuous, life-disturbing problems

Symptom Severity Scale

- The SS scale score is the sum of the severity of the 3 symptoms
- (fatigue, waking un-refreshed, cognitive symptoms)
- plus the extent (severity) of somatic symptoms in general: widespread pain index
- The final score is between 0 and 12

Diagnosis of Fibromyalgia

- to be thorough in making a Dx, a practitioner should do the following six things:
- 1. check for widespread pain
- 2. evaluate trigger points
- 3. ask about fatigue
- 4. inquire about sleep disturbances
- 5. evaluate the level of stress
- 6. test for depression

London Fibromyalgia Epidemiology Study Screening Questions

- Pain criteria
- In the past 3 months:
 - 1. Have you had pain in muscles, bones, or joints lasting at least 1 week?
 - 2. Have you had pain in your shoulders, arms, or hands? On which side? Right, left, or both?

London Fibromyalgia Epidemiology #2

- 3. Have you had pain in your legs or feet? On which
- side? Right, left, or both?
- 4. Have you had pain in your neck, chest or back?
- Meeting the pain criteria requires “yes” responses to all
- 4 pain items, and either (1) both a right- and left side
- positive response
- or (2) a both sides positive response

London Fibromyalgia Epidemiology Study Screening Questions #3

- 5. Over the past 3 months, do you often felt tired or
- fatigued?
- 6. Does tiredness or fatigue significantly limit your
- activities?
- Screening positive for chronic, debilitating fatigue
- requires a “yes” response to both fatigue items

Symptom Correlations

- **Irritable Bowel Syndrome** - Constipation, diarrhea, frequent abdominal pain, abdominal gas, and nausea represent symptoms frequently found in 40% to 70% of fibromyalgia patients
- Acid reflux or gastro-esophageal reflux disease (GERD) also occurs with the same high frequency

Overlaps with Fibromyalgia Syndrome (FMS)

*chronic fatigue syndrome (CFS):

(75% overlap)

*multiple chemical sensitivity syndrome (MCS)

*myofascial pain syndrome (MPS)

pressure on sensitive points on muscles (trigger points) cause pain in seemingly unrelated parts of your body i.e. referred pain

Accompanying Symptoms #1

- 75% of fibromyalgia patients have a varying degree of jaw discomfort
- problems are related to the muscles and ligaments surrounding the jaw joint and not necessarily the joint itself
- Recurrent migraine or tension-type headaches are seen in about 70% of fibromyalgia patients

Accompanying Symptoms #2

- **Sleep disorder: alpha-EEG anomaly:**
- alpha brain waves that indicate you are awake but relaxed intrude into deep sleep (Delta waves), suggesting that the brain is not resting like it should
- **Fatigue & Brain Fog**

Other common symptoms

- Premenstrual syndrome and painful periods
- Chest pain & morning stiffness
- Cognitive or memory impairment
- Numbness and tingling sensations, muscle twitching

Other common symptoms #2

- Irritable bladder
- Feeling of swollen extremities
- Skin sensitivities, dry eyes and mouth
- Dizziness and impaired coordination
- Sensitive to odors, loud noises, bright lights

Aggravating factors

- Changes in weather
- Cold or drafty environments
- Infections, allergies, hormonal fluctuations (premenstrual and menopausal states)
- Stress, depression, anxiety
- Over-exertion

Pharmacological Treatments

- The first medication doctors will often try is an antidepressant
- helps relieve pain, fatigue, and sleep problems
- The tricyclic antidepressants, including Elavil (amitriptyline) and Pamelor (nortriptyline)
- work by raising the levels of chemicals (neurotransmitters) in the brain

Pharmacological Treatments #2

- Tricyclic antidepressants increase levels of serotonin and norepinephrine in the brain
- Tricyclics can relax painful muscles and heighten the effects of endorphins
- side effects: drowsiness, dizziness, dry mouth, dry eyes, and constipation.

Pharmacological Treatments #3

- Different types of pain relievers are sometimes recommended to ease the deep muscle pain and trigger-point pain
- acetaminophen elevates the pain threshold so you perceive less pain
- Acetaminophen is relatively free of side effects
- Avoid this medication if there is a liver disease

Pharmacological Treatments #4

- Nonsteroidal anti-inflammatory drugs (NSAIDs)
- Action is to block pain signals to the brain
- taken alone, don't typically work that well for fibromyalgia
- when combined with other fibromyalgia medicines, NSAIDs often do help
- aspirin or other NSAIDs can lead to heartburn, nausea or vomiting, stomach ulcers, and stomach bleeding

Pharmacological Treatments #5

- The muscle relaxant cyclobenzaprine has proved useful
- Eases muscle tension and improves sleep by working in the brain to relax muscles
- Side effects: Dry mouth, dizziness, drowsiness, blurred vision, clumsiness, unsteadiness, and change in the color of urine
- Increases the likelihood of seizures
- Older adults sometimes experience confusion and hallucinations when taking them

Pharmacological Treatments #6

- Lyrica, originally used to treat seizures (anti-convulsant), is a newer drug for treating fibromyalgia
- Lyrica affects chemicals in the brain that send pain signals across the nervous system
- Reduces pain and fatigue and improves sleep.

Side Effects: Lyrica

- Dizziness -- in up to 45 percent of people
- Drowsiness -- up to 35.7 percent
- Coordination problems -- up to 20 percent
- Weight gain -- up to 16 percent
- Dry mouth -- up to 15 percent

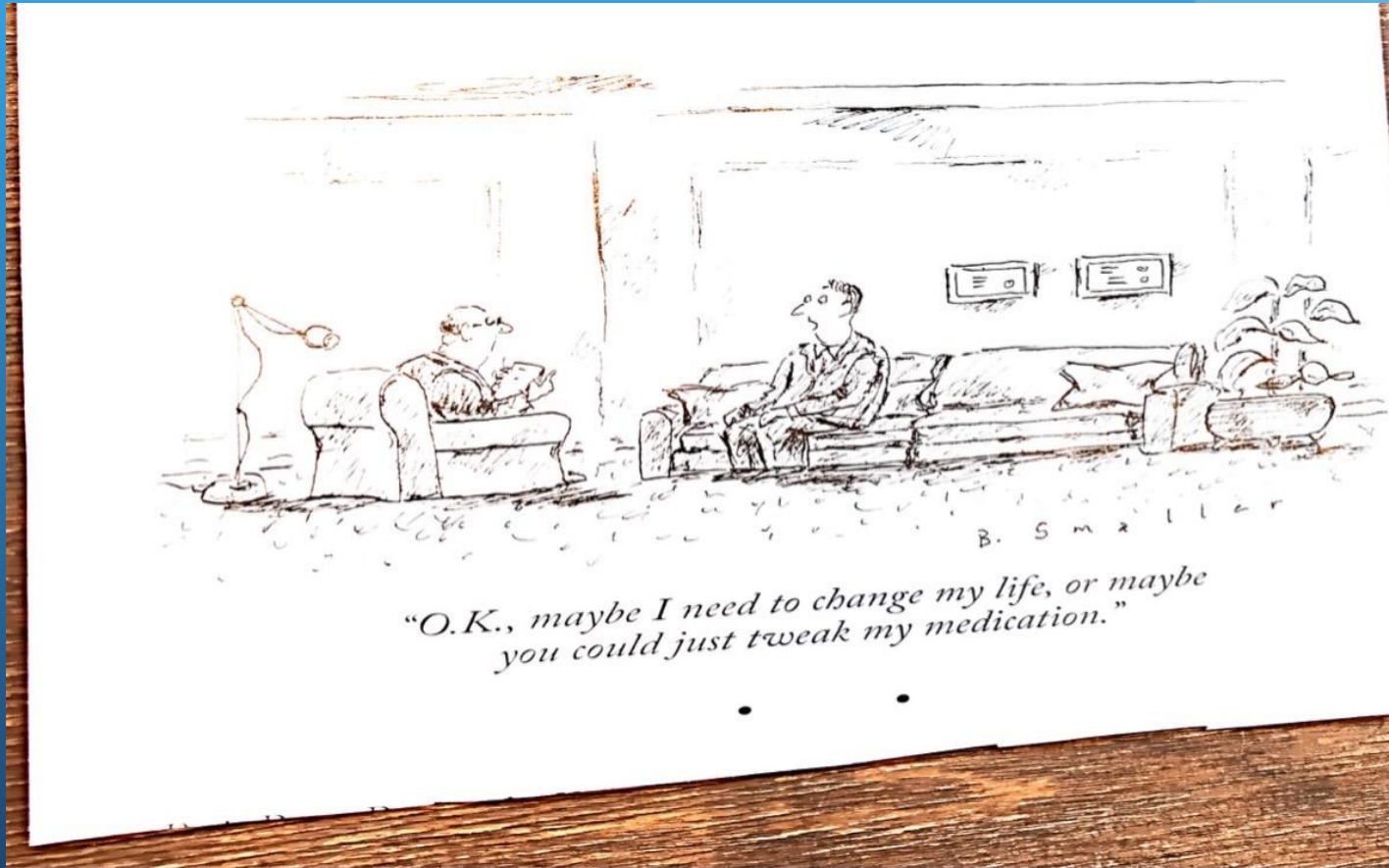
Lyrica Side Effects #2

- Infections -- up to 14 percent
- Headaches -- up to 14 percent
- Accidental injury -- up to 11 percent
- Shakiness (tremors) -- up to 11 percent
- Fatigue -- up to 11 percent
- Water retention in the arms and legs -- up to 10.4 percent.

The list goes on....

- Total of 31 different pharmaceuticals are ‘in some way related to or utilized in treatment of FMS’:
- <https://www.drugs.com/condition/fibromyalgia.html>

Compliance.....



Non-Pharmacological Western Approaches

- Stress reduction
- Education
- Exercise
- Sleep
- Diet

Leaky Gut

- Leaky gut is a name used to describe intestinal or bowel hyper-permeability
- Will accompany (underlie) IBS and GERD
- This is a primary mechanism of toxins entering the lymph and bloodstream

Leaky Gut #2

- As a consequence:
- some bacteria and their toxins
- incompletely digested proteins and fats
- wastes not normally absorbed may "leak" out of the intestines into the lymph system and eventually into the blood stream

Leaky Gut # 3

- This triggers an autoimmune reaction
- Can lead to gastrointestinal problems:
 - abdominal bloating, excessive gas and cramps
 - fatigue, food sensitivities
 - joint pain, skin rashes
- Over time and depending on individual genetic profile can lead to a full blown Autoimmune Disease

Vagus Nerve

- Longest nerve in the entire body
- Originates in the brain (10th cranial nerve)
- Travels down the neck and passes through the heart, lungs, into the digestive system, including the liver, spleen & pancreas
- Speculation: is the vagus nerve the neurological San Jiao...

Vagus Nerve: role in brain/gut dynamic

- 'reads' the gut microbiome
- Initiates a response to modulate inflammation based on whether or not it detects pathogenic vs. non-pathogenic organisms
- This mechanism is how the gut microbiome can affect moods, stress levels and systemic inflammation

Vagal Tone

- Internal biological process referring to the activity of the vagus nerve (10th cranial), originating in the medulla oblongata of the brainstem
- Regulates the resting state of the internal organs that operate primarily on an unconscious level
- Vagal activity is continuous, chronic and (primarily) passive
- Vagal tone cannot be directly measured
- Other biological processes are measured that represent the functionality of vagal tone: i.e. tracking the heart rate alongside the breathing rate

High Vagal Tone

- Bigger difference between inhalation heart rate and exhalation heart rate
- Higher vagal tone means the body/mind can relax faster after a stress incident
- Improves the function of many bodily systems:
 - A. improved blood sugar regulation
 - b. lower blood pressure
 - c. Improved digestion via enzyme production & secretion

Potential Symptoms of Vagal Nerve Dysfunction

- Obesity & Weight Gain
- Cognitive problems
- IBS & GERD
- Depression and Anxiety
- Chronic Fatigue, Dizziness & Fainting
- Difficulty Swallowing
- Chronic Systemic Inflammation

Low Vagal Tone

- Cardiovascular conditions & strokes
- Depression
- Chronic fatigue syndrome
- Cognitive impairment
- Higher rates of inflammatory conditions: all autoimmune diseases i.e. IBS, rheumatoid arthritis, endometriosis, lupus

Ways to Tone the Vagus Nerve

- Slow, rhythmic, diaphragmatic breathing
- Humming
- Speaking & Singing
- Chanting
- Washing the face with cold water
- Meditation
- Balancing the gut microbiome
- Acupuncture

Vagal Tone & the Physiological Regulation of Emotion

- Relation between vagal tone and emotion regulation
- Relationships of the parasympathetic nervous system to the expression and regulation of emotion

Typical TCM Patterns with FMS

Liver *Qi* Stagnation

- anxiety, emotional upset, headaches (including migraine headache), being easily angered, muscle stiffness in neck and shoulders
- insomnia, waking frequently and having difficulty falling back to sleep, irritable bowel syndrome
- All symptoms may be triggered by emotional stress

TCM treatment strategies: Liver Qi stagnation

- *Acupuncture points:*
- *yin tang, anmian*
- *Li 4, LV 3,*
- *Ren 17, Ren 12, ST 25,*
- *SP 6, GB 34*
- *UB 18, 19, and 20*
- *xiao yao wan (Relaxed Wanderer)*
- *shu kan wan (Comfort Liver Pills)*

Common Typical TCM Patterns for Fibromyalgia: *Qi and Blood Deficiency*

- *specifically spleen qi deficiency and heart blood/liver blood deficiency*
- *chronic fatigue, exhaustion, dull headache*
- *muscle weakness and numbness*
- *insomnia, dream-disturbed sleep, waking up tired*
- *palpitations and depression*

TCM treatment: *Qi and Blood Deficiency*

- *ba zhen tang (Eight Treasure Decoction)*
- *gui pi tang (Restore Spleen Decoction)*

Acupuncture points: LI 4, ST 36, Ren 12,

- *SP 6, 10, Kid 3*
- *PC 6, HT 6, 7s*
- *UB 17, 20*
- *Moxibustion*

Common Typical TCM Patterns: *Qi Stagnation and Blood Stasis*

- *aches and pains in the whole body*
- *burning or gnawing pain with tingling sensations in extremities*
- *headaches*

TCM treatment: *Qi Stagnation and Blood Stasis*

- *shen tong zhu yu tang (Drive Out Blood Stasis from a Painful Body Decoction)*
- *tao hong si wu tang (Four Substance Decoction with Safflower & Peach Pit)*
- *Acupuncture points:*
 - *DU 20, LI 4, 10, PC 6*
 - *ST 36, SP 9, 10, LV 3*
 - *UB 17, 18*

Kidney Deficiency (either Yin, Yang, Qi or Essence Deficiency)

- *impotence or lack of libido for males and infertility issues for both males and females*
- *sore lower back with restless leg syndrome irritable bladder*
- *dysmenorrhea, amenorrhea, premenstrual syndrome*
- *hot flashes and night sweats*

TCM treatment: Kidney Deficiency

- *you gui yin (wan) (Restore the Right Kidney Decoction (Pill))*
- *jin gui sheng qi wan (Rehmannia Eight Formula)*
- *Acupuncture points: Moxibustion*
- *Ren 3, 4, 6*
- *LI 11*
- *GB 39, GB 25, Kid 3, 6, 7, SP6*
- *UB 23, 31*

Bi-Syndrome

- disorder resulting from the obstruction of meridians
- sluggishness of qi and blood circulation after the invasion of pathogenic wind, cold, dampness or heat
- characterized by pain, numbness and heaviness of muscles, tendons and joints
- swelling, hotness and limitation of movement of joints

Therapeutic principles for incipient bi-syndrome

- expelling pathogenic factors should be the main therapeutic principle
- including dispelling wind
- dispersing cold
- clearing away heat
- eliminating dampness
- Nourishing deficiencies of Qi, blood &/or yang
- dredging meridians and collaterals

Wind-Cold-Damp Bi

- Juan Bi Tang
- **Remove Painful Obstruction Decoction**
- clear wind dampness and alleviate painful obstructions
- best suited for conditions of joint pain due to Qi stagnation due to wind damp and cold pathogens lodged in the interior
- effectively treats Bi syndrome no matter which pathogenic factor is predominant

Wind-Cold-Damp Bi #2

- Shu Jing Huo Xue Tang
- (aka Stephania & Clematis)
- dry damp and eliminate wind
- supports blood circulation in the legs and low back
- promotes joint health

Blood Stagnation Bi

- Shen Tong Zhu Yu Tang
- Drive Out Blood Stasis from a Painful Body Decoction
- aka Cnidium and Notopterygium Decoction

Deficiency Bi

- Bu Yang Huan Wu Tang
- Great Yang Restoration Pills
- Tonifies Qi and blood and dredges meridians

Cold Bi

- Dang Gui Si Ni Tang
- **Tangkuei Decoction for Frigid Extremities**
- Warm the channels
- Unblock blood vessels and disperse cold while nourishing the blood
- Poor yang Qi circulation giving rise to cold hands and feet & cold stagnation within the channels

Hyper-Acidity & Disease

- *The countless names of illnesses do not really matter. What does matter is that they all come from the same root cause...too much tissue acid waste in the body!*
- *Theodore A. Baroody, N.D., D.C., Ph.D.*

Acid/Alkaline Imbalance

- *“Now we depart from health in just the proportion to which we have allowed our alkalies to be dissipated by introduction of acid-forming food in too great amount... It may seem strange to say that all disease is the same thing, no matter what its myriad modes of expression, but it is verily so.”*

William Howard Hay, M.D. 1933

Acidosis

- Forces the body to borrow minerals—including calcium, sodium, potassium and magnesium—from vital organs and bones to buffer (neutralize) the acids and safely remove it from the body
- Because of this strain, the body can suffer severe and prolonged damage due to high acidity—a condition that may go undetected for years

Further Treatment Options

- Establish a constitutional diagnosis according to your approach to medicine
- Resolve as much as possible the leaky gut issues
- Diet & Nutrition
- Supplementation
- Gua Sha
- Cupping

Further Treatment Options #2

- r/o parasites & mold
- Bodywork: Lymphatic Re-invigoration
- External castor oil poultices
- Exercise (with sweating)
- Meditation & mindfulness approaches
- Brain Entrainment via music
- Far infrared sessions (bio-mat)

Cryotherapy

- Local or general use of low (up to very low) temperatures in medical therapy
- Whole body cryotherapy: below -100 degrees Celsius
- Widely used to relieve muscle pain, sprains and swelling

Molecular Hydrogen

- Hydrogen is the smallest, simplest and most fundamental element
- Molecular hydrogen is the smallest molecule
- A superior anti-oxidant, anti-apoptotic (prevention of cell death),
- anti-inflammatory
- cytoprotective properties (protection of cells from harmful agents)

Molecular Hydrogen #2

- Extremely unique: capable to act at the cellular level
- Capacity to cross the 'blood/brain barrier'
- Able to enter the mitochondria of cells
- A molecule of H₂ will neutralize 2 hydroxyl radicals into two molecules of H₂O thereby also hydrating your cells in the process
- The hydroxyl radical can damage virtually all types of macromolecules: carbohydrates, nucleic acids, lipids and amino acids
-

Incrementalism as a clinical strategy

- belief in or advocacy of change by degrees, gradualism
- systematic incrementalism

- <http://www.newyorker.com/magazine/2017/01/23/the-heroism-of-incremental-care>

Shen & Pain Perception

- Perception of pain is through the spirit.
- Ch. 74 of Simple Questions: “All pain, itching, & skin disorders pertain to the heart”
- “When the Heart is serene (any) pain seems negligible”
- An aspect to the capacity of acupuncture for treating pain, is to change the perception of pain by treating the Spirit (Shen)

The end...for now

- Thank you very much for coming