

Beating Crohn's Disease with the Combination of Acupuncture and Moxibustion

Acupuncture is the practice of strategically sticking needles in the skin to stimulate various points on the body. One theory is that acupuncture may cause the brain to release endorphins, chemicals that block pain and strengthen the immune system. A 2014 study found that acupuncture, combined with moxibustion — a type of traditional Chinese medicine that involves



burning dried medicinal herbs on or near skin improves symptoms of

Crohn's disease. People with active Crohn's disease reported less stomach pain, diarrhea, and inflammation after getting acupuncture.

Some of these substances can affect the efficiency of medications or other treatments. In some cases, an interaction or side effect could be dangerous, even life-threatening.

Treating Shingles with Homeopathy

Pain is usually the first symptom of shingles. The rash and fluid-filled blisters form within a couple of days after the onset of pain. Some people with shingles also have a fever, sensitivity to light, and fatigue. Shingles isn't life-threatening, but some people experience postherpetic neuralgia. This is when nerve fibers become damaged, causing shingles pain that lasts for weeks or months after the rash clears. There's no cure for shingles, but antiviral medication help shorten the duration of the virus and reduce symptoms. Although an antiviral is an effective treatment for shingles, it's not the only option. Homeopathy also reduces pain and discomfort.

Arsenicum album

If a person feels chilly, anxious, restless, and exhausted during fever—and the burning pain of the eruptions is relieved by heat this remedy is indicated. Discomfort is often worse around midnight.

Apis mellifica

Swollen, tender eruptions with burning, stinging pain and itching suggest a need for this remedy. Symptoms are aggravated by warmth, and relieved by cold applications or exposure to cool air. The person may be irritable and very sensitive to touch.

Iris versicolor

This remedy is often helpful for herpes zoster infection that is accompanied by stomach problems with burning sensations and nausea. Eruptions may appear especially on the right side of the abdomen.

Mezereum

When this remedy is indicated, intense burning is



followed by bright red eruptions that itch intolerably. The local pain of the eruptions is worse from heat and relieved by cold applications, and cool fresh air is soothing—although the person is chilly in general and worse from getting cold.

Ranunculus bulbosus

This remedy is indicated for intensely itching shingles on the ribcage (either on the back or chest), which are also very sore, and worse from contact with clothing or any kind of touch. The blisters may look bluish. The person may feel worse from alcoholic beverages, and from exposure to cold air.

Rhus toxicodendron

This remedy may be indicated for a rash that begins with many small blisters, is red and intensely itchy, and is relieved by hot baths or hot wet compresses. Restlessness makes the person want to pace the room or constantly move around.

Biofeedback: A Technique to Control Involuntary Bodily Functions

Biofeedback is a mind-body technique that involves using visual or auditory feedback to gain control over involuntary bodily functions. This includes gaining voluntary control over such things as heart rate, muscle tension, blood flow, pain perception, and blood pressure. This process involves being connected to a device with sensors that provide feedback about specific aspects of the body.

This includes relaxing certain muscles slowing heart rate or respiration, or reducing feelings of pain. By doing this, people are often able to improve their physical, emotional, and mental health. For example, biofeedback can also be used to help people better manage the symptoms of a condition.

There are many different types of biofeedback.

Breathing: Respiratory biofeedback involves wearing sensor bands around the chest and abdomen to monitor breathing rates and patterns.

Heart rate: This type is known



as heart rate variability biofeedback and there is evidence that it is possibly useful for a number of different disorders including asthma and depression. Patients using this type of biofeedback wear a device connected to sensors in either the ears or fingers or sensors placed on the wrists, chest, or torso.

Galvanic skin response: Galvanic skin response, also known as skin conductance, is a useful marker for detecting levels of emotional arousal. Aside from the obvious thermoregulatory function of sweat, emotional stimulation can also easily trigger sweating.

Blood pressure: This type of biofeedback involves wearing a device that measures blood pressure.

These devices provide information about the patient's blood pressure and often guide the user through relaxation techniques that rely on visual cues, breathing exercises, or music.

Skin temperature: In this form of biofeedback, patients wear sensors that detect blood flow to the skin. A low reading on one of these monitors can indicate a need to utilize some stress management techniques.

Brain waves: This neuro-feedback, involves utilizing electroencephalography (EEG) to measure brain wave activity. Scalp sensors are connected to an EEG device. Neuro-feedback is sometimes used as a non-invasive treatment for ADHD, pain, addiction, anxiety, depression, and other disorders.

Muscle tension: In this biofeedback, sensors are placed at various points on the body and connected to an electromyography (EMG) device. This device detects changes in muscle tension over time by monitoring electrical activity that results in muscle contractions.

Treating Acute Liver Diseases with Homeopathy

Homeopathy is extremely effective in the management of a large variety of diseases of the liver. Patients with simple self-limiting conditions like Hepatitis A to those suffering from the more complicated conditions like cirrhosis of the liver and hepatocellular carcinoma, can derive benefits with homeopathic treatment using specific treatment regimens.

Several diseases of the liver have no specific treatment in conventional medicine. These conditions develop due to a variety of causes: heavy alcohol consumption and chronic viral hepatitis being two of the commonest causes. If the patient comes to the doctor in the early stages, homeopathic treatment can keep the disease arrested and, in many cases, improve it to an extent that it becomes undetectable. In patients

who have advanced cirrhosis, treatment is directed towards keeping the disease arrested and maintaining a high quality of life for the patient. Difficult signs and symptoms like build-up of large amounts of fluid in the abdomen (ascites) and bleeding from dilated veins of the food pipe (oesophageal varices) are also effectively managed with homeopathic treatment.

Homeopathy is often given in conjunction with conventional treatment. In advanced liver disease, hospital management and close monitoring is required. Important procedures like draining of the abdominal fluid, stopping blood loss, increasing blood protein levels and so on, need to be performed under expert guidance.