

## BODYWORK

comes in several models that offer versatility to meet different practice requirements, and can be used in combination with essential oils and moxa extracts. The usefulness of this product was proven when I recently participated in a study at one of Boston's leading hospitals. We were able to warm acupuncture points on patients using this new method in a setting where no fire-based point warmer would ever have been permitted.

I can already hear the rumblings of practitioners who believe in the sanctity of more traditional methods. Keep in mind that this is not an all-or-nothing scenario. We should choose the warming method that is most appropriate to the individual patient and to the treatment setting in which we practice. The Chinese system of medicine has always been inclusive.

The scenario we are facing with the practice of point warming is similar to that which was met by practitioners of Chinese herbal medicine. To accommodate the needs of a Western patient population, new methods had to be adopted to make the traditional raw herbal formulas into more convenient and palatable forms. Through this compromise, herbal practitioners increased their range of effectiveness by gaining increased compliance. In the end, everyone came out a winner.

Clearly, the more options we have at our disposal, the more likely we are to find one that will work well in most cases. As a profession entering an age of broader acceptance, it is imperative that we find ways to adapt our techniques to fit this new environment. We should carefully preserve what is essential in the methods we employ while continuing to explore new ways to bring the gifts of Chinese medicine to a rapidly changing world.

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