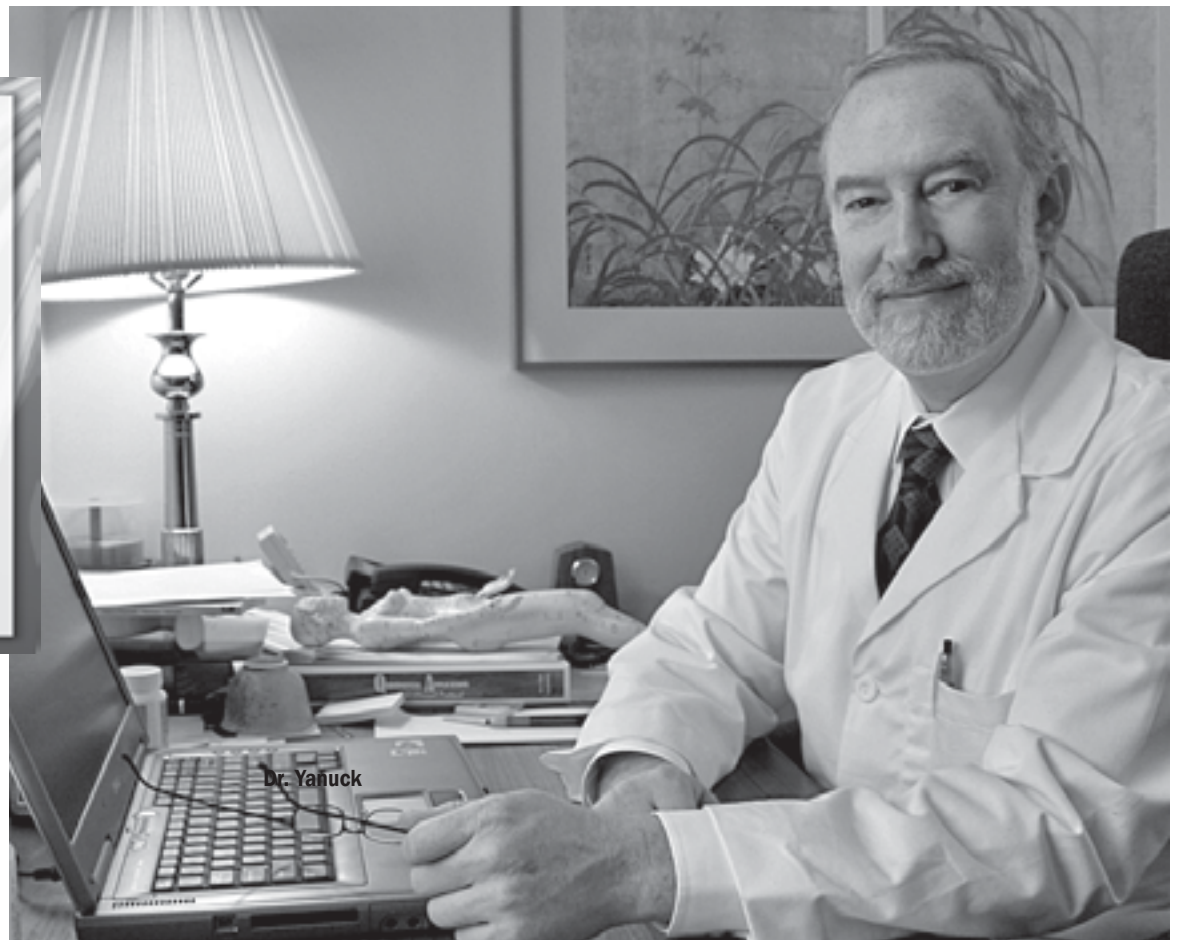


“One key to success in matching problems with solutions is to understand which of four basic categories each of your problems falls into.”



By Samuel Yanuck, DC

Every problem has a correct solution. Persistent or difficult problems are often driven by several factors at once. If you want to solve a difficult health problem, you need to understand all the factors that are driving it, and provide the correct solution for each part of the problem. When the correct set of solutions is applied, the patient gets better.

Patients with persistent or complex problems often seek several different kinds of treatment at once, trying to piece together the right combination of solutions to address each part of their complex problems. This can be a long and frustrating process, especially because it's not at all obvious which kinds of treatment will turn out to be the best match for each part of each problem. Making these determinations correctly is one of the most important jobs of any doctor.

One key to success in matching problems with solutions is to understand which of four basic categories each of your problems falls into. The four categories are (1) body chemistry problems; (2) neurological and mechanical problems; (3) Acupuncture meridian system and energy medicine problems; and (4) mental, emotional, or spiritual problems.

Body chemistry problems include things like inflammation (pain, arthritis, heart disease, some digestive problems, anything that ends in “it is,” etc.) and immune system problems (allergies, rashes, sinus problems, some digestive problems, autoimmune problems like rheumatoid arthritis, lupus, MS, etc.). These problems are caused by changes in the body's chemical balance. Addressing these problems requires that you focus on body chemistry solutions. Anything you swallow affects your body chemistry: food, medications, vitamins, herbs, etc. If you have a body chemistry problem, its solution is best accomplished by addressing diet, nutrition, and other factors that directly impact your body chemistry. Your healing journey will be much shorter if you focus your efforts in that direction.

Neurological and mechanical problems include everything from migraines, Parkinson's Disease, and ADHD to chronic back and neck pain or chronically sprained

ankles. All these are problems that involve the brain's ability to regulate the body, or the body's ability to move or otherwise respond to signals from the brain. As with body chemistry, if your problem is in this domain, addressing it successfully will likely require a solution that is fundamentally neurological and/or mechanical.

Acupuncture meridian system and energy medicine problems are harder to describe because problems in the acupuncture meridian system can affect all other systems of the body. From a Western medicine point of view, medical research suggests that the meridian system is a subset of the nervous system. This accounts for the profound changes that are observed when acupuncture or acupressure treatment is correctly applied in cases of chronic pain. I have seen many other problems over the years whose solutions included meridian system treatment.

Mental, emotional, and spiritual problems are an important component of the healing equation. A person's sense of safety and well-being, connection to others, and/or connection to a higher purpose or meaning can have a powerful healing effect. When these factors are disrupted, the person's health suffers.

If you can understand which of these four categories your problem falls into, you can choose an approach to treatment that fits that category, significantly increasing the likelihood that it will work.

HEADACHES WITH FACIAL PAIN

Gail came to my office complaining of sharp knife-like headaches that were exclusively on the left side of her head, above her eye. They would come on with stress and stay for about a day. Gail's examination revealed that her problem was caused by irritation in a nerve pathway that carries sensation from the face, called the trigeminal nerve. Gail responded very well to a combination of acupressure (no needles) and neurological rehabilitation exercises designed to improve her brain's

ability to turn off pain mechanisms. *In Gail's case, the persistent headaches were solved through a combination of neurological and acupuncture meridian treatment.*

SINUS HEADACHES

Donna had a headache most of the time. Her history revealed several symptoms that suggested she had food allergies. But Donna had been tested for food allergies several years before, using skin scratch testing, and been told she didn't have any food allergic responses. The problem with that conclusion is that skin scratch testing measures a form of immune system response called an IgE response. Many food allergy responses involve a different immune reaction, called IgG. Sure enough, a serum (blood) test for IgG reactions to foods showed that Donna had several food allergy responses. When she avoided those foods, her sinuses cleared up, and her headaches went away. *Donna's headaches were resolved by correcting her body chemistry, by changing what foods she was eating.*

RIB PAIN WITH A LIVER INJURY

Mark came to my office from Atlanta. He had no energy, chronic pain, and had become gradually depressed, as his capacity to function had continued to decline over time. He had been in an accident three years before in which he'd broken his ribs and damaged his liver. His blood work since then showed abnormal liver functions.

Mark's care focused on resolving the neurological and acupuncture meridian system consequences of his injuries. In addition, I asked Mark to take schisandra, an Ayurvedic herb, to support the healing of his liver. Mark went on to a dramatic recovery. He regained his energy, his depression went away, and he went back to work. *In Mark's case, healing his problems required treatments from*

Matching Problems With Solutions

three categories at once: neurology, acupuncture meridians, and body chemistry.

Gail, Donna, and Mark each required a unique set of interventions, matched to their unique needs. In each case, the solutions were found by matching each part of the problem with solutions of the proper category. When the correct combination of solutions was applied, the patients got better. h&h

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