

**How to Use Acupuncture
and Herbs to Heal
What's Ailing You**

**How
Acupuncture
Can Help You
Heal
Naturally**



Dr. Guoen Wang, Acupuncturist

11851 Jollyville Road Suite 102 ■ Austin, TX 78759

www.AustinChineseDoctors.com

How Acupuncture Can Help You Heal Naturally

How Acupuncture Can Help You Heal Naturally

Copyright © 2016 by Dr. Guoen Wang

All rights reserved.

No part of this book may be reproduced or utilized in any form or by any means, electronic or mechanical, including photocopying, recording or by any information storage and retrieval system without permission in writing.

Inquiries should be addressed to

Acupuncture Plus

11851 Jollyville Road, Suite 102
Austin, Texas 78759

Printed in the United States of America
at OneTouchPoint-Southwest in Austin, Texas

Meet Your Acupuncturist

Welcome! Welcome to improving your health through natural acupuncture and herbs! I am Guoen Wang, and I am here to help you get well! The following is an article about me. It's the only article in this book that's written in the third person. You can read through it, skip it and/or jump right into the testimonial.

Guoen Wang

Guoen Wang is a doctor of traditional Chinese medicine. He graduated from the Shashi School of Traditional Chinese Medicine and Heilongjiang University of Traditional Chinese Medicine in the People's Republic of China.

“My father encouraged me to study acupuncture and Chinese herbal medicine,” Dr. Wang recalls. One time, his father suffered severe headaches. He went to a regular doctor who offered surgery, which scared him. Then he went to Chinese medicine doctor who was in his 70s. After a regimen of prescribed herbs for about seven to eight days did he finally get well, completely.

Before coming to Texas in 1995, Dr. Wang taught at the Hubei College of Traditional Chinese Medicine for over one year.

How Acupuncture Can Help You Heal Naturally

He applied for a visa at the invitation of Stuart Watts, who voiced interest in hiring him as an instructor at the Academy of Oriental Medicine in Austin.

Leaving China for the United States was not an easy decision for Dr. Wang and his wife. “But I was looking for more opportunities for personal growth,” he says. Having studied English in school, he felt confident about being able to improve his fluency. He also knew that acupuncture was growing in acceptance and popularity in the United States.

What is acupuncture? From the traditional Chinese perspective, the forces of yin and yang (sometimes described as female and male or passive and active) act throughout the cosmos and, thus, in the human body as well. Practitioners believe that acupuncture is effective in restoring health and relieving pain because it modulates the distribution of yin and yang in the body, thereby restoring natural balance.

The study of acupuncture requires rigorous training that includes formal study of biology, anatomy, and pathology. A thorough knowledge of human anatomy is essential to place needles at strategic points that govern various systems of the body. Needles inserted at precise points along 12 pathways defined within the body, each associated with a major organ such as liver, kidney, and heart, can restore the flow of the vital life force to its original free and harmonious nature.

Dr. Wang’s goal is to free his patients from symptoms and help them stay well. In his words: “Be symptom free and even medication free.”

“I like to see people happy and living without pain. When I help someone with a problem, I feel happy.” Sometimes, even he is surprised at the level and rapidity of healing that follow his treatments.

One of his most exciting moments occurred during a house call to treat a patient in great pain. The patient, who was suffering from an old injury, could not get out of bed or walk for a week. Dr. Wang carefully studied the case, determined the source of the man’s pain, and then inserted acupuncture needles. Thirty minutes later the man got out of bed, with joyful tears in his eyes. “That was a most unusual case,” Dr. Wang admits. “I’ll never forget it!”

In the evenings, Dr. Wang often studies English books to improve his communication skills or reads through Chinese medicine publications to update his medical skill.

He also practices tai chi, an exercise skill he learn back when he was in Chinese medical school in 1983.

“It’s a kind of internal sport,” he observes. “It combines meditation and relaxation with exercise.” He got his permanent residency status in 1999. He travels often back to China for more advanced study of Chinese medicine.

In the hands of skilled professionals like Dr. Wang, the ancient oriental medical art of acupuncture is gaining respect among Western medical doctors and researchers. Western medical science has long been skeptical of alternative medicines that defy empirical analysis; however, many traditional medical practitioners now

How Acupuncture Can Help You Heal Naturally

concede that acupuncture often achieves remarkable results and increasingly view it as a complementary treatment.

Over the years Dr. Wang has built a thriving acupuncture practice in Austin, Texas. As a master herbalist, he creates proprietary blends of herbal supplements, tonics, and teas. Many of his treatments combine acupuncture with herbal remedies.

Although Dr. Wang has witnessed “miracles” from acupuncture, he refuses to promise impossible cures. Rather, he points out simply that this Oriental medical technique, practiced in China for over 4,000 years, has a remarkable record of relieving pain, reducing symptoms, restoring health and improving overall general health.

Contents

I.	COMMON HEALTH ISSUES	
	• Chapter 1	Relief from Allergies & Asthma 1
	• Chapter 2	Healing Insomnia & Sleeping Soundly 6
	• Chapter 3	Healing of the Digestive System 8
II.	RELIEVING THE PAIN	
	• Chapter 4	Healing for Headaches / Migraines 10
	• Chapter 5	Healing the Back, Neck & Shoulder 16
	• Chapter 6	Healing Abdominal Pain 29
	• Chapter 7	Healing for the Hands & Elbows 32
	• Chapter 8	Healing the Foot, Knee & Leg 39
III.	OVERCOMING A TRAUMA	
	• Chapter 9	Healing from a Neck Trauma 45
	• Chapter 10	Healing from a Trauma 47
IV.	FIGHTING INFECTIONS	
	• Chapter 11	Healing for the Ears 51
	• Chapter 12	Herbs to Conquer Infections 53
V.	WOMEN'S HEALTH	
	• Chapter 13	Fertility Success Stories 54
	• Chapter 14	Healing PMS 67
	• Chapter 15	Healing Morning Sickness 69
	• Chapter 16	Menopause and Hormonal Health 70
VI.	ORGAN HEALTH	
	• Chapter 17	Improved Prostate Health 79
VII.	CHILDREN'S HEALTH	
	• Chapter 18	Healing Children 81

CHAPTER 1

**Relief from
Allergies and Asthma**

“Well, 20 minutes later—

Wow! I feel great with no jitters or anxious feeling.”

I have always had bad allergies. Even as a small child I had to get allergy shots, avoid certain foods, etc. The year 2002 was a very challenging year for me with constant sinus drainage, sore throats, and headaches. I had been suffering for about 2 weeks. I was increasing my vitamins, zinc, Vitamin C, but still having the drainage and sore throat, fatigue, and a sluggish “drowning” feeling. My children told me I sounded like Elmer Fudd. I tried Allegra. Not only did it not relieve my allergies, it made feel anxious and nervous.

Dr. Wang told me that his Allergy Care pills would help in 20 minutes without making me feel nervous and that it would take away my sore throat. Yeah, right, I thought, but decided to try the Allergy Care pills anyway.

How Acupuncture Can Help You Heal Naturally

Well, 20 minutes later wow! I felt great with no jitters or anxiety. Within one week of taking Dr. Wang's Allergy Care pills, I found relief. Now my 15-year-old son is taking them, and he says they don't make him sleepy at school or make him feel nauseated. His symptoms have disappeared completely.

I feel better about giving him herbs instead of chemically-laden medications.

Thanks to Dr. Wang, we both feel better.

— *Lisa Wehbe*

***“I swear by acupuncture for allergies,
persistent headaches”***

I began getting acupuncture twelve years ago when I lived in Japan. Because of a car accident several years prior, I had developed unbearable sciatic pain. A Japanese friend of mine took me to a Japanese acupuncturist who had trained for nearly a decade in China.

Although I was deathly afraid of needles, my sciatic pain was excruciating enough for me to try an alternative remedy. To my amazement, it did not hurt at all; it was actually relaxing! Furthermore, several visits alleviated the pain to the point where I could rehabilitate and strengthen my muscles and prevent further injury.

I returned to the United States and while living in California I sought the benefits of an acupuncturist and herbalist for preventive as well as remedial care. In northern California allergies were my primary problem and they always cleared up after a few visits and some herbs. I also went for stress-related illness, for female problems, and for support when I started feeling out of balance.

Before moving to Austin, Texas, I was worried I would not be able to find an acupuncturist and I knew Austin was famous for allergies. Luckily, I found Dr. Wang right away and immediately knew I was in good hands. He has a wonderful demeanor and asks the right questions to treat me holistically.

How Acupuncture Can Help You Heal Naturally

Acupuncture is not a panacea; the patient must take some proactive responsibility for her health. Anyone who is not familiar with Oriental medicine may not understand the patience and humility involved.

Chinese medicine builds strength in the body from the inside out, and aims to create balance rather than just superficially fixing symptoms. Perfect harmony exists between Western and Eastern medicines, as there are circumstances that require both.

I swear by acupuncture for allergies, persistent headaches, and during prolonged periods of stress. For feminine issues, I am a firm believer in the holistic benefits of both acupuncture and herbs. Dr. Wang really cares about his patients' well being, and just being in his office is peaceful.

— *Nicole D. Mignone*

Cedar allergy relief!

I have never written an online review but do often read them and decided I must write one based on the results of my most recent visit.

I have been to Dr. Wang before and have always found treatments relaxing; I would truly look forward to them and leave feeling more balanced on the whole.

Most recently I told him I was suffering from cedar allergies. The week before going to see him, I could not sleep well because I was awakened with nose/throat discomfort.

He offered a bottle of Cedar Allergy Care; the next morning it occurred to me that I was actually able to sleep the night before! I take the pills morning and night, and now when I am at school I don't have to constantly run to the tissue box like many of my suffering students do... I'm really amazed at how well these herbs are working (no unpleasant side effects like I've experienced from all the standard allergy medicines)--as long as I am taking them I simply forget we are in the peak of cedar allergy season.

Thanks Dr. Wang!

— *Schoolteacher in Austin, TX*

CHAPTER 2

Healing Insomnia and Sleeping Soundly

“Who Else Wants to Fall Asleep at Night and Stay Asleep Until 7:00 AM?”

Dr. Wang,

I wanted to share an update about my sleep problem. As you know, I have had poor sleep for quite some time. It has been going on for years starting with waking up early a few days a week.

Then it progressed to my waking up around 3:00 AM every day and being unable to go back to sleep. This went on for many months. I tried everything from changing my diet to my sleep time. I do not use caffeine or other stimulants and yet in the middle of the night I would be wide awake.

I began treatments under your care as you had helped me with other problems that no other doctors could explain or provide any relief.

Use Acupuncture and Herbs to Heal What's Ailing You

You cured my kidney stones without an invasive procedure, repaired nerve damage to a knee that I'd been told would require microsurgery, and totally relieved arthritis in my elbow.

That's when I knew I needed to see you about this sleep problem. We began the treatments with acupuncture and herbs several times a week. Each time you varied the procedure a little. When you changed the herbs from powder to raw herbs that I prepared at home, it was like flipping a switch.

I had a four-day supply and it was a long weekend. I boiled the herbs according to your instructions and took them on schedule.

The first day I slept a little later. The second day was the same. The third and fourth days were much better. On the morning of the 5th day all my herbs were gone, but it didn't matter because **I slept until 7:00 AM!**

This was the first full night's sleep for me in many years. I have not had a treatment or had any other herbs for several weeks and find that I can sleep through the night without waking.

If I do wake up, I can fall back asleep immediately and wake up refreshed and alert. My only regret is that I did not come to see you earlier.

Thank you so much for the miraculous cure.

Sincerely,

Glenn Koons, Austin, TX

CHAPTER 3

Healing of the Digestion System

“Now I can ... look forward to a healthy life once again, [after 10 years of suffering]”

Ten years ago I injured my back. Four years ago I started having digestive problems and, in the last year, I started having migraine headaches and energy issues.

I was ready to give up on feeling good and was prepared to live the rest of my life in pain and suffering. Then a friend of mine told me about Dr. Wang and I was curious and skeptical as to what acupuncture was and what it could do for me. My friend would tell me how the relief from the treatments would help him for about two to three weeks at a time.

When I had the first treatment I was not sure of what to expect and Dr. Wang put me at ease right a way. It was like a regular doctor's visit. He took my information and discussed my problems with me, then mentioned how many treatments it would take to get back to feeling good again. I wanted to pay close attention to his placing the

needles in my skin. It was painless, however, and only a couple of times did it feel somewhat uncomfortable. Otherwise I thought it was cool. He treated one side for twenty minutes and then the other side for the same amount of time.

After the treatment, I felt like I was walking on clouds and did not fully understand what had just taken place. Then we talked a little and he gave me some two different herbs for the energy problems and migraine headaches.

I went through this process five more times and after each session, I felt even better than the time before. I began to notice that I was not having back pain, my digestive problems had disappeared, and my energy was up. As for the migraine headaches, they lessened in intensity and eventually went away.

I am grateful for Dr. Wang's acupuncture treatments because he was able to help me with my health troubles. Now I can put those issues behind me and look forward to a healthy life once again.

*Thank you, Dr. Wang!
Raul Rubert*

CHAPTER 4

Healing for Headaches / Migraines



“After more than an hour and a half on the table not a trace of the headache remained.”

Dear Dr. Wang,

Early in 1996 I woke up with a headache. Throughout the day the pain increased. Aspirin and Tylenol did nothing for the situation. By the next morning I was incapacitated. Sound, light, movement, anything seemed unbearable.

After several days, my personal conclusion was that my suffering had to be the result of a brain tumor or something equally inoperable in my head and I would probably die, which might relieve me. I managed to call a couple of friends who suffered from migraines and they confirmed that these were all classic symptoms: nausea, vomiting, pickaxe in the head, etc.

During a brief spell when I could see out of one eye, a trip to the acupuncture clinic seemed to be a logical stop on the way to the morgue. At the clinic you had had a cancellation and was able to see me immediately. About half way through my tale of pain and woe, you politely asked, “What do you want?” Stunned by the simplicity of the question, after a long pause, my answer came, “Make

this headache go away!" Dr. Wang smiled and said, "Make the headache go away. O.K. Get on the table."

The pain had returned from the five-minute drive to the clinic and the talking. As soon as the needles were in place, a tremendous heat began at my feet and slowly rose up through my body. As Dr. Wang was leaving the room he paused and quietly said, "You're very angry." Then I felt my anger. I had a world war in my head, needles sticking out of me, and sweat forming all over my body.

The heat gradually rose to the needle in the top of my head. As this happened the awareness became clear that my primary feeling was fear, even more than anger. My upbringing encouraged men to show anger but not fear. At this moment of awareness, the heat and headache left my body through the needle in my head. I drifted off comfortably for the first time that week. My fear was based on my perception of emotional, spiritual and financial shortcomings, which no longer seemed completely reality-based or life threatening.

After more than an hour and a half on the table not a trace of the headache remained. When leaving I asked Dr. Wang when my next appointment should be. He gave me a puzzled look then smiled and said "If the headache comes back, come see me. If the headache doesn't come back, don't come see me."

Although the headache never returned, I continue to make regular visits to see Dr. Wang. My overall health and outlook on life have improved greatly and I remain grateful and honored to be his patient.

*Thank you,
Jim Panek*

“Due to your herbs and treatment, I have been without headache for over 2 years”

For more than 16 years, I suffered from migraine headaches. I tried everything to get rid of them, with no success. Then I met Dr. Guoen Wang and due to his treatments and herbs I have been without a headache for over 2 years. I am grateful to Dr. Wang for his kind, compassionate, dedicated care.

I got sober in Nov. '84. In December of that same year, I had my first headache, which I treated with over-the-counter Ibuprofen. No relief.

I continued to treat my headaches with over-the-counter medications for another year and a half, generally with no relief.

I moved to Oregon in April of '87, and had yet another headache. I went to see the local doctor who asked if I had ever experienced any other headaches, and I realized that I had had a headache every month since I had gotten sober. The doctor asked me if I would keep track my headaches. He started me out on homeopathic medications. I also tried chiropractic care. The doctor suggested alternating ice packs and heat therapy. The next month I returned with yet another headache. It was so bad that the homeopathic doctor gave me a shot of some type of painkiller and said I had “migraines.” My migraines came each month 4 days prior to my menses and lasted for 4 days. Because I was in recovery from drug abuse, I did not want to take narcotic painkillers.

In 1989, I moved to New Mexico and started going to another chiropractor. I tried deep tissue massage, myofascial massage, and Reiki. I tried crystal-healing therapy. Many times I ended up at the ER for a shot of pain medication. All the while I experimented with any medication (taken as prescribed) that was suggested; for example, Midrin, Percocet, and Percodan. Yet the migraines continued. I tried gaining weight, since it was believed that thin people were more susceptible to migraines. No effect. I quit smoking, yet the migraines still continued. I changed my diet, removing chocolate, cheese, onions, and MSG. I went to the dentist to check for TMJ and cavities.

Thousands of dollars later I still had migraines. About this time I became suicidal. On the third day of a particular migraine, the pain was so intense that I briefly considered suicide. Thanks to friends I was able to work through that fear.

When all else failed, I would alternate between Ice packs and heated rice socks. Although this strategy seemed to help abate the pain, it was not totally effective all the time.

I was told that when I went through the change-of-life, the migraines would diminish or go away. In 1994, at the age of 51, I had a hysterectomy. The next month I experienced my first rebound migraine. I would have the regular 4-day one and then a week later I would have another. For 6 months I had a migraine every 8 days for 4 days.

At this point I did not know how I was going to continue living; the quality of my life was controlled

How Acupuncture Can Help You Heal Naturally

by migraines. I no longer tried to work or drive while experiencing the migraine. I used all my sick time from work. I had to plan trips or visits to friends around my migraines. I could not go on vacations. I even lost jobs due to my inability to concentrate and the need to take too much time away to deal with headaches.

Someone suggested Imitrex, a medication that at the time was only administered by injection. The Imitrex gave me some relief. The invidiousness of my migraines was my inability to predict their onset. Just as I would be taking the latest medication or doing the latest therapy and thinking “At last I am free of pain,” another migraine would hit. I could not predict the onset and, if I did not take the Imitrex just at the right time, it would not work. I think that at this time I found Vicodin. I took one pill at night and the next morning I hit the side of the garage as I was backing out. That was the end of Vicodin for me.

My mother cut out an article on the pain reliever Stadol and sent it to me. The article claimed that Stadol was a nasal inhaler pain reliever, effective in treating migraines. I took the article paper to my doctor and he prescribed it for me, saying that although it was not rated a narcotic yet, I should be careful. I took the prescribed dosage. The relief was instantaneous and miraculous. I was hooked. From that first dose, I knew that this non-narcotic was lethal. I went back to my doctor and told him that “no matter how I begged, do not ever prescribe Stadol to me again.” Stadol was later classified as a Class 1 Narcotic and has been attributed to deaths. I continued to use ice packs and heat socks since I had run out of all other options.

Use Acupuncture and Herbs to Heal What's Ailing You

In 1998, I moved to Texas. It was not until March of 2000 that I met Dr. Guoen Wang. His Chinese acupuncture treatments and herbal formulas have made it possible for me to regain my life, free of the debilitating pain of migraines. He prescribes herbs and I make a tea and drink it religiously. There is no thought of “does it taste good?” How could it taste bad? I do know that one of the herbs looks very much like a garden variety Goat-Head. Who would have known?

— *Holly Weseloh*

CHAPTER 5

Healing the Back, Neck, and Shoulder



How Dr. Wang helped me turn “From Brokenness to Wholeness”

For over 20 years, I lived the life of the Road Warrior. My work was my life and I traveled 80% of the time. I worked 24/7. More than once, flights were delayed or canceled and persistence got me to my destination with only time to shower and get to work. Sleep was a luxury. Food and alcohol became the way I numbed the pain. I shut down the cries from my body and soul for rest. A naturally energetic and committed person, I pulled from reserves I did not know I had to simply keep going, to keep performing.

At one point, mononucleosis literally knocked me off my feet. I slept for 3 days straight. The doctor recommended 6 weeks rest; I slowed down for 2. When a skiing accident destroyed the anterior cruciate ligament in my right knee, the doctor recommended surgery, but I had seminars to conduct in Los Angeles and Florida. Surgery would have to wait. After surgery,

I made meager efforts to complete the rehabilitation exercises, but believed it necessary to get “on the road” in a wheelchair and on crutches because I had business commitments to keep.

As a presenter, I conducted literally thousands of workshops around the world. Wearing the uniform of the day, I lived in high heels and business suits. When presenting I stood before audiences for 8-10 hour stretches. Then, packed like a beast of burden, I hobbled or raced through airports to catch plane after plane. Sometimes the burning in my feet distracted me from the growing pain in my back.

While on a speaking tour in Australia, lower back pain became excruciating. I spent evenings in tears on the floor contorted like a pretzel or soaking in a hot tub. With changing climates and general wear and tear, my allergies got so bad that I had tubes inserted in my ears to alleviate the piercing pain of flying. Eventually, allergies triggered gagging coughing fits, not a pretty sight for a keynote speaker. Ibuprofen and Sudafed became my drugs of choice.

For years, my body tried to get my attention. For years, I endured the pain in the name of professional commitment. For years, I treated my body as a painful detriment, an obstacle to what I needed to do. My body kept turning up the noise until sometime around age 50, the cacophony of 20 years of abuse all came pounding in on me. I woke up. I decided to turn my life around. Was it too late? Was the damage too far gone?

Working with Dr. Wang provides me a fresh start. He understands and supports my goal to be healthy.

How Acupuncture Can Help You Heal Naturally

Through acupuncture and Chinese herbs, I am slowly turning brokenness into wholeness, illness into health, and distress into joy.

In the two years I have worked with Dr. Wang, acupuncture, and Chinese herbs, I am healthier than I can remember. Allergies that once took me to hospital emergency rooms are all but gone. Even in the high allergy climate of Central Texas, even with continued travel, my ears and sinuses are clear, and gagging coughs are a thing of the past. Together, we are cultivating my immune system like rich fertile soil to support my wellness.

Most dramatically, my back pain is managed, if not cured. When an orthopedic surgeon examined an X-ray of my lower back, he quickly and firmly said, “You need surgery.” I said no. He pointed to the place on the X-ray that showed a paper-thin disk in the L5. He showed me the newest device used to fuse vertebrae. The device, which resembles a metal slinky, is designed to keep vertebrae from grinding and, therefore, free me from pain. When I declined Celebrex because it irritates my stomach, the surgeon quickly grabbed samples of VIOXX. While the surgeon was convinced surgery and drugs were the answer, I was not.

Dr. Wang listened to me and to my body. Acupuncture and Chinese herbs now allow me to sleep through the night without being awakened by back pain.

I can now stoop to work in my garden. I can get in and out of an automobile without assistance. I can bend over to pick up something without risk of paralyzing pain that once brought me to my knees.

Use Acupuncture and Herbs to Heal What's Ailing You

The approach Dr. Wang and I use for my back and immune system is gentle.

I am learning patience. I now apply the same strength of commitment to my health as I committed to work for so many years. I am changing my habits. I am listening and responding to my body. And, I am grateful for health.

— *Lynn Sellers*

“My lower back felt 90% relieved after one acupuncture session”

I am a 42-year-old male in good physical condition as a result of practicing Tae Kwon Do and playing baseball in the Men’s Senior Baseball League. I have had a chronic problem with my neck, which I injured 18 years ago. I also injured my lower back 2 years ago playing baseball. I have been seeing chiropractors regularly for the past 2 years.

I attempted to water ski over the 4th of July and aggravated my neck injury. A couple of days later my whole spine was extremely stiff and I had pains shooting through the back of my skull, all the way down to my pelvic bone. I went to see Dr. Wang on the recommendation of an instructor of mine who had visited Dr. Wang to relieve his back condition and had felt much better after the treatment.

Dr. Wang explained to me that I might need 3 visits in order to treat my condition. After the 1st visit I felt about 90% relieved, and after the second visit my spine was so loose and limber that I was amazed. I felt as good as I had felt prior to my lower back injury 2 years ago.

Sincerely,
Bruce Moore

“How I avoid pain pills, steroids and surgery and still got my shoulder and arm well”

In February of 2002 I woke up with a sharp, excruciating pain in my left shoulder near my underarm. The pain was intense and enormous and straight out of the blue. When I moved my arm, the pain shot down to my fingers, and my entire arm hurt. It hurt when I walked, when I got up from a chair or bed, when somebody touched it. In fact, it hurt almost all the time. Sometimes the pain was dull; sometimes it moved to different parts of my shoulder, such as my bicep or underarm.

I went to a Western doctor, who first gave me arthritis pill samples (I think), then steroids and pain pills on the second visit. The pain pills helped a little, while they were in my bloodstream, but the steroids simply made me want to eat everything in sight. After the second visit, he told me surgery was the next option. I left his office and never went back.

Then I came to Dr. Wang. He checked my pulses on each side, looked at my tongue and eyes, and told me I had an energy blockage in my shoulder, caused by phlegm.

I asked if he could help and he said yes, with some Chinese herbs and several acupuncture sessions. When I left his office that first time, I felt relieved, and though I'd had an acupuncture treatment, my arm still hurt, although not quite as much. Dr. Wang had said I might not like the herb mixture, but I did like it. I was looking forward to my next visit.

How Acupuncture Can Help You Heal Naturally

After my second visit, the pain dropped down to about 75% of what it had been originally, but went back up to about 95% by the time I arrived for my third visit. After the third, it dropped back to about 75% and never went any higher. In fact, it dropped steadily with each visit. Dr. Wang placed needles in different combinations on the front and the back side of my body on each visit. By the fourth visit, the pain was at about 50%.

Also, the herbs were making me feel better in general. I was surprised that the pain was slipping away, but it was slowly and surely. I couldn't wait until I could sleep on my left side again. By the fifth visit, the pain was at 40%, and Dr. Wang told me I needed only about 2 more visits. By the seventh visit, the pain was down to about 5%, and now it's almost non-existent.

There is a little bit of tingling in my arm, and the tip of my index finger is a tad numb, but otherwise I feel great, and the herbs helped my constitution in general.

Dr. Wang was always extremely polite, gentle, kind and respectful. He has the knowledge, presence, and temperament of a true healer.

Thank you Dr. Wang!

Richard R.

“On my first visit, he literally told me I could be healthy and live pain free”

I had resolved myself to a life of pain from three degenerated discs. My body was slowly deteriorating from my travel schedule as a motivational speaker and I felt I was facing a life of poor health.

A friend suggested I see Dr. Guoen Wang. My initial visit with Dr. Wang was most encouraging for he literally told me I could be healthy and live pain free. I was a bit skeptical but willing to try anything at this point in my 55 years.

During my first treatment, I found I relaxed an amazing, relaxing rest. I started to look forward to my treatments because I felt so euphoric during and after each. Only after the sixth visit did I realize that I had been pain free for several days!

I could not believe that I could move, bend, and lift as I had done years ago. I continued the eight-week treatment, and then did not go in for regular visits. Again, I found myself experiencing pain. When I went back to Dr. Wang I realized that what I really needed to do was to schedule periodic “tune-ups.”

Then I had an annual physical that revealed elevated cholesterol. The doctors were less than hopeful and, quite frankly, frightened me to death with their prognosis.

I returned to Dr. Wang who not only encouraged me but also told me I could live a comfortable life pain free and with normal cholesterol. This doctor motivated the motivator!

How Acupuncture Can Help You Heal Naturally

I've had multiple problems with menopause, back pain, cholesterol and minor ailments. At age 57, I have learned that acupuncture is a means to keep me healthy, pain-free and feeling great for many, many years. I have a healthy appetite and sleep like a baby if I get my "tune-ups"! Dr. Wang and I decided that I would live to age 85 or maybe longer.

— *Carol Everett*

“Acupuncture has had longer lasting beneficial effects for me than the treatments I had previously tried.”

I had my first acupuncture treatment with Dr. Guoen Wang about three years ago. I chose him because my long-time friend Tom had recommended him. Tom had suffered for a long time from a series of urinary tract infections and other ailments. When Tom first started acupuncture treatments, I noticed that, over time, he started to look and feel healthier. Tom told me he was taking Chinese herbs in conjunction with acupuncture. It was obvious that something was working right for him.

Over the years, I had been plagued by pain and tension in my upper left shoulder, back, and arm. I tried a variety of treatment options, including physical therapy, prescription drugs, exercise, and chiropractic. They all helped for a while, but the problem never went away. I decided to give acupuncture a try.

During my first visit, Dr. Wang was very patient with me. I asked a million questions about why he wanted to look at my tongue and why did he take my pulse differently than a Western doctor would. At my request, he even recommended a book for me to read, so I could learn more about the workings of Chinese medicine and philosophy. During every appointment Dr. Wang takes time to ask how I'm doing and what has brought me there that day. He is a good listener.

After just three treatments, the knot in my upper back went away and stayed away for weeks at a time.

How Acupuncture Can Help You Heal Naturally

Occasionally, I go back for “tune ups.” I have also used acupuncture and herbs to treat seasonal allergies. Now, my symptoms are less severe than they used to be.

Last year, I turned to Dr. Wang for help after taking a bad fall. I had deep tissue bruising and limited mobility in my right arm and shoulder. I believe the herbs he gave me helped in speeding up the recovery of soft tissue damage. Acupuncture is not a cure-all technique but, in my experience, it has had longer lasting beneficial effects for me than the treatments I had previously tried.

— *Mary*

“Give Dr. Wang a chance...”

I first saw Dr. Wang after being unable to walk without a severe limp/crutches for almost a year after a botched PT session post-knee arthroscopy.

This was my first acupuncture experience and I was quite nervous, yet hopeful that he could provide some pain relief. To my surprise, I was walking with no pain, no limp and no crutches after just 3 sessions.

Needless to say, Dr. Wang made me a quick believer in the power of acupuncture and his expertise in the field. It's been over 12 years since that first experience and I've seen Dr. Wang for severe back and nerve pain due to multiple ruptured discs, headaches and other general ailments.

I highly recommend Dr. Wang and encourage those looking for a fantastic acupuncturist, or who are nervous about trying acupuncture, to give Dr. Wang a chance to heal you.

— *Catherine B.*

“I am still pain free from that back pain.”

Dr. Wang saved my back.

For years I have had low back pain. One day it got so bad I almost called an ambulance.

I decided to give acupuncture a try. When I got there he told me 3 treatments would get rid of the pain, 8 and it wouldn't come back.

I asked him what do you mean it won't come back??? It will be fixed he replied. I figured what the heck let's go for it.

After the first treatment my pain was half. By that evening it was 80% better. After a couple more treatments it was completely gone.

I finished out the 8 treatments and I have only gone back once with the same pain. But that was my fault for doing a back exercise incorrectly. After 1 more treatment it was gone again. It has been about 2 years since. I am still pain free from that back pain.

I have started going to him again recently for my knee. After the first treatment I can already tell a difference!

— *Gabriel K.*

CHAPTER 6

Healing Abdominal Pain

*“Your confidence in my health at that time
totally astounded me because
I believed I was headed
for surgery.”*

Dear Dr. Wang,

I will always keep the wonderful note you wrote to me the day after I came to see you with very severe stomach pain. You wrote, “Dear Sherry, Congratulations! You are happy and healthy!” Your confidence in my health at that time totally astounded me because I believed I was headed for surgery. Thank you so much for writing the note because I started becoming open to that idea right away and it also helped to alleviate the fear and panic that had gripped me.

The acupuncture and herbs are tremendously effective and gentle, too. I want to end this by telling you how much I have learned about stress management during the course of my visits. It is so refreshing to

How Acupuncture Can Help You Heal Naturally

experience a health care professional who is open to questions and who sees the “whole” person that I am. I appreciate that so very much.

Thank you Dr. Wang.

Sherry Mussett

***“I finally got well [from stomach pain].
No more pills.”***

After having a stroke at the age of 43, I became very ill with stomach problems. The doctors had no answers for the pain and nausea I was experiencing, only many pills. One doctor said that I would have pain the rest of my life.

A friend of mine who has cancer recommended her acupuncturist, Dr. Wang, who provided continuous support for her even when the [medical] doctors said they had done all they could do. She was feeling quite well as a result of the acupuncture and had amazed her doctors.

I had to see Dr. Wang twice a week for many months, but I finally got well. No more pills. I cannot thank Dr. Wang and acupuncturists enough.

— *Kris McKay*

CHAPTER 7

Healing for the Hands and Elbows



*“After just one treatment, I have no more
[arm and wrist] pain...”*

I am self-employed, single and rapidly approaching my 60th birthday. Earning my living as a hair cutter, I thoroughly enjoy the creative aspects and social interaction with my dear clients. I believe the work keeps me vital and active. Few things frighten me more than the thought of not being able to continue working.

My first acupuncture experience was seven years ago. After a prolonged period of stress, I had to stop working, because my right hand/wrist became very swollen, inflamed, and painful. My arm was aching and painful from the fingers and wrist area all the way to my shoulder and neck. Facing the inability to work and the expense of painful surgery, I worried about my future. How was I going to make a living? In my profession I'd never known a single hair stylist to be able to continue after work-related hand surgery.

A friend recommended Dr. Wang. The inflammation was severe and painkillers and medicines weren't helping. I couldn't sleep due to the pain.

Dr. Wang was kind and reassuring. He held my hand gently and asked me how I felt. I said I felt worried/afraid. He said that Chinese medicine treated the whole person and inflammation might indicate anger. He asked me if I felt anger. I was probably yelling when I said yes, I was very angry, powerless over a grandchild's illness.

He looked a little taken aback by the intensity of my response but still gently holding my hand said that it was good that I knew the cause of my anger. He treated me that evening with acupuncture and also gave me some herbs. He told me to return early the next day because of the severity of the inflammation. The next day I received the second acupuncture treatment and again was given even stronger herbs.

Dr. Wang said if there were no improvements overnight that I should go to an emergency room the following day. He gave me his home phone number and two other phone numbers and asked me to call him if there were any changes at all during the night.

As I drove home after the second session my purse slid off the car seat.

With my hand and arm, I grabbed the purse. Surprisingly, the severe spasm that had seized my arm, wrist and hand was gone. Arriving home, I called Dr. Wang. I told him that the contraction and the pain were gone. Furthermore within an hour all swelling had subsided. That problem has never returned.

How Acupuncture Can Help You Heal Naturally

Today I saw Dr. Wang to get acupuncture for my right elbow. After working 12 very busy hours, I found that my elbow was tender to the point of “knocking the breath out of me.” After just one treatment, I have no more pain and I will be able to continue with my work and family plans for the coming week.

Dr. Wang, thank you.

Diana Vicars

***“You helped with my elbow, knee
and even kidney stone!”***

Dear Dr. Wang,

I understand that you are looking for testimonials from people about their experiences with acupuncture and Chinese medicine. Here are a couple of examples that you may wish to share with others.

I have to admit that years ago I was a bit skeptical about Chinese medicine but had a couple of problems that were really giving me a lot of grief. One was an elbow problem and the other a knee injury.

The elbow had been painful for many years. This was particularly true when the weather was cold or the humidity was very high. It seemed that all my strength would be zapped and to lift anything with that arm was a real struggle. I had seen my regular doctor about it and he took a x-ray and said that I had a form of arthritis and that the pain could be controlled with medication but short of surgery there was little that could be done. The thought of being on a pain medication for the rest of my life was almost as bad as the thought of having a surgical procedure that had no promise of success.

My wife convinced me to seek alternative medicine. She never told me about the needles or the Chinese herbs but I thought it would pacify her if I went. I made an appointment and after a consultation you advised me that you thought you could help. I remember your asking if I had any other problems and I told you about

How Acupuncture Can Help You Heal Naturally

my knee. Many years ago I had a yachting injury to the inside of my right knee during a slip and near fall overboard while on a race. There was no pain but from about six inches below to about four inches above the knee it was numb. You asked if there was anything else and after I replied there were not you told me about the needles. After it was all over you told me to take some herbs that had been prepared until they were finished. I asked when I should come back.

You see, I had an employee who was injured on the job and workman's comp paid for his chiropractic services. The day the maximum was reached and the payments stopped, the doctor said he was cured. I full well expected to hear the same song. Actually you said the next time I should come back was when I had a different problem. I asked when the elbow and knee would be better, you said that it would be about four or five days for the elbow and the knee would take about a week because it was more difficult and a much older injury.

I took my herbs as instructed and after about five days, on a cold, rainy day, I was preparing to get some pain medication for the elbow when it occurred to me that there was no pain. There hasn't been any pain since and that was several years ago. The knee did take a bit longer as you said but gradually all feeling returned.

The next time I came back to see you I was passing blood in my urine and had a pain in my lower back. The doctor had sent me to an emergency room where they called in a specialist. He ordered x-rays and showed me

the location of my kidney stones. He also told me exactly how they were going to be removed and showed me the instruments they were going to use. I went straight to your office where your needles looked much better. The herbs still did not taste good but the combination worked. The day of the procedure the Western doctor ordered another set of x-rays since the original set was a week old and he said things could have changed. He couldn't find the stones that were so clear the week before so he sent me to yet another doctor for another set of films. That doctor couldn't find any stones on his set either.

I showed him the x-ray from the previous week and asked if there were any kidney stones on that film. He said, "Now this guy has kidney stones." He pointed them out while assuring me that I had none. The procedure was cancelled and now I've begun drinking plenty of fluids every day. It was funny that neither of the doctors offered an explanation as to what happened to the stones nor did they ever ask if I had done anything to cause them to go away. They did assure me that if I had passed them it would be an experience that I would never forget so that could not have happened without my knowing it.

Thank you for giving me the opportunity to share my experiences with others. You have changed the way I think about both Western and Chinese medicine.

*Sincerely,
Glenn Koons*

“After two sessions I [my tendonitis in my right elbow] was cured.”

When I was 30 I developed tendonitis in my right elbow. The pain was so bad that I soon had my arm a sling. I was unable to use my arm, unable to brush my teeth, to open a jar, or to write. Physical therapy helped but when I stopped going the symptoms returned. A friend recommended acupuncture. After two sessions I was cured.

Since that time I have returned periodically for other problems: shoulder and leg pains, back pains, and carpal tunnel syndrome. Acupuncture is not only a pain reliever but also a great way to relax. It reduces stress and keeps my body healthy. I really don't know what I would do without it.

— *Robin McMillion*

CHAPTER 8

Healing for the Foot, Knee, and Leg



Acupuncture helped my knees become stronger

I came to you with painful knees and legs. One of the knees had been operated on with unsuccessful results. I was partially crippled and could not function normally. After a year in this condition, I was looking for some relief. Your acupuncture procedure has reversed the situation and has relieved the pain in both my knees and legs so that now I can function as a normal person. This has allowed me to walk daily one to two miles, climb stairs, and use a ladder when necessary.

Your professional and efficient application of acupuncture has been unexpectedly painless and has instilled confidence in me. I found your demonstration of concern for my persistent pain and suffering and the acupuncture treatments (which finally eliminated the problem in only several short weeks) very satisfying.

How Acupuncture Can Help You Heal Naturally

I thank you, Dr. Wang, for the relief you have given me and I recommend that others try your procedure. If appropriate, should other patients wish to confirm this information, they may call me to discuss the subject.

— *Jean K. Woodyard*

Healing my knees with acupuncture

Two years ago, a friend recommended that I start seeing Dr. Wang. I had been seeing doctors who were treating me with conventional medicine for arthritis in my knee. After taking pain and inflammation medication for a long period of time, I was still unable to function in the manner I was used to. I limped around the house. I could not go out for long periods at a time. I was limited and very depressed. I had heard of Chinese medicine when living in California, but never sought it as I was not in chronic pain at the time.

I made an appointment with Dr. Wang and during the initial consultation he said he would treat me with herbs and acupuncture. I could really feel the difference after the 1st visit. I felt there was hope for me after all. After several acupuncture treatments and after taking herbs at home, I am able to do the things I enjoy and have my life back again. After 3 years of taking pain pills, I can say that Chinese herbs and acupuncture really work so much better.

I sent my husband to Dr. Wang for his back pain. After years in the military, he had developed a deteriorated disc and the doctors offered surgery, which he declined. After years of pain medication, he consulted with Dr. Wang and decided to go through with acupuncture. At first, my husband was very skeptical but acupuncture

How Acupuncture Can Help You Heal Naturally

has changed his mind. We are now “believers” in Dr. Wang, Chinese herbs and acupuncture. His procedure really works and has helped my family and me. Thank you, Dr. Wang, for your wonderful work.

*With warmest regards,
Oralia Contreras and family*

“I began to notice an improvement in my balance, warmer and less pallid feet, and reduction in the pain.”

Dr. Wang: I am pleased to know that you may be writing a book on the health benefits of Chinese medicine, herbs and acupuncture. I will be happy to share my personal experiences with you and you and others who may benefit.

For a number of years, I have had hurting, burning, tingling and numbness in my feet. The diagnosis under Western medicine was bilateral non-demyelinating distal peripheral idiopathic neuropathy. This is a fancy phrase that means “damaged nerves in the feet and we don’t have a clue what is causing it.”

I went to one of the top medical clinics in the United States and for three days they did a lot of expensive testing and confirmed this diagnosis. I was most disappointed that their chief neurologist merely informed me that I could expect increasing deterioration over the years, but that he could not offer any suggestions for improving the nerve situation in my feet or even slowing the progress of the condition.

I began to look for alternative or complementary help for this condition. You came highly recommended from a close friend and I decided to visit with you. Your calm demeanor and positive belief that you could offer help to me meant a lot. You prescribed a combination of Chinese herbs to increase the flow of “chi” to my feet, which were chronically cold and clammy. Within a few

How Acupuncture Can Help You Heal Naturally

days my feet warmed up and within about two months I began to notice an improvement in my balance, warmer and less pallid feet, and reduction in the pain.

I have continued to use Chinese herbs to compliment a Western medication called Neuronton, which deadens the tingling and burning in the nerves. The Neuronton alone does not seem to have an adequate effect. Any time I reduce the dosage of Chinese herbs, my feet immediately become cold and the discomfort increases.

It has now been two years since I came to you with this condition. In that time, I have had no noticeable deterioration of the nerves in my feet. In fact, I am probably about 40% improved overall. My primary care neurologist is so impressed with my progress that he is interested in exploring how the Chinese herbs that you have prescribed for me could be of benefit to other patients. Please ask anyone who is interested in exploring constructive methods of dealing with peripheral neuropathy to contact me.

Thank you for your kind and excellent care in working with me on this difficult condition.

Best personal regards,

Bruce T. Morrison, Attorney at Law

CHAPTER 9

Healing from a Neck Trauma with Acupuncture



“I realized that perhaps it would be a good idea to try it [acupuncture] as a mean of avoiding surgery.”

In your lifetime, you could be one out of three Americans who will be affected by a drunk driver. I have already become part of this statistic. It was my birthday and I was on my way home with a birthday cake when I was broadsided by a drunk driver broadsided me on 1st and MoPac near Austin High School. My car was totaled and the driver of the other vehicle did not stop. I heard later that he/she had hit two other cars on Mopac further down the road. I received an injury to my neck as a result of the accident, which left me with considerable pain and numbness to the right side of my body.

Two weeks ago, just as I was leaving to see my doctor I ran across a friend who introduced me to acupuncture. I had heard of the treatment but had never thought it would be something I would do. The more I talked with her I realized that perhaps it would be a good idea to try

How Acupuncture Can Help You Heal Naturally

it as a mean of avoiding surgery, which I was told was inevitable. At the time I had to sleep with three or four pillows, and almost in an upright position; I could not stand the pain if I lay on my side or back.

It has been three weeks since my first treatment by Dr. Guoen Wang. I have been pain free since that time, and have only experienced discomfort when I stress out too much, especially when working for hours at my computer. I did not realize how simple and relaxing Dr. Wang's treatment would be. I felt very comfortable, listened to soft music and hardly felt the acupuncture treatment for the entire thirty to forty minutes.

The blend of herbs Dr. Wang prescribed has also helped with a severe allergy problem I have had for years. No longer do I have a runny nose, watery eyes and severe congestion at night. In fact I sleep all night and wake up feeling rested. I have not had this kind of sleep in over two years.

I am very grateful to Dr. Wang for the help he has provided to me and I hope that with his continued help I can perform my duties and extracurricular activities pain free for years to come.

— *Ben Ornelas*

CHAPTER 10

Healing from a Trauma Quickly and Naturally



“It was not just going to the doctor, it was more like going to a friend, [felt respected.]”

Dear Dr. Guoen Wang,

Thank you for your invitation to share my experience with your readers. My story is not an extraordinary one, but I will be happy to share it in the hopes that someone may gain benefit from my account. I first came to experience acupuncture after a serious car accident that left me in both physical and emotional pain.

Dr. Wang was always happy to see me, and at all times would have an understanding word or smile to share. This was one of the main benefits I received from my acupuncture sessions; it was not just “going to the doctor” but more like going to a friend who would treat me with respect as he worked to heal my wounds.

How Acupuncture Can Help You Heal Naturally

The effects I received from my acupuncture sessions were more subtle than overt. More often than not, the session was a time where I knew I could relax and let my body heal. I felt comfortable leaving my troubles on the other side of the door. This was of great benefit, as it was one of the only places where I could get away from the constant pain I was feeling in my every day life.

The herbs were an essential adjunct to the acupuncture sessions. Sometimes it was not clear that they were helping, so I would reduce the dose or stop taking them all together. However, each time I would do so, it would never fail that the symptoms would return within a short amount of time. After repeating this several times, I finally came to realize they were an integral part of the treatment.

Taken as a whole, the therapeutic benefit of my sessions with Dr. Wang is immeasurable. The time spent in his clinic each week was life changing. It was a time in which I could continue my healing, as well as learn about myself. I will always be grateful to Dr. Wang, his skill with acupuncture and herbs, and traditional Chinese medicine in general for helping to heal me after such a traumatic event in my life.

Sincerely,
Kevin Roux

***“Can chronic pain be healed entirely now,
or is it just a distant dream?”***

In Sept 2005, I was brutally assaulted during a robbery, by a gun wielding young man that left me on deaths doorstep.

After years of doctors telling me that the autoimmune issues I suddenly found myself, after the assault, with would be a way of life for me.

I consulted various specialists for my Fibromyalgia pain, Sjogren and neck pain. My neurosurgeon told me in Dec. 2013 after confirming the neck injuries on the MRI, that he could not do anything, aside for surgery. He told to keep my physical therapy (which did not help) and stay on my pain meds (which I was tired of)... he also suggested Acupuncture.

So, thanks to a co-workers recommendation, I found myself with Dr. Wang.

It was, as promised, painless and Dr Wang is so calm and patient that you are instantly placed at ease.

The first couple of days after the treatment, I found myself still in pain, not sleeping well and finding it difficult to get up in the mornings and get going. On the third morning, honestly, I got out of bed and was walking down the hall when it hit me. I **AWOKE** with **NO PAIN**..nada, zilch, zero..I also had slept all night and awoke refreshed and ready to start the day. Now at age 64 I am able to do a lot of things that have been difficult since 2005.

How Acupuncture Can Help You Heal Naturally

Dr. Wang's herbal remedy has me feeling great and in good spirits. I no longer take my anti-depressants, my pain medications (GABAPATIN and TRAMADOLE), nor do I have to use my arthritis pain gel (Voltaren-Gel) for my joint pain.

I am so blessed to have found someone that actually listened to and believed me and helped me get better. I have 2 very active young grand kids (5 and 3) that I can now keep up with.

Will keep attending my tune-ups just to stay at my best.

Thank you, Dr Wang and your great staff.

— Gloria S.

CHAPTER 11

Healing for the Ears

*“We’ve all stopped suffering
from earaches entirely”*

Acupuncture has helped my life in many ways. One of the most interesting and dramatic stories happened when I told my acupuncturist [Dr. Wang] that one of my daughters (seven years old) had an earache. He said, “I can help with that. With one treatment the earache will be gone in less than a day.” I was surprised to hear that because my usual way of treating ear infections was a two-week round of antibiotics. My daughter, suffering intense pain, liked the idea of her earache disappearing in a single day.

So, I brought her to the acupuncturist [Dr. Wang]. The treatment (which my daughter enjoyed) lasted about 30 or 45 minutes. The pain lessened rapidly. After the treatment, my daughter slept until evening (about 4 hours). When she woke, she felt happy and strong and said there was hardly any pain. The next day, there was no evidence of earache. The earache didn’t return.

How Acupuncture Can Help You Heal Naturally

I stopped using antibiotics for ear infections over 12 years ago. I've raised three daughters and I believe that because of acupuncture we've all stopped suffering from earaches entirely. There are more stories, of course, but this one makes me wish my parents had used acupuncture so that I wouldn't have had earaches as a child.

Thanks for all of your work!

Charles

CHAPTER 12

Herbs to Conquer Infection



When I saw you [Dr. Wang] in March, I had developed a terrible infection in the corner of my mouth that had spread down into my jaw. The whole side of my face was swollen. After taking the Free and Easy Wanderer Plus Formula for only 2 days the swelling was gone and my infection was all but gone. Within about 4 days there was no trace of a problem. I was so impressed.

*Hugs and blessings,
Danielle*

CHAPTER 13

Fertility Success Stories

“Towards the end of my fifth month of treatment, I became pregnant, meeting Dr. Wang’s prediction.”

At the beginning of 2001, my husband and I decided that we were ready to start a family. This was something we had both wanted for a long time and we were excited to finally be in a place to make our dream a reality. We selected a midwife and began to discuss baby names.

After getting a thorough checkup and speaking with my doctor, I went off birth control pills for three months before we started trying to conceive. My cycle was textbook perfect for the first two months so we were very surprised when the third month came and my period did not stop after the usual amount of time. Our surprise became concern when my period continued for a month straight. I went back to my doctor, who initially told me that the bleeding must be caused by stress and not to worry. I explained that my stress level was much

lower than it had been in the past but she continued to say that stress was the culprit.

After several months of virtually continuous bleeding, I returned to my doctor. Her reaction was completely different. Cervical cancer, uterine cancer, and ovarian cysts were all mentioned as possibilities and I underwent numerous tests. After much worrying, all of the test results came back negative and my doctor was forced to admit she had no idea what was going on in my body. She then offered to put me on drugs to force ovulation. When I asked her if that meant I was not ovulating, she said she didn't know for sure but that it was something we could try. Since these drugs had several side effects (eg., multiple pregnancies and ovarian cysts), I was not willing to take that risk and because no one knew absolutely that I wasn't already ovulating, I passed.

I then visited my midwife to see if she had any ideas. She suggested acupuncture and mentioned Dr. Guoen Wang. I had never had acupuncture before and did not know much about it. I decided to go to one appointment and then make up my mind whether to go again.

It is not an exaggeration to say that I went into my first appointment with Dr. Wang with a lot of skepticism about acupuncture and a lot of doubt about my ability to have children. I was very surprised to hear Dr. Wang say that he believed I would become pregnant in six months. He answered my questions about both acupuncture and the herbs he would recommend, and even referred me to books where I could learn more. I decided to return for another appointment. Imagine my surprise and delight when my bleeding stopped for the first time in months!

I continued to see Dr. Wang and was able to chart the improvement in my cycle. Towards the end of my fifth month of treatment, I became pregnant, meeting Dr. Wang's prediction. Words simply cannot describe how excited my husband and I were! I made a few visits to Dr. Wang during the pregnancy, first to relieve my morning sickness and then to help my body prepare for labor. The acupuncture helped with both. We are now the proud parents of a beautiful and healthy baby girl.

Addendum:

In 2004, my husband and I decided to add to our family. We assumed it would take at least several months to conceive our second child. We both visited Dr. Wang for a "tune-up" appointment. Imagine our surprise when we discovered we were pregnant in just one month! In January of 2005, our second daughter was born. We feel truly lucky and remain convinced that acupuncture and herbs helped us conceive our children.

— *Stephanie Surles*

“My daughter was conceived less than two months after Dr. Wang’s prediction!”

When my first pregnancy ended in miscarriage at 13 weeks, my midwife suggested that I seek treatment from Dr. Wang to help me recover and prepare for a healthy pregnancy. I had had good experiences with acupuncture before— to treat allergies, rashes, bladder infections, and depression, so I felt pretty comfortable following her advice. I was very upset after the miscarriage, though, and I didn’t really trust my body to be able to recover. I was depressed and secretly afraid that I wouldn’t be able to have children.

I made some big changes in my life (quitting my stressful job and working at home in a more relaxed environment) and started to see Dr. Wang. At first I had treatments every week, then every two weeks, then finally once a month. At my early appointments, I was struck by how optimistic and supportive Dr. Wang was. I always felt comfortable telling him how I felt during the week, and I was encouraged by his cheerful attitude, even though I didn’t always share his optimism. However, after each treatment I always felt better: calmer, brighter, with less tension and pain in my body, and with a clear mind. My husband noticed that my mood was always much better after an acupuncture treatment. The herbs also made a big difference in how I felt from week to week.

However, I continued to doubt whether the treatments were working to restore my body’s ability to get pregnant and have a healthy baby. I started

seeing Dr. Wang at the end of July and by the end of September my cycles had still not become regular. In October I told Dr. Wang I was ready to start trying to get pregnant again. He approved of that plan and put me on some new herbs. My cycles immediately became regular again. In late December Dr. Wang predicted that I would be pregnant within three months. At the end of February I discovered that I was pregnant; my daughter was conceived less than two months after Dr. Wang's prediction!

I continued to take herbs and receive acupuncture treatments throughout my pregnancy. I was a little queasy during the first trimester but never had morning sickness, and I felt great through the whole pregnancy. My daughter was born at home and the birth went great. She was healthy and beautiful and is now a very happy baby. I believe Dr. Wang helped me to have an excellent pregnancy and birth and a vibrant happy baby. The treatment I received was always gentle, respectful, supportive, and strengthening. I am grateful that I had the opportunity to follow this path and urge my baby into the world in such a warm and holistic way.

— *April Smith West*

“However, this time I wasn’t disappointed. I became pregnant, believe it or not, in four months, sometime over the Christmas holidays.”

My husband and I had been trying to have a baby for over a year. I was 39 years old and beginning to lose hope. I had been told that because of my age, my chance of becoming pregnant was declining rapidly. My doctor suggested that we begin infertility treatments. However, I was concerned about the cost and invasiveness of these treatments. A friend referred me to Dr. Wang and suggested that I try acupuncture as a more natural approach to treating infertility. I was open minded, but skeptical.

I tend to be analytical and I usually want to see a great deal of empirical evidence that something works before I try it. However, I believed there was little risk in trying acupuncture so I took a leap of faith. When I went to Dr. Wang I was surprised at his optimism. He told me I should be pregnant in 4–6 months. He even smiled and said “Maybe you will have some good news for Christmas” which was four months away. While his attitude was encouraging, I was afraid to allow myself to have such expectations. I had been disappointed too much already. However, this time I wasn’t disappointed. I became pregnant, believe or not, in four months, sometime over the Christmas holidays.

I continued to visit Dr. Wang during my pregnancy to increase my chance of having a healthy pregnancy and baby. These visits were also emotionally beneficial

How Acupuncture Can Help You Heal Naturally

as Dr. Wang and his assistant Matthew were a wonderful source of support and encouragement during my pregnancy. While visits to my doctor often worried me about all the things that could go wrong, visits to Dr. Wang reminded me not to live in fear but to stay positive. It helped me to enjoy my pregnancy and see a healthy outcome as the most natural and likely outcome. Nine months later I had my beautiful baby boy.

I would highly recommend acupuncture for those dealing with infertility. Dr. Wang has a very high success rate. In addition, data on the effectiveness of acupuncture for infertility are being gathered and published in top medical journals such as the *New England Journal of Medicine*. These studies also show that acupuncture can be used alone or in conjunction with more modern medical treatments for infertility.

Through this experience I realized that many longstanding holistic approaches to health are important alternatives to consider, regardless of fact that the medical community is slow to endorse them.

I believe very soon that acupuncture will be a completely mainstream medical practice. Its effectiveness just can't be refuted. In addition, unlike other medical procedures, it poses no health risks, the cost is reasonable, and the experience is pleasant.

There have been just a few pivotal times in my life when I have made a decision that changed everything. Going to Dr. Wang was one of those decisions. I'm not quite sure why I put aside my doubts and went to see him, but there aren't words to express how glad I am

that I did. I believe he is the reason I have my son, and the reason my life has become all that I had hoped for. My husband and I will be forever grateful.

Sincerely,

Toni, Hector, and Little Hector Watt

“That day, just to make sure, Julie went back to the fertility clinic to get a blood test —she was pregnant!!”

We first met Dr. Wang in December 2003, based on the recommendation of a close friend. We had been unsuccessfully trying to become pregnant for two years.

We had first tried conceiving the “normal” way for about six months with no success, so Julie consulted her OB/GYN, who put her on the fertility drug Clomid. We continued to try the “normal” way with the assistance of Clomid for about six months.

In March 2003, we decided to visit a fertility clinic.

We were advised to continue taking Clomid along with starting monthly inseminations. We tried this method for three months to no avail.

The fertility specialist recommended that the next step we needed to take was to inject fertility drugs to control ovulation. Lee would give Julie injections nightly and then Julie would have to go in for bi-weekly blood tests to measure hormone levels in order to time the final injection that would stimulate ovulation.

Needless to say, this process was very stressful, but we were hopeful. Again, we found ourselves disappointed and not pregnant—not to mention that each month of injections costs over \$1000.

The next month, we tried the injection process again with no success. We were informed by the fertility

specialist that our only option was In Vitro Fertilization. While IVF is a miracle for some people, we were very reluctant to go forward with this process for several reasons.

Among them, we were uncomfortable with all of the injections and manipulation of the woman's body that would be necessary. Also, our insurance did not cover IVF, so we would need to spend somewhere around \$10,000 - \$12,000 out of pocket for a process that has around a 50% success rate.

Because of these reasons, we decided to take a few months "off" from the whole fertility thing to do a little thinking and soul searching.

It was during this time that a friend of ours recommended that we go visit Dr. Wang.

While both of us are very open to alternative medical solutions, we were both reluctant to try again after so much disappointment in the past.

However, we decided to make an appointment with Dr. Wang. He made us feel very at ease during the appointment, explaining Chinese Medicine, herbs, and acupuncture and patiently answering our dozens of questions. He also gave us a complimentary acupuncture treatment and some herbs to take with us.

We were both impressed with his friendliness and his calm, peaceful, and caring demeanor.

We spent the next couple of weeks researching acupuncture and Chinese Medicine. In the meantime, Dr. Wang called us to say that he would like to visit with us again.

How Acupuncture Can Help You Heal Naturally

We went in for our next appointment, during which he told us that we were both healthy and that he was confident that we were capable of conceiving; in fact, he felt that it would take no longer than nine months.

He told us what he could do for us, along with giving us a very reasonable cost estimate. What really took us by surprise was when Dr. Wang said that he was so confident we would be successful, that if Julie was not pregnant within nine months, he would refund all of our money. This really amazed us—how could he be so sure of this, when we had endured so many setbacks over the previous two years?

After doing some more research and thinking, we decided that we would go forward—after all, we'd been trying to become pregnant for two years—what's nine more months? What have we got to lose?

We went back to see Dr. Wang to begin treatments. Both of us took various herbs that Dr. Wang prescribed, and both had acupuncture treatments.

Both of us were surprised at how painless the treatments were, and how calm and relaxed we felt afterwards. We continued treatments for a month or two. Dr. Wang was always calm and supportive, and projected the feeling of “everything's going to be alright.”

We were so used to counting all the days since ovulation each month to see if we might have been lucky enough to conceive. However, we were not focused on counting days anymore.

Julie came to me one morning and said she had looked at the calendar the previous evening and that

she was at 38 days—which was later than she had ever been. She had also taken a home pregnancy test—**POSITIVE!!**

That day, just to make sure, Julie went back to the fertility clinic to get a blood test—she was pregnant!!

We absolutely could not believe it—two years of disappointment, and only a 6 month or so with Dr. Wang's treatment of herbs and acupuncture, and she was pregnant.

Dr. Wang continued to treat Julie weekly throughout her pregnancy, and nine months later, our beautiful daughter was born. Sarah Grace was 8 pounds, 5 ounces, 20 ½" long and very healthy.

After a month or so at home with the baby, Julie began going back for more treatments, which Dr. Wang graciously extended past our agreement at no extra charge.

It is now the summer of 2005, and we have a beautiful, happy, healthy, 8 month old daughter, and Julie is happy and healthy as well.

We are so glad that we went to see Dr. Wang a year and a half ago. We have thought about the entire experience over and over and agree that there were several factors involved—among other things: Julie's surgery, the thoughts and prayers of our loved ones, and of course, meeting Dr. Wang.

Whatever it was—the herbs, the acupuncture, the lack of stress and sense of calm we had after visiting Dr. Wang, or a combination thereof; it does not really matter—we both honestly feel that we would not have

How Acupuncture Can Help You Heal Naturally

been blessed with Sarah Grace if we had not crossed paths with Dr. Wang.

We also feel strongly that Dr. Wang had a big part in Julie's pregnancy being a relatively smooth one. We also believe that the treatments helped her prepare for an un-medicated birth, contributed to the health of our daughter, and also had a big part in Julie's emotional and physical recovery after delivery.

In sum, we both highly recommend Dr. Wang, especially if you have gone through the frustration of infertility like we did.

Thanks, Dr. Wang!!

Lee and Julie

CHAPTER 14

Healing PMS

*“I have had no [menstrual] pain
for the first time IN MY LIFE!”*

Greetings. I was so pleased to hear that you gave my husband Curt the herbs that my children Judah and Meadow need to get through the winter! You are so kind and generous; I am amazed at your gift. Thank you. We are grateful. I don't know if I have ever thanked you for the care you have given to my children and me. I can say that there is no other practitioner that I would trust as much as you, Dr. Wang. I feel so blessed to have found you.

I have now had 3 menstrual cycles since Meadows' birth and you were right—I have had no pain for the first time IN MY LIFE! I used to cry in pain and take heavy drugs to cope. Now I feel twinges and that's it! I was spared a very invasive D and C to extract retained placental fragments (at 8 weeks postpartum!) because of your care, too. Also, the blood and clots that Judah was having in his bowel movements completely disappeared after the second day of his taking your herbs. That

How Acupuncture Can Help You Heal Naturally

had me so worried. In Western medicine it is NOT an OK thing and the procedures they wanted to do on my 3-year-old child were so scary to me. The diagnosis he received had me in tears for many days.

He is a healthy boy now and I am so grateful to you, for the knowledge you hold and the reassurance you give. Meadow is doing pretty well, although she had another bladder infection again 2 weeks ago. I am pushing the herbs but it is harder (she is just 12 months old now) to get her to take them. I pray she will not continue with the bladder and kidney problems that make her so sick and are so scary for me, too.

I will be in California until February completing a midwifery internship. I can't wait to see you again! I may be calling and asking you to ship more herbs for the children. Let's keep in touch and thank you again. You are incredible!

*Blessings,
April Davis, CBE*

CHAPTER 15

Healing Morning Sickness



Who Else Wants Relief of Morning Sickness?

Hello! (Dr. Wang) Great to hear from you! I am feeling great actually! I am so amazed how helpful acupuncture was for treating my morning sickness and headaches.

As a new patient I was skeptical but willing to try anything and it worked!

Thank you so much and for making my acupuncture experience so positive!

*Sincerely,
C. Smith,
Austin, Texas*

CHAPTER 16

Menopause and Hormonal Balance



“[During menopause], I don’t have hot flashes or night sweats anymore.”

I attended the Academy of Oriental Medicine [AOMA] where Dr. Wang was a professor. At the time I was searching for alternatives for my daughter who has MS [multiple sclerosis]. She had received acupuncture in Abilene, Texas for urinary incontinence when she was twenty and it had helped her. Anyway, I was a nurse and had searched in many directions to help my daughter but had never looked into Chinese medicine. I started looking into Chinese medicine because I didn’t know what the future would hold for her.

When I moved to Austin [from West Texas], I had lupus, a total hysterectomy, hot flashes, insomnia (waking every hour), night sweats, and had lived in chronic pain. It was a deep bone pain that I couldn’t explain. I existed on Ibuprofen and aspirin and had actually given myself ulcers with all of the medications I was taking. I was a mess!

I started seeing Dr. Wang when I entered AOMA. I didn't want to learn about herbs, only acupuncture. But in order to be a certified practitioner, I had to learn about herbs. I wanted to learn strictly acupuncture because it had helped my daughter but, again, when I entered school I had to study both.

Dr. Wang began treating me. He started giving me herbal prescriptions and I took them faithfully just to see if they would work.

To make a long story short, I was driving home from school one night and it had been 3 months since I first started taking the herbs. Dr. Wang would adjust the herbal formulas periodically adding one thing and taking something else away depending on my symptoms. As I was driving home it dawned on me that I had slept ALL through the night the last few nights. It was so subtle. Then I started thinking: gosh, I slept all night. Then it really hit me; I no longer had any pain!

Chinese medicine is so beautiful and I'm so thankful for it. It has helped my daughter, my son, and me! In our culture, we move so quickly that we have to have a quick fix for everything. But Chinese herbs and Chinese medicine work subtly [and over time] to bring the body back into balance.

My diet is still horrible. I grab fast food and eat all of the wrong things, but I am still feeling better. The medical doctors wanted to put me on steroids; as a nurse, I knew what steroids would do to my body. I never went the steroid route and now I don't need them. I still get occasional headaches but I no longer live with

How Acupuncture Can Help You Heal Naturally

chronic pain. I keep going, commit myself, and give it a good old-fashioned try. I tell you that I thank God for Dr. Wang and his knowledge.

I don't have hot flashes or night sweats anymore. I don't have insomnia and I don't have pain!!!! I'm off the thyroid medication that the medical doctors said I'd never be able to stop taking. The Chinese herbs have balanced my thyroid. Isn't that great? It's so awesome!!!! That's my testimony.

— *Beverly*

“He has successfully treated me for stress, colds, cholesterol reduction, cataracts, abscessed toothache, hair and toenail issues.”

First of all, let me say that I hope my comments will encourage others to try acupuncture and herbs with Dr. Guoen Wang. I am a 66 year-old woman and have been a happy and satisfied client of Dr. Wang since he came to Austin. I have seen him for a variety of physical and emotional ailments over the years. In fact, the only times I have gone to a Western doctor are for my annual well woman check-ups, tests with a gynecologist, and vision tests.

He has successfully treated me for stress, colds, cholesterol reduction, cataracts, abscessed toothache, hair and toenail issues. Many times I have gone to him with the burdens of life either dragging me down to depression or causing me anxiety. I would leave his office after acupuncture relieved of those symptoms and a happy person again. If I had cold or allergy problems, he could lessen the time I was uncomfortable with that ailment using acupuncture and herbs.

In 1997 I had an abscessed tooth. It was loose, the nerve was nearly dead, and the gums were in very bad condition. My general dentist and periodontist both said it would have to be pulled; no other treatment was feasible. Dr. Wang prescribed herbs and when I went for a check-up six months later, my dentist said the tooth was tight, the nerve very healthy, and gums healthy. I still have the tooth.

How Acupuncture Can Help You Heal Naturally

I tend to have high cholesterol and when my western doctor would insist on drugs to reduce it, I would instead get herbal pills from Dr. Wang that were effective and safe. In 1998 when my ophthalmologist said I had cataracts and that surgery would be in order when they ripened, I started herbal pills from Dr. Wang to reduce the growth and avoid the surgery. When I returned to the eye doctor a year later, the cataracts had not increased, and my vision had improved! He was amazed! Till now I still have not needed the surgery.

When I was in Austin I would see Dr. Wang every 8 weeks for a “tune up” as we called it. This kept me feeling great. Two years ago I followed my daughters to live in Florida and my biggest concern was leaving Dr. Wang. I’m sorry to say that I have not found his equal here. I might have to come back to Austin!

— *Mary B. Rolan*

Satellite Beach, FL

*(Mary has moved back to Austin, Texas
as of this printing.)*

“The feeling of being “blocked” was giving away to clarity again.”

Thank you, Dr. Wang, for the opportunity to tell of my experience with you and your work. You have helped me in more ways than I can express; the original reason I came to you was because of the “blocked” feeling I had. You have helped me with my leg pain and the general well-being I feel now.

I am 57, although I look ten years younger. I have always looked and felt young for my age, until about a year ago. Something happened and I started to feel like my brain was “blocked”. I couldn’t think with clarity or concentrate for any length of time. I began to feel sluggish ... and old.

There was a type of heaviness and dullness, a “blockage” at the base of my skull that just wouldn’t go away. No matter how many hours of sleep I got or how long my walks were or how many neck massages I gave myself, this feeling wouldn’t go away. I started to worry. Maybe my true age was starting to catch up with me. Was this how I was supposed to feel? I didn’t believe it. There are too many others out there who are “on top” of everything and who are years older than me! This feeling wasn’t going to take over my life!

I hesitate to go to doctors as I am not eager to fill my body with chemicals [prescription drugs], and this condition just didn’t feel like something a medical doctor would be able to fix or even understand. I was at a loss as to what to do. My husband Larry had made the acquaintance of Dr. Wang and suggested I go see him. I

How Acupuncture Can Help You Heal Naturally

had never been to an acupuncturist and harbored some doubts, but when Larry told me Dr. Wang was also an herbalist I decided to give him a call and open my heart to this new experience.

Dr. Wang listened carefully to my symptoms and seemed to understand what I was talking about. With just a couple of visits I was feeling much better. The feeling of being “blocked” was giving away to clarity again. With acupuncture and herbs my body was returning to the feeling of youth and vigor that I had always felt. I continue to take an herbal mixture that Dr. Wang creates for me and, when I feel the need, return periodically for an acupuncture “tune-up”.

I am very thankful to Dr. Wang. His knowledge and gentle, personable, nurturing manner is refreshing and reassuring. It is a pleasure to go to his office.

Sincerely,
Linda Gilmour

“Would I ever regain good health?”

Here's a confession: I've never been sufficiently enthusiastic or passionate about any product or person to write a testimonial, even though I'm almost sixty.

However, based on a remarkable healing experience with Dr. Guoen Wang, I have decided to break this pattern. Here are the facts: in October 2007, I arrived at Dr. Wang's office, exhausted and in tears. For almost the entire year

I had experienced disturbing physical symptoms that sent me to four allopathic doctors—three general physicians and one specialist. I had undergone a variety of diagnostic procedures, from ultrasounds to CT scans. As a self-employed person with limited health insurance coverage, I had incurred significant out-of-pocket expenses, only to receive completely contradictory diagnoses from each doctor.

The bills were piling up, I was sleeping no more than 2-3 hours each night, and the stress resulting from chronic illness and mounting debt was taking its toll.

My father, uncle, and two older cousins had been family doctors in the South Texas community where I grew up in the 1950s and 60s. Over time they all passed away ... and suddenly no one remained to whom I could turn to for guidance, no one that deeply cared whether or not I slipped through the cracks.

And then I met Guoen Wang. Although much younger than I had imagined, Dr. Wang at once impressed me as exceptionally wise and extraordinarily compassionate.

How Acupuncture Can Help You Heal Naturally

Instead of taking me further down the corridor of illness, he held open the door to good health and invited me to pass through. I responded with a volley of questions: Was I fatally ill? What was his diagnosis? How long would I be suffering? Would I ever regain good health? He answered my questions patiently and conveyed reassurance, not only through his words but also through the peaceful quality of his presence.

For the first month, even though I lived a long distance from Austin, I drove in three times a week for acupuncture and herbs. I didn't feel better immediately. In fact, for a period of time I simply had to place my trust in Dr. Wang.

Being a type A, super-analytic personality, this type of trust was unprecedented on my part. However, slowly over time the symptoms of nausea, sleeplessness, and general debilitation diminished. After the first month of treatment, I began to feel optimistic. After the second month, I felt completely healed

As a professional editor and writer, I had hoped that words would flow easily in creating this testimonial. However, here's the truth: the depth of my gratitude to and respect for Dr. Wang is so profound that I could never make the language strong enough. What I have described here are external circumstances and events. What I cannot express is the heartfelt gratitude I feel for this man's bright and humble presence. I understand little about miracles or blessings and refrain from pretending otherwise. Yet if I were forced to describe what a blessing looks like, it would very closely resemble Guoen Wang.

— A. Grossman

CHAPTER 17

Better Prostate Health through Acupuncture and Herbs



Dear Dr. Wang:

Thank you for kind and skilled care in treating my chronic prostatitis that had been troubling me for over two years. The combination of your acupuncture treatments and traditional Chinese herbal medicines has been most beneficial to me.

I started treatment in approximately October 2008 for prostatitis, which was unresponsive to standard western medical treatments of antibiotics and “alpha blocker” type medicines. I had a weak urinary stream and sometimes experienced pain and irritation in my testicles. Also, the western medicines had substantial and unpleasant side effects.

Dr. Wang gave me an acupuncture treatment and I took specialized herbs on a daily basis for a week. By the next treatment, I was much better. I continued acupuncture treatments with Dr. Wang on a weekly basis for approximately two months, and I took the specialized Chinese herbs on a daily basis. After the end

How Acupuncture Can Help You Heal Naturally

of the two month course of treatments, I was cured! My urinary flow was normal and I no longer experienced the dreadful pain and irritation in my testicles.

I now see Dr. Wang for monthly “tune up” visits, and I continue to take the specialized Chinese herbs two to three times a day to keep my system in balance.

I am very grateful to Dr. Wang for assisting my body in eliminating the awful condition of chronic prostatitis. I highly recommend his services to anyone who is considering acupuncture and traditional Chinese medicine.

*Very truly yours,
Stephen P. Dillon*

CHAPTER 18

Healing Children



“An ADD and Bedwetting Victory”

I only have sincere gratitude for Dr. Wang’s care of my twins. The lives of my sons, Jason and Joey, have been greatly enhanced through acupuncture and herbal medicine and I am delighted to be able to share our story.

Jason and Joey arrived three months early on January 11, 1988. Weighing 3.5 and 2.9 pounds, each of them had complications that led to multiple surgeries. Now, I am pleased to say they are happy teenage boys and no one would ever know the hardships they endured as babies.

Dr. Wang came into our lives when I needed assistance with Jason, who had a bedwetting problem. Jason had visited several Western medical doctors and had taken multiple medications. These remedies, while effective for a short time, never completely took care of the problem. In fact, the final medication prescribed by a Western doctor stopped him from producing urine at

How Acupuncture Can Help You Heal Naturally

night and only caused Jason a great deal of pain when he awoke in the morning.

In a desperate attempt to get help for my son that did not cause him pain, I decided to call the Academy of Oriental Medicine to become more educated about our options. After discussing the options with my son and basically begging him to just go one time, we made an appointment with Dr. Wang.

At our first visit, Dr. Wang simply took Jason's pulse, looked at his tongue and told us he could help. He explained that Jason's body was too "cold" and that he needed to keep his body "warm" and take some herbs. In addition, Dr. Wang warmed Jason's stomach with a Moxa stick and he performed acupuncture on several areas of his body. Upon leaving the appointment, Dr. Wang explained that if Jason kept his body warm and took the herbs, he would never wet the bed again.

As Jason and I left the building, we were a little scared, shocked, giggly and skeptical about what had just happened. That evening Jason took his herbs before bed and kept himself warm and Dr. Wang was right. He never wet the bed again.

Since Dr. Wang had been so successful with Jason, I decided that he could possibly help my other son Joey who had been diagnosed as ADD and had been taking the prescription drug Ritalin. When presented with this issue, he stated that he needed to do some research and that he would get back to me.

A few weeks later, Dr. Wang called and said he was ready to treat Joey. At the first session, he took

Joey's pulse and looked at his tongue. In addition, he suggested and performed acupuncture in different areas on his head and prescribed herbal medicine. He explained that the acupuncture on his head would help with calmness, concentration, and memory; the herbal medicine had to be taken in the morning and at lunch to help with Joey's concentration at school. To my amazement, Joey displayed major improvement within a few days of his initial treatment.

Not only did I notice a difference but one of Joey's teachers also informed me of his improvement in class. Joey continued acupuncture treatments with Dr. Wang every 3 months and continued taking his herbal medicine twice a day for almost a year. Currently, Joey only receives acupuncture treatment right before school starts and no longer has to take the herbal medicine. Upon completion of 7th grade, Joey was on the AB honor role.

Thank you Dr. Wang!

Susan B.

***“By the end of the treatment, Alan had....
resumed normal breathing!”***

I met Dr. Guoen Wang in December 1997 shortly after taking my son [Alan] to an emergency room. Alan had had an asthma attack and the drugs he had received at the hospital were mostly ineffective. I didn't know enough about Oriental Medicine at the time to know whether it would help or not, but I was desperate.

Dr. Wang reassured me that Oriental Medicine would be very helpful and proceeded to spend a full hour with Alan, doing pediatric massage, acupressure, and moxibustion. I watched and asked questions and learned which techniques I could use at home myself to prevent or treat future asthma attacks. By the end of the treatment, Alan had not only resumed normal breathing, he had actually fallen asleep on Dr. Wang's treatment table!

As a mother, I have always tried my best to raise my children without medications, invasive treatments, and the general anxiety associated with visits to a “typical” allopathic doctor. Naturally I was very pleased to discover that Oriental Medicine could treat pediatric illness so effectively, while being very gentle on the patient and leaving no side effects. But I was particularly pleased to have met Dr. Wang whose personal treatment style is especially attentive and compassionate.

My son, who is quite cautious by nature, must have sensed these qualities in Dr. Wang as well. On Alan's second or third visit many months later, I remember watching in amazement as he reached up to hold Dr.

Wang's hand while we walked down the hall to the treatment room. Now that we are getting ready to leave Austin, I wonder where I will find another doctor whom my children will beg to see when they are sick or hurt.

Of course, I will miss Dr. Wang very much myself. I decided to start a three-month course of acupuncture treatment last summer, to address my headaches and heart palpitations. As the weeks went by, these symptoms became less intense, and other physical symptoms were greatly reduced, including those from a case of flu I contracted during that time. But I was surprised to find that, in addition to these physical changes, I was feeling distinctly more energetic and motivated and less depressed and irritable.

During the summer I also developed a horrible allergic reaction to formaldehyde, with rashes and welts all over my body. With Dr. Wang's herbs, I was able to return to normal life indoors after a few days. In short, I found that Dr. Wang's acupuncture and herbs could handle any problem I had, acute or chronic, and from either end of the mind-body continuum.

But I will miss Dr. Wang himself as much as his acupuncture and herbs. I've come to count on him for just the right words to encourage me to do something I need to do, or to put my problems in perspective so that I can move past them. Toward the end of my 3-month treatment series, when he noticed how excited I had become about Chinese medicine, Dr. Wang casually asked if I would like to sit in on a class at the Academy of Oriental Medicine, where he teaches.

How Acupuncture Can Help You Heal Naturally

With Dr. Wang's further encouragement, I enrolled in their acupuncture program that September. Although I didn't get the opportunity to take any classes from Dr. Wang, I still saw him regularly at the school this past year. There I learned that he is well known among the students for his quick wit and ability to say something profound and yet simple that makes everyone stop and think. I also learned that Dr. Wang is extremely hard working, ambitious, and goal oriented he gets an idea about what he'd like to do and then acts toward that end without hesitation or fear of failure.

*Yours Sincerely,
Emily Adams Pugh*

Acupuncture is recognized by the National Institutes of Health (NIH) and the World Health Organization (WHO) as effective in treating these conditions:

Addiction: Alcohol	Facial Palsy/ Tics	Pneumonia
Addiction: Drugs	Fatigue	Reproductive Problems
Anxiety	Fertility	Rhinitis
Arthritis	Fibromyalgia	Sciatica
Asthma	Gingivitis	Seasonal Affective Disorder (SAD)
Bronchitis	Headache/Migraine	
Carpal Tunnel Syndrome	Hiccoughs	Shoulder Pain
Chronic Fatigue	Incontinence	Sinusitis
Colitis	Indigestion	Sleep Disturbances
Common Cold	Irritable Bowel Syndrome	Smoking Cessation
Constipation	Low Back Pain	Sore Throat
Dental Pain	Menopause	Stress
Depression	Menstrual Irregularities	Tennis Elbow
Diarrhea/ Dysentery	Morning Sickness	Tonsillitis
Digestive Problems	Nausea / Vomiting	Tooth Pain
Dizziness	Osteoarthritis	Trigeminal Neuralgia
Emotional Problems	Pain	UTI-Urinary Tract Infection
Eye problems	PMS	Wrist Pain



Free Initial Evaluation
(Excludes Herbal Consults)
Turning Illness into Health

Acupuncture Plus

I am ready to:

- ✓ feel better
- ✓ be more relaxed
- ✓ have more energy
- ✓ sleep well at night
- ✓ become healthy once again

Start turning illness to health right now!

***This coupon entitles you to:
a Free Initial Evaluation
(Excludes Herbal Consults)***

\$20 off your first acupuncture treatment

Call **Acupuncture Plus** at (512-453-5352) to request a **FREE** *initial evaluation*. Next, present this coupon to front the desk receptionist at the time of your visit. NOTE: The initial consultation does not include acupuncture treatment or herbs.

If you decide to receive an acupuncture treatment following your FREE evaluation, please allow 60-90 minutes for this initial visit. You will receive \$20 off the cost of this initial treatment and/or herbal consultation.

Acupuncture Plus is located in a two-story tan brick building across the street from the U.S. Post Office and next to Sonic.

Acupuncture Plus

512-453-5352

11851 Jollyville Road Suite 102 ■ Austin, TX 78759

Appointments can be made and information is available at

www.AustinChineseDoctors.com

