



Wellbeing Clinic Newsletter

Today's Focus:

MULTIPLE SCLEROSIS

We have previously published a newsletter about the benefits of Traditional Chinese Medicine in treatment of autoimmune diseases. Today, we are focusing more specifically on one of the more common autoimmune diseases - multiple sclerosis.

Multiple sclerosis is a lifelong condition in which one's own immune system attacks the brain and the nerves causing a variety of symptoms, including:

- tiredness/ fatigue,
- vision problems/ blurred vision,
- difficulty in controlling the bladder,
- muscle stiffness, spasms, problems with balance and movement coordination, walking difficulties,
- problems with thinking, planning and learning,
- numbness and tingling in different parts of the body.

Symptoms may get worse over time, sometimes leading to disability.

How can Traditional Chinese Medicine help?

There is no cure for multiple sclerosis but **Traditional Chinese Medicine is very effective in naturally maintaining a healthy functioning of the immune system** so that its defensive reactions are no longer triggered against the cells and tissues of its own body. This can be a life changing help for the sufferer of the disease, allowing them to maintain a symptom-free, normal quality of life.

What Traditional Chinese Medicine treatments are recommended?

Acupuncture helps control the immune system's reactions and prevents it from

causing damage to its own body. In this way the symptoms of the disease can be significantly reduced or eliminated altogether.

Due to a permanent nature of this disease, a regular, continuous treatment is recommended in order to control the symptoms and prevent them from worsening over time.

Herbal medication is highly recommended as a support treatment, to help manage some of the symptoms.

The OTC remedies available in our online shop, which are beneficial in multiple sclerosis are:

- **Cordyceps capsules** (Chong Cao Jiao Nang) – to strengthen and regulate the immune system, reduce fatigue and increase the energy levels,
- **Ginkgo Biloba Extract** – to improve focus, memory and mental agility,
- **Goji Berry Extract** – to improve eyesight and control vision problems.

Herbal formulas based on personalised diagnosis are also available in our clinic.

If you would like to find out more about our treatments for multiple sclerosis, please get in touch.

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