



HEALTH
WITHOUT DRUGS
&
HERBAPAEDIA
Herbal Reference Book

*EASTERN WISDOM, WESTERN SCIENCE
NO DRUGS, NO SIDE EFFECTS*

6 generations of traditions of
Professor Yoland Lim's Family
Updated with modern latest medical studies

HEALTH WITHOUT DRUGS

The History. The Culture. The Family

Established in Australia in 1972.

6 generations of healing.

The first of its kind, achieving global recognition and media.

Attracting patients from all walks of life including royal families, captains of industry, elite athletes, and celebrities.

"EASTERN WISDOM, WESTERN SCIENCE
- NO DRUGS, NO SIDE EFFECTS"

Professor Yoland Lim Health Care Centre is one of the largest (50,000 square) and most modern in Australia built according to Feng Shui. It is inspired by nature, nestled in the heart of Wantirna South, Melbourne. Yield to an oasis of serenity, where time honoured treatments of body, mind and soul are cast in a sensuous modern light, adorned with the luxurious quiet beauty of water,



timber and stone. Bathed in the soft colours and delicate fragrances of the earth, a sanctuary awaits to restore your health. Here life's delicate balance is nurtured and rejuvenated with acupuncture and skin treatments.



Professor Yoland Lim Health Care Building, architecturally designed combining sharp modern lines with sensuous natural elements and Feng Shui.

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About Us

Professor Yoland Lim is the fifth generation of Lim Family healers and commenced practice in Australia in the late 1960's and founded Professor Yoland Lim Health Care in Australia in 1972.

Australia's foremost and respected practitioners of Phytomolecular (Herbal Medicines) and Shi Luo Dou.

Professor Yoland Lim Health Care is one of the largest clinics of its kind in Australia, nestled



1983: Professor Yoland Lim treating Cliff Young who ran and won Ultramarathons, at the age of 61yo.

Here the Lim Family Fong Yang Acupuncture Healing System tradition continues with the 6th generation - Australian Registered Medical Practitioners Dr Justin Lim and Dr Selina Lim.

Professor Yoland Lim is world renown and recognised as one of



From Left: Dr Elaine Lim, Dr Justin Lim, Dr Selina Lim, and Professor Yoland Lim

in the leafy suburb of Wantirna. Here professional athletes, entertainers, politicians, captains of industry, members of Royal families, racehorses and pets are treated.

One of the high-profile patients was the late Cliff Young (as reported in many news media), the long distance "shuffler" whom he treated with Shi Luo Dou to enable him to run and win the Sydney to Melbourne ultra-marathon in the 1980's.

blood pressure, asthma, and other conditions.

The best aspects of western medicine combine with the tradition of the east utilizing the latest modern medical advances. Treating a wide spectrum of medical conditions ranging from acute conditions to chronic lifelong diseases. In addition to Medical Skin Treatment, Medical Laser Treatment, Anti-Aging, Acupuncture Treatment along with Phytomolecular (Herbal Medicines). Professor Yoland Lim Health Care also treats obesity, arthritis, impotence, loss of libido,



Professor Yoland Lim treating horse Chillie, who presented with a strain in the right sacroiliac joint region and bilateral patella locking, secondary to slipping over in the week prior to treatment- 2015.

We have been revered as the icon of health care, described as an institution of Health Without Drugs.

Professor Yoland Lim was among the first to use acupuncture treatment during childbirth and

surgical procedures to alleviate pain. Fertility problems (male and female) and pregnancy management forms a large part of the practice.



Dr Justin Lim and Professor Yoland Lim

LIM GENERATIONS

3rd Generation: Dr Ge Zhe Lim

Dr Ge Zhe Lim, a physician, martial artist and a 3rd generation of disciples of the famous Shao Lim Temple in China. Committed to the practice of martial arts and meditation daily, where inter-relations between mind, and "Qi" (energy) was combined.

Tutored his son in traditional eastern medicine and healings, learnt from his father. He also taught them Kung Fu between seeing patients. The tradition has been passed down through the generations.



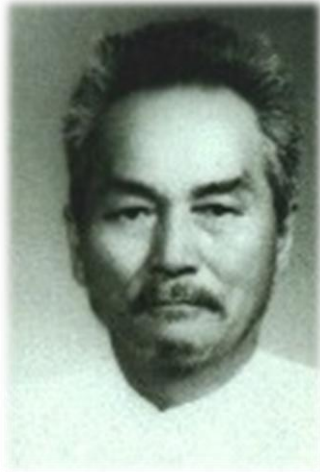
*Dr Ge Zhe Lim, Great grandfather to
Dr Justin, Elaine and Selina Lim;
Grandfather to Professor Yoland Lim*



4th Generation: Dr Chey Hiong Lim

Professor Yoland Lim's father, the acclaimed physician Dr Chey Hiong Lim, migrated from the Swatou Province, China, to Singapore where he founded the Free Clinic in the Eastern jungle of Singapore, Ponggol, and was revered as 'The Divine Healer'.

Dr Chey Hiong Lim taught Professor Yoland Lim since childhood to gather herbs in Singapore's Eastern jungle of Ponggol (now a housing estate), to create medicines and learn the art of healing of the FongYang System. Part of his eastern medical philosophy is the combination of Fong Yang Shi Luo



Dr Chey Hiong Lim – Professor Yoland Lim's father.

Dou and Phytomolecular (Herbal Medicines).



Tian Hou Temple, in the Eastern Jungle of Ponggol, Singapore, where Professor Yoland Lim was born and trained by his father in the art of healing. (The jungle home has since been demolished and reclaimed by the government for high-rise residential development).

5th generation:
Professor Yoland Lim
JP FAICD

Born in Singapore into the famous Lim Family of Chinese Physicians, the 5th generation of a long line of healers in his family. As a boy Professor Yoland Lim would wake up early to practice Meditation, Kung Fu, Tai Chi, Chi Kung¹, Wei Kung², Nei Kung³, Fong Shui⁴, Medicine and Buddhist philosophy before following his father to see patients.

On sunrise after breakfast he would go with his father to look for herbs, sometimes taking patients along to help them understand and educate them about Fong Yang therapy. During the search for herbs he also learned the principles of the famous Fong Yang Healers. On returning he would prepare herbs and medical mixtures, part of this eastern medical philosophy is the famous Shi Luo Dou system of healing.

At the time of 350BC China was in a state of civil war, out of this turmoil there emerged three outstanding philosophers. One of which being MeakTze who along with the development of



considerable medical knowledge at the time also developed the skills associated with Kung Fu. MeakTze's disciples

practiced wisdom and humanitarianism

along with Kung Fu and the healing of the sick. They would travel to all parts of China and occasionally pass on their healing art and medical knowledge to a selected few. From there onwards the Fong Yang philosophy was born where their primary purpose was to help the poor and those persecuted, correct the wrongs, heal the sick and drive out the evil spirits.

Professor Yoland Lim came to Australia to establish a practice integrating the Fong Yang Healing art with western medical principles and established Professor Yoland Lim Health Care in the early 1970s. Professor Yoland Lim is a pioneer of acupuncture in Australia since 1972.

He has previously lectured and worked at Veterans General

Hospital and the Tai Chong Medical College, Taiwan in conjunction with Professor Cheah Chong in the 1970's and 1980's. Professor Yoland Lim has also worked in various hospitals around the world such as:

- The Royal Melbourne Hospital Clinical Science Department where he researched and developed micro-surgical techniques as well as carrying out his passion phytomolecular (herbal) medicine,
- Prince Henry's Hospital (now known as Monash Medical Centre) and
- St Vincent's Hospital.

He progressed to establish a highly successful pharmaceutical company, developing, manufacturing and marketing a wide range of herbal products. These were sold throughout Australia and world-wide, and even exported to China, Taiwan, Singapore and South East Asia. His laboratories were the first in



TV personality Jan McGuinness with Professor Yoland Lim in television studio.

Australia to be licensed by the

Therapeutic Goods Administration (TGA) for the manufacture of Chinese medicine. Following its listing on the Australian Stock Exchange in 2000, it was purchased by an international company.

Professor Yoland Lim then concentrated on the integration of Eastern Wisdom and Western Science, combining his childhood background and modern scientific methodologies with Professor Frank Ng of Monash University. He further developed and researched phytomolecular (herbal) medicines and concentrated on his clinical practice.



Australian TV Icon, 4 time GoldLogie Winner and Logie Awards Hall of Famer Bert Newton being treated on-air by Professor Yoland Lim, for national TV.

Professor Yoland Lim achieved worldwide recognition appearing in numerous newspapers, TV shows, and news and magazines. In Australia, he was resident acupuncturist for TV programs and radio stations and was a regular on the Mick Walsh and Bert Newton shows among many others.

Professor Yoland Lim has been referred as the best acupuncturist and Professor Yoland Lim Health Care renown as the best acupuncture treatment centre, known and recognised worldwide. Articles often referring to Professor Yoland Lim Health Care as the "Best Clinic", with its luxurious setup, where no expense has been spared, and putting the patient first in looking after health and well-being.



Professor Yoland Lim is the co-

On set at Channel 9 studios on Midday show TV, interviews Professor Yoland Lim for national TV.

author of numerous scientific papers, and has also written four bestselling books:

- Your Body is Your Doctor
- Repetitive Strain Injuries - A Drug-Free Answer
- The Oriental Art of Keeping Slim
- Yoland Lim Recipes for Health and Longevity

Appointments:

- Visiting Professor to The Guangzhou University of

Traditional Chinese Medicine (one of the world's most prestigious universities)

- Membership of the Academic Committee of Guangzhou University of Chinese Medicine, advisor and coordinator to the International College of Traditional Chinese Medicine.
- Justice of Peace in 1980
- Executive Council Member Specialty committee Paediatrics of World Federation of Chinese Medicine Society
- Professor Yoland Lim was awarded to the Australian Centenary Medal in 2003 for services to the community through Chinese Medicine and export of Chinese Medical Products.

Professor Yoland Lim and Dr Justin Lim lecture at international conferences in South East Asia, on integration of Eastern and Western medicine, and scientific



Elite Australian Rules Footballer Matthew Allen treated at Professor Yoland Lim Health Care.

developments.

As a practicing Buddhist, Professor Yoland Lim meditates

daily, practice (and believes) in karma, the 4-precepts and 8-way path following in the healing footsteps of their forefathers. The Lim Generations have dedicated their lives to bring the medical philosophies of East and West

together for the betterment health for society.

6th generation:

Dr Justin Lim

MBBCh, BAO, GradCertMedAcup (Monash), FAMAC

Bachelor of Medicine, Surgery, and Obstetrics - University College Dublin - National University of Ireland; Graduate of the Medical Acupuncture Course in The Faculty of Medicine at Monash University, recognising the importance of acupuncture being performed by doctors who are trained in both Orthodox Western Medicine integrating that with eastern medicine; Fellow of the Australian Medical Acupuncture College is a registered Medical Practitioner, with experience in the Emergency Department at Monash Medical Centre - Melbourne, Australia, and also in private and community health General Practice.

He continues his family's art of the Fong Yang System of healing and is passionate about teaching the understanding of the integration of



eastern and western medicine, and medical acupuncture. He holds an honorary position on the Integrative Medicine Strategic Education Advisory Committee to the Royal Australian College of General Practitioners. He is an educator for the Australian Medical

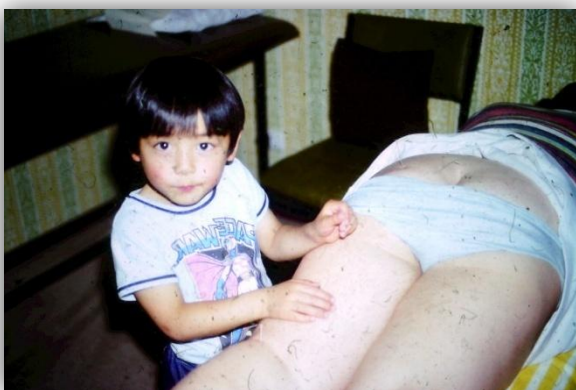
Acupuncture College, teaching GP's and Medical Specialists who are specializing in Medical Acupuncture. With Professor Yoland Lim, they are educating the medical profession by conducting lectures at hospitals and conferences internationally.



Using the latest skin treatment machines, wrinkles blemishes and skin lifts can be treated with a combination of organic skincare phytomolecular (herbal medicines).



Dr Justin Lim at Professor Yoland Lim Health Care aged 4, needling patient in the late 1970's.



6th generation:

Dr Elaine Lim

BDS, MDSc (Ortho) Specialist Orthodontist

Bachelor of Dental Surgery - University of Adelaide, Master of Dental Science (Orthodontics) - University of Sydney is a Registered Specialist Orthodontist. She continues the family tradition of an integrative approach to health care. Her management of craniofacial disturbances and conditions (including crooked teeth, maligned jaws, sleep apnoea and headaches related to jaw disorders) is approached in a holistic manner.

Dr Elaine Lim has been recognised for outstanding clinical and academic achievements including the prestigious University Medal, Moore

Medal, Australian Dental Association Post-Graduate Scholarship, Australian Orthodontic Board Clinical Award, Elsdon Storey Merit Award for her orthodontic research and the Rocky Mountain Orthodontic Fellowship (University of Southern California, USA). She has published her research in international journals and presented orthodontic conferences around the world. She teaches dental and post-graduate orthodontic students, and is a member of the Australian Dental Association, Australian Society of Orthodontists and is Australian Orthodontic Board Certified.

Dr Selina Lim

MBBS, FRACGP

Bachelor of Medicine and Surgery - Bond University; Fellow of the Royal Australian College of General Practitioners is a Doctor who has worked at various hospitals including

The Alfred Hospital and Monash Medical Centre, Melbourne, and continues her work in General Practice, and Integrative Medicine at Professor Yoland Lim Health Care.

The Fong Yang System



The Fong Yang Art of healing uses a holistic approach to the treatment of disease bringing the body back into harmony with itself and the universe. Professor Yoland Lim successfully

combines the ancient knowledge of his forefathers with western technology to offer the best of both worlds. Professor Yoland Lim came to Australia to practice the Fong yang Healing art and to integrate eastern wisdom and western medical principals in the early 1970s, after many years of practice as a "physician" with his father.

He established a highly successful company, which developed, manufactured and marketed a wide range of herbal products. These were

and South East Asia until he sold it to a public listed company. Products on the market bearing his name have nothing to do with him. His products are now only available from his clinic.

Traditionally, the Fong Yang healing art and medicine is taught and handed down from generation to generation. The basic training is firstly in Kung Fu consisting of:

- Chi Kung (breathing exercise)
- Nei Kung (internal breathing, meditation and internal strength)
- Wei Kung (physical concentration of strength like that of Karate)

It is only when the Si Fu (Master) is satisfied that these arts are mastered, does the training of medical principles begin. In addition, Feng Shui (the wind and water principal of the art of living and environment) is also learnt to be appreciated.

Professor Yoland Lim created Professor Yoland Lim Health Care based on his knowledge of Feng Shui, meditation and Buddhist philosophy and precepts.

There are many different branches of the healing system in ancient times and each family has its own formulations. It is only more recently that western medical research has caught up and shown there is indeed a sound scientific basis to acupuncture. Reports from World Health Organisation and the National Health and Medical Research Council



Hippocrates adorning Professor YolandLimHealth Care- an ode to the integration ofWesternMedicinewithtraditionalEastern

sold throughout Australia and exported to China, Taiwan, Singapore,

(NHMRC) in 1988 proved this, as well as multiple medical reviews published since.

In the Age newspaper on Monday 15 April 2002, it had specifically stated that this arcane (like the Fong Yang system) medical treasures is a dying art. Realizing this many years ago, Professor Yoland Lim set out to preserve his family's healing art and embark on a biotechnology integration of the Eastern Philosophy and Western Science resulting in his world renowned healing formulations.



Mr Alex Sabo (L), a kung fu trainee of Professor Yoland Lim, presenting Dr Justin Lim with holy scripts from temple.

Many of which are now accepted in mainstream medicine. He goes on to prove the critics wrong in the production of one of his weight control herbal extracts, subjected to a successful clinical trial phase proving its action on lypolysis and lypogenesis (Monash University, Australia) that is totally different from all other weight control medicine base on reducing or burning calories value.

Professor Yoland Lim Health Care's treatments are most effective when used as early as possible in the course

of the medical problem after the appropriate medical assessment. Medical specialists and doctors training with the Australian Medical Acupuncture College (AMAC) have clinical rotations at Professor Yoland Lim Health Care, Melbourne.

His healing skills have benefited patients from around the world from far corners such as Asia, Europe, the United Kingdom and the USA. He has developed a range of products, which combine the ancient herbal formula of his family with stringent western modern pharmaceutical and scientific. He has captured national and international headlines in TV, radio and print media.



Professor Yoland Lim on International Headlines Print Media



AMAC training at Professor Yoland Lim Health Care.



What is Shi Luo Dou?

Shi Luo Dou consists of many trigger points in the body useful in Kung Fu and is used for therapeutic purposes. Some of these points correspond to Acupuncture points but because Shi Lou Dou is lesser known, and is still as a family system handed down from father to son, only recently have many of these points been discovered as new or extra acupuncture points.

Shi Luo Dou has been attributable in the treatment of many chronic medical conditions, which has given Professor Yoland Lim international recognition. The course of treatment involves placing needles into various points on the body like that of acupuncture (please note this is not traditional acupuncture as most people know) to re-balance the meridian energy flow, thereby restoring the harmony between yin and yang within the body.

Phytomolecular (herbal) medicine by Professor Yoland Lim Health Care may also be advised. These are prepared in a pharmacologically assimilated form based on the principle of "Se Liang Po ChienZhing" - translation: "using a small amount of energy to break a huge load". This is the base principal of Fong Yang.



East Meets West Article by Susan Callahan on 1987 Personal Success Magazine.

Advice to Patients Undergoing Acupuncture Treatment*

**Information courtesy of AMAC*

Acupuncture treatment is given only if relevant after a medical review. Before attending an appointment for treatment, the patient should avoid rushing around and/or having a large meal. Most importantly, alcohol or excessive coffee intake either before or after treatment is to be avoided. A short period of rest or relaxation after the treatment enhances the response to acupuncture.

Occasionally, symptoms experienced by the patient may appear to worsen after a treatment. However, progressive improvement usually follows each treatment thereafter.

After a successful response to a treatment course, occasional booster(s) may be needed to maintain the patient in good health or free from pain. The doctor will advise if that is necessary.

In a very small percentage of patients, especially when acupuncture has been used as a last resort treatment, there may be no improvement. The reasons for this will vary from person to person and if asked, your doctor will be happy to explain or address your concerns further.



Dr Justin Lim treating patient with Acupuncture Treatment.

Conditions Known to be Responsive (and not limited) to Fong Yang Therapy

1. Painful Conditions:

- Acute injuries from sporting activities
- Arthritis-osteoarthritis, rheumatoid arthritis, and other forms of joint pain
- Frozen shoulder, neck (e.g. whiplash injury)
- Low back pain (lumbago) and sciatica
- Menstrual and other headaches
- Migraine and other headaches
- Neuralgia e.g. trigeminal or post-herpetic (shingles)
- Post-operative pain; pain from: scars, colic or "phantom limb" syndrome
- Restless legs and night cramps
- Sprains/strains or fractures (after proper medical reduction)

- Tennis/golfers elbow, carpal tunnel syndrome and spurs on heel

2. Non-Painful Conditions:

- E.g. allergies or eczema, itchy rashes, neuro-dermatitis, asthma, rhinitis, sinusitis
- Anxiety, fears, depression and insomnia, bed wetting for children
- Cessation of smoking
- Colitis, constipation, diarrhoea and irritable bowel syndrome; cystitis
- General debility/lethargy from prolonged illness irregular periods, menopausal flushes, impotence and fertility
- Travel or morning sickness and vomiting weight reduction

General Information About Acupuncture Treatment

Acupuncture Treatment is suitable for people of all ages. However, for children or adults who are nervous about needles, methods are also available such as laser acupuncture which eliminate the need for needles.

Is It Painful?

Very fine needles are inserted through the skin at certain traditionally affective points, the patient may then feel a slight discomfort or a minimally painful sensation which often indicates that the treatment is working.

The patients' condition must be accurately diagnosed before

treatment is started. As doctors, must be aware of and be able to cope with any rare complications that may arise during treatment, acupuncture should be administered by registered qualified medical practitioners, with detailed knowledge of anatomy, physiology, pathology and medical diagnostic techniques.

There are no risks to a patient of being infected by bacteria or viruses from the sterile, single-use disposable needles or equipment which have been properly sterilised (as are all surgical instruments).

PHYTOMOLECULAR (HERBAL MEDICINES)

.Herbal remedies are not new. Professor Yoland Lim Health Care has used the formulations made famous by Professor Yoland Lim's forefathers and their properties have been sought after for healing throughout history. As modern prescription drugs may cause serious side-effects, more and more medical practitioners are concentrating more on phytomolecular (herbal medicines).

Professor Yoland Lim Health Care's phytomolecular (herbal medicine) is dispensed specifically for you.

Directions: 15 drops to be taken 3 times a day, ideally 30 minutes before meals. If you forget a dose, take 15 drops as soon as you remember thereafter. More than one medicine can be placed in the Herbal Tea (HMIX Tea), or you can put the drops in water.

Herbal Tea (Hmix Tea) is a detox cleansing and healing tea for your body and helps to deal with male and female physiology.

Directions for Herbal Tea (Hmix Tea): Drink as often as you like, but at least 3 times a day.

Commonly prescribed medications:

- AMX: This is not a painkiller but a medication to help your body restore energy to lessen joint inflammation.
- HYP4: helps to build up your immune system to help fight infections and viruses. It acts like a natural antibiotic but is not a traditional prescription antibiotic.
- XT-XTONE (for men) and JUX-Juvex Tonic (for women): tonic for men and women to help revitalise your glands as well as improving libido and may also increase sexual sensation.

Directions for Topical Medications:

- AOIL TOPICAL: apply 1-2 drops to affected area and gently rub and massage in.
- CLDS TOPICAL: apply 1-2 drops to affected lip/mouth area.
- HSR TOPICAL: apply several drops to scalp and massage in.
- WTS TOPICAL: apply drops to affected area.

NOTE: AOIL is for external use only and not to be taken orally.

Do not stop your current medication prescribed by your General Practitioner - as suddenly ceasing medication may have a rebound effect. Professor Yoland Lim Health Care's phytomolecular (herbal medicine) has no known side effects and does not interfere with your currently prescribed medication.



Professor Yoland Lim Health Care Waiting Area.

Medical Skin Treatment Programs

**All Treatments by Professor Yoland Lim Health Care
Australian Registered Medical Doctors**

Based on 2000 years of the eastern Fong Yang system of healing tradition and modern western medically technologies combine with approved herbal extracts comes a new dimension in cosmetic anti-aging therapy.

Your face is the window to your body and soul. Make yourself look younger.

Dr Justin Lim has worked in the Vascular and Plastic Surgery Departments at Monash Medical Centre and in General Practice.



Professor Yoland Lim Health Reception Area.

JUVEBRAIN® - BRAIN ENHANCEMENT PROGRAM



JUVEBRAIN® treatment

Losing your memory?
Getting lost often?
Relying solely on your cars' GPS?

Our Australian designed and developed JUVEBRAIN® Treatment Program is Professor Yoland Lim Health Care's Brain Enhancement program:

- Natural (medical) and non-invasive Brain Enhancement program
- Based on the principle of increased vascular (blood) flow to the cerebral hemispheres of the brain
- Stimulating mitochondrial activity and potentially reducing the risk and severity brain condition⁵
- Beneficial in the reduction of risk and rehabilitation after certain Cerebro Vascular Accidents (CVA) or strokes
- Without drugs and without side effects

JUVEBRAIN® can be used for a range of conditions and other neurological conditions:

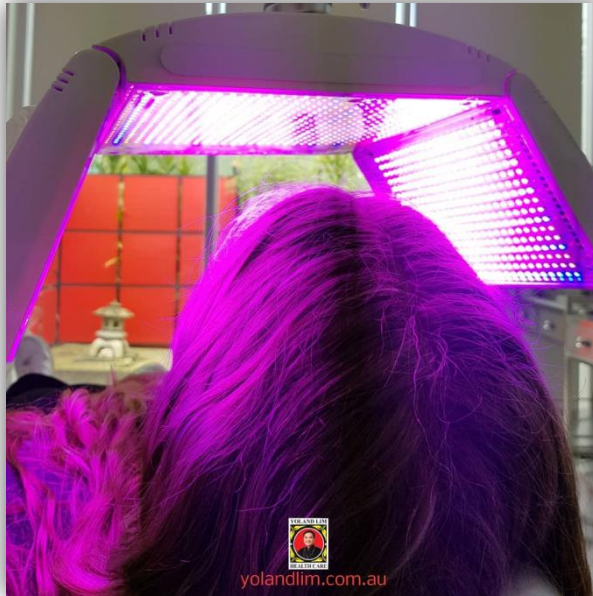
- Alzheimer's and Dementia
- Bell's Palsy
- Cerebro Vascular Accidents (CVA) or strokes
- Cognitive impairment
- Deafness
- Difficulty Hearing
- Epilepsy
- Hyperacusis
- Improved concentration and learning ability
- Memory loss
- Meniere's
- Motor neuron disease
- Nervous breakdown
- Parkinson's
- Tinnitus (ringing in ears)
- Vertigo

Treatment Program

JUVEBRAIN® Brain Enhancement program is enhanced with:

- Fong Yang Shi Luo Dou, a specialized form of Acupuncture Treatment by Professor Yoland Lim Health Care
- Phytomolecular (herbal medicines) including BRMC and TC.
- Binaural therapy, a specialized form of Healing Meditation Music (Chanting) by Professor Yoland Lim Health Care

JUVEFACE® - SKIN BRIGHTENING PROGRAM



JUVEFACE® is a non-invasive soothing LED (Light Emitting Diode) Light Therapy known for its impressive health and healing properties. Targeting deep into skin cells for clinically significant skin rejuvenation and healing without downtime.

Our Australian designed and developed JUVEFACE® treatment is a great stand-alone skin treatment used synergistically with the JUVESCULPT® and JUVESKIN® programs using phytomolecular (herbal medicine) including JUVEX Cream and LU.

The benefits of JUVEFACE® treatment include the reduction of fine lines and wrinkles, increased blood circulation, reduced inflammation and destroying acne bacteria. JUVEFACE® treatment may be able to help with:

- Acne Treatment
- Analgesia, i.e. pain relief, for both acute and chronic pain, and neuropathic pain
- Brighter, natural, fresher younger look
- Dermatitis
- Eczema
- More glowing and radiant skin
- Psoriasis
- Rosacea Treatment
- Skin texture smoothing and healing of minor textural skin changes, e.g. acne scarring
- Softens scars and blemishes

JUVEHAIR® - HAIR GROWTH REJUVENATION PROGRAM



Losing hair?
Itchy hair?
Dandruff?

Clumps of hair in the bottom of the shower?

Clumps of hair left on your pillow?

Oily scalp?

Any of these are the signs of the start of hair loss (Alopecia), as your hair follicles are not functioning properly. Even if minor, it can signify the start of more hair loss.

Alopecia is usually a multifactorial condition, attributable to a hereditary component (meaning if your parents are bald, then you have a chance of going bald also) and other contributing factors or medical conditions.

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Hair loss affects both men and women, with 1 in 4 females being affected.

Cellular Explanation of Hair Loss

1. Tension and stress causes the scalp to tighten, preventing nutrients reaching the hair follicle
2. Excessive oil from the sebaceous glands next to the hair shaft flood and drown the hair follicles, decreasing oxygen nourishing hair
3. Scalp pili muscles tighten around the hair shafts, strangulating the hair causing them to die and fall off
4. Excess of a hormone called dihydrotestosterone (DHT)

Treatment Program

JUVEHAIR® is Professor Yoland Lim Health Care's Hair Growth Rejuvenation Program. Our Australian designed and developed JUVEHAIR® is a non-invasive soothing LED Light Therapy targeting deep into scalp to increase blood circulation at the hair root for optimal growth of thicker and stronger hair without drugs, without surgery and without pain.

JUVEHAIR® Hair Growth Rejuvenation Program is enhanced with:

- Fong Yang Shi Luo Dou, a specialized form of Acupuncture Treatment by Professor Yoland Lim Health Care
- Phytomolecular (herbal medicines) including HG-Hair Growth, HSR516-

Hair Scalp Root Topical and HAIR D-Anti Dandruff

- Binaural therapy, a specialized form of Healing Meditation Music (Chanting) by Professor Yoland Lim Health Care

This aims to balance the meridians to promote hair growth via:

1. Stimulating the photoreceptors (cytochrome C oxidase in the mitochondria within the cells of the scalp and hair), increasing cell metabolism and blood flow leading to more Adenosine Diphosphate (ADP) and Adenosine Triphosphate (ATP) and a subsequent reduction in DHT. This allows hair to have more energy and stimulate the metabolic processes necessary for hair growth.
2. More blood flow in scalp, releases nitric oxide from cells and leads to increased vascularisation to the scalp distributing nutrients and oxygen to the hair roots.
3. Excessive build-up of DHT is prevented.

JUVEHAIR® balances the meridians and nourishes hair follicles in all the 3 phases of the hair life cycle:

1. Anagen (growth)
2. Telogen (resting)
3. Catagen (shedding)

Treatment can be used for any amount of hair loss, with our studies showing best results are for mild to moderate hair loss. Treatment entails sessions 2 (or 3) times/week for 2-6 months, up to 12 months.

Professor Yoland Lim Health Care's Medical Skin Treatments include JUVESKIN®, JUVESCULPT®, JUVEFACE®, JUVENAIL® and Cosmetic Acupuncture.

JUVENAIL® - NAIL CLEARING



Illy shaped fungal toe nails?

These can be unsightly and can potentially spread.

The Professor Yoland Lim Health Care JUVENAIL® treatment program is one of Professor Yoland Lim Health Care's medical skin treatments. Our Australian designed and developed JUVENAIL® program is a non-invasive soft laser treatment that can provide a rejuvenated, fresher, cleaner, unblemished nail appearance and free of unsightly infection with no downtime.

Do you have unsightly, yellow, abnormal



Fungal toe nail previously lifted nail is now improved, 8 months after JUVENAIL® treatment



Resolved onychomycosis, 6 months after initial JUVENAIL® treatment

JUVESCULPT® - SKIN TIGHTENING

When we are young, our skin is fresh, firm, tight and flawless because the supportive structural collagen and elastin under our skin is strong and firm. With age, it loses strength and elasticity, causing our skin to sag, droop, wrinkle and lose its shape.

JUVESCULPT® is one of Professor Yoland Lim Health Care's medical skin treatments. Our Australian designed and developed JUVESCULPT® is a non-invasive and non-surgical face-lift. JUVESCULPT® skin treatment can improve lines and wrinkles, slowing the facial ageing process. JUVESCULPT® helps tighten and lift the skin on the face and neck in a single treatment with hardly any downtime. The treatment specifically targets the collagen and elastin in the Superficial Muscular Aponeurotic System (SMAS) layer.



JUVESCULPT® program stimulates these cells to vibrate and creating energy thus heating the deep layers of your skin to 're-awake' and restore the structural memory by:

1. Tightening current Collagen and Elastin, and
2. Stimulating new Collagen and Elastin formation

This makes your skin look younger, fresher and more toned.

JUVESCULPT® lifts, tightens, tones, and softens wrinkles, giving you a natural, fresher look without injections and without surgery.

Treatment Program



JUVESCULPT® skin treatment is a great stand-alone treatment or used in conjunction with:

- Fong Yang Shi Luo Dou, a specialized form of Acupuncture Treatment by Professor Yoland Lim Health Care
- Phytomolecular (herbal medicine) including JUVEX Cream, JUX-Juvex Tonic, and LU-Lung and Skin
- Binaural therapy, a specialized form of Healing Meditation Music (Chanting) by Professor Yoland Lim Health Care

The effect of JUVESCULPT® skin treatment on some problem areas:

- Eyelids drooping > Lift eyebrows
- Sunken Cheeks > Lift cheeks
- Lines around the mouth > Lift smile lines and jowl
- Wrinkles > soften wrinkles in forehead around eyes and mouth
- Turkey neck > Strengthen and re-invigorate the skin. Tightens loose neck skin
- Thin crepe like skin of face and neck > Strengthen and re-invigorate the skin, and improves its natural colour - leaving skin brighter, more even, and refreshed

Changes can start to be felt immediately, with optimal results taking about 2-3 months, and with continuing improvement up to 6 months after the treatment. Results last 6-12 months, and varies between individuals.



Professor Yoland Lim Health Care Consultation Room

JUVESKIN® - SKIN CLEARING SOFT LASER TREATMENT



JUVESKIN® Treatment

As we age our skin inevitably starts to show freckles, sun spots, sun damage, black lesions, brown lesions, wrinkles, skin tags, and scars.

JUVESKIN® is one of Professor Yoland Lim Health Care's medical skin treatments. Our Australian designed and developed JUVESKIN® program is a non-invasive and non-surgical soft laser treatment to resurface the skin, natural healing, improve skin texture and skin rejuvenation without pain and with little to no downtime.

JUVESKIN® targets and shatters the abnormal unwanted pigmented cells and haemoglobin within the skin. Causing them to breakdown and be naturally metabolised by our body's normal defence immune system. This works in conjunction with the other modalities of treatment to optimize the effect of the JUVESKIN® machine.

Changes can start to show immediately with optimal results showing after 6-12 weeks, lasting up to a lifetime, giving a rejuvenated,

fresher, younger, unblemished skin appearance.

There are many skin conditions that can be treated with JUVESKIN® and it may be able to help with:

- Black or brown spots
- Diabetic or infected foot ulcers
- and lesions
- Freckles
- Fungal Nails
- Ingrown hair
- Melasma
- Pigmentation
- Raised spots
- Rosacea
- Scars
- Skin tags
- Stretch marks
- Sun damaged skin
- Sunspots
- Warts

Treatment Program

JUVESKIN® skin treatment is a great stand-alone treatment, with even more benefit when used in conjunction with:

- Fong Yang Shi Luo Dou, a specialized form of Acupuncture Treatment by Professor Yoland Lim Health Care
- Phytomolecular (herbal medicine) including JUVEX Cream, JUX Juvex Tonic and LU Lung and Skin
- Binaural therapy, a specialized form of Healing Meditation Music (Chanting) by Professor Yoland Lim Health Care



Resolution of Skin Tag post JUVESKIN® Treatment



Fresh, new skin, with wart gone after one JUVESKIN® treatment.

Conditions and Treatments

SYMPTOMS& HERBS TRADITIONALLY USED

Common conditions traditionally managed using ingredients in phytomolecular medicines.

A bdominal pain (in acute gastroenteritis or due to gastrointestinal spasm)	A4 ST CO
Acne	LU JUX Juvex Cream SOAP JUVEFACE® JUVEBRAIN®
Addictions	NSMK LIV
Air sickness	JLG
Alcohol dependence and detoxification	NSMK LIV
Allergic rhinitis (including hay fever)	HF
Allergies	HF LYM
Anaemia	LYM
Blood tonic	TC
Anxiety	NVX BRMC
Apathy	BRMC
Arteriosclerosis	SMX HT TC
Arthritis	AMX AOIL
Asthma, Sinus problems	HF LU
Astringent	TC
Attention Deficit Hyperactivity Disorder (ADHD)	NVX
B ack pain, acute	AMX MUS AOIL JUVEFACE® for pain relief
Bad breath (halitosis)	KI LYM Herbal Tea
Bed wetting	KI BRMC
Bell's palsy	KI NVX JUVEBRAIN®
Biliary colic	LIV CO
Bladder meridian	KI
Bloating (Abdominal)	CO
Blood Pressure	BP TC
Blood sugar	LYM LIV
Body odour	JUX

Boils	LU LYM
Bowel issues	CO
Brain, including GV meridian	BRMC TCNVX JUVEBRAIN®
Breathing, respiration	HF HYP4 LU
Burns	JUX Juvex Cream
Bursitis	AMX AOIL MUS
C ardiovascular risk	SMX TC
Central meridian	NVX
Chapped skins	JUX LU
Chest pain	HT TC
Chi imbalance	JUX
Chloasma	LU Juvex Cream SOAP JUVESKIN®
Cholelithiasis, chronic with acute exacerbation	LIV CO ST
Cholesterol	SMX TC
Choroidopathy, central serous	KI TC
Chronic fatigue syndrome	JUX HYP MUS
Circulation & Libido meridians	XT JUX
Cold sore	CLDS
Colds	HYP LU AOIL
Colic	CO
Colitis	CO
Colour blindness	KI TC JUVEBRAIN®
Coma	BRMC TC NVX
Constipation	CO ST
Convulsions	BRMC
Coronary heart disease risk	HT SMX BP
Coryza	HF HYP LU
Coughs	HYP LU
Crow's feet	Juvex Cream KI
Cystitis	KI HYP
D andruff	Hair D Hair Shampoo Hair Conditioner
Deafness-Kidney meridian	KI TC JUVEBRAIN®
Depression (including depressive neurosis and depression following stroke)	NVX JUVEBRAIN®

Detoxification	Herbal Tea LIV
Diabetes mellitus (non-insulin-dependent)	LIV LYM
Diarrhoea	CO HYP
Digestion conditions	CO
Diuretic	Herbal Tea KI
Dizziness	HYP
Dry hair	Hair D HG
Dry mouth	Herbal Tea LYM
Dry scalp	Hair D
Dysentery - acute bacillary	CO ST HYP
Dysmenorrhoea	JUX GYN
E ar problems	KI
Earache	HYP
Eczema	JUX LU SOAP JUVEFACE® JUVENEW®
Encephalitis	HYP LYM BRMC JUVEBRAIN®
Epidemic haemorrhagic fever	HYP LYM
Epistaxis, simple (without generalized or local disease)	TC LIV
Erythema	LU
Eye pain due to subconjunctival injection	KI TC
F acial pain (including craniomandibular disorders)	BRMC NVX JUVEBRAIN®
Facial spasm	BRMC NVX JUVEBRAIN®
Female urethral syndrome	JUX GYN
Fertility	FTLT JUX GYN
Fibromyalgia	MUS AMX TC AOIL JUVEFACE® for pain relief
Fingernails	JUX
Flatulence	CO
Fluid retention	TINSN Herbal Tea
Frozen Shoulder	MUS AMX AOIL
G all bladder meridian	LIV
Gastric disorder	CO
Glands	LYM
Gouty arthritis	AMX
Governing meridian	LYM

H air colour	JUX KI
Hair growth	HG KI
Hair growth–unwanted	JUX
Hair Loss	Hair D
Halitosis (bad breath)	KI LYM Herbal Tea
Hay fever	HF
Headaches	6C AOIL
Heart	HT
Hepatitis	LIV
Herpes zoster virus	HYP LU
Hiatus hernias	A4
Hiccups	LU
Hives	LU JUX
Hyperacidity	CO
Hyperactivity	NVX
Hyperemesis Gravidarum	JLG
Hyperlipaemia	SMX TC LIV
Hypertension (Blood Pressure)	BP HT TC SMX
Hypo-ovarianism	JUX GYN
Hypophrenia	NVX BRMC JUVEBRAIN®
Hypotension, postural	BP HT TC
I mmunity	LYM
Induction of labour	JUX GYN
Influenza	HYP
Insomnia	SLP
Intestinal Ulcers	A4
Irritable bowel syndrome	CO ST
Itchy scalp	KI Hair Shampoo Hair Conditioner
IVF Treatment without drugs	FTLT
J aundice	LIV
Jet lag	JLG
K idney meridian	KI JUX
Kidney problems	KI JUX

Knee pain	MUS AMX AOIL JUVEFACE® for pain relief
L abour pain	JUX GYN
Lactation difficulties, deficiency	JUX
Large bowel meridian	CO
Lazy bowel	CO
Leucorrhoea	GYN
Leukopenia	TC LIV
Liver meridian	LIV
Lung meridian	LU
Lymphatic problems	LYM
Lymphoedema	LYM TC
M alabsorption	CO
Malposition of fetus, correction of	FTLT JUX GYN
Melasma	LU Juvex Cream JUVESKIN®
Memory	BRMC
Meniere's disease	KI
Menopause and hot flushes	JUX GYN
Menorrhagia	JUX
Mental rejuvenation	BRMC
Migraine	6C
Morning sickness	ST NSMK
Multiple Sclerosis	MUS BRMC HYP
Muscular Disorders	MUSAOIL
N ail Strengthening	JUX KI
Natural diuretic	Herbal Tea
Nausea and vomiting	ST
Neck pain	MUS AMX AOIL JUVEFACE® for pain relief
Nerves	NVX
Nerves of stomach (butterflies)	A4
Nervous trembling	NVX
Neuralgia, post-herpetic	BRMC NVX JUVEFACE® for pain relief
Neuritis	HYP
Neurodermatitis	LU Juvex Cream SOAP

	JUVEFACE®
Neuropathic bladder in spinal cord injury	KI BRMC NVX
Night-mares	KI
O besity	SMX TC
Oily hair	Hair Shampoo Hair Conditioner
Osteoarthritis	AMX
Osteoporosis	AMX AOIL MUS
P ain in dentistry (including dental pain and temporomandibular dysfunction)	NVX MUS JUVEFACE® for pain relief
Pain in thromboangiitis obliterans (aka Buerger disease)	TC LIV JUVEFACE® for pain relief
Pancreatic problems	LYM
Paralysis, progressive bulbar and pseudobulbar	BRMC NVX JUVEBRAIN®
Periarthritis of shoulder	MUS AMX AOIL JUVEFACE® for pain relief
Pimples	LUJUVEFACE® JUVENEW®
Pituitary	TC
Pleurisy	LU
Pneumonia	LU
Polycystic ovary syndrome (PCOS)	GYN JUX
Post-extubation in children	LYM
Postoperative convalescence	JUX XT LYM
Pre-menstrual syndrome/tension	JUX GYN
Prostate gland	KI LYM
Prostatitis, chronic	KI LYM HYP
Pruritus	LU Juvex Cream SOAP JUVEFACE®
Psoriasis	LU JUX SOAP
Pulmonary heart disease, chronic	LU HT TC
R adicular and pseudo-radicular pain syndrome	MUS AMX AOIL JUVEFACE® for pain relief
Raynaud syndrome, primary	TC MUS JUVEFACE® for increased circulation
Recurrent lower urinary-tract infection	KI
Reflex sympathetic dystrophy	BRMC NVX AOIL
Reflux (GORD-Gastro Oesophageal Reflux Disease)	A4 ST
Rejuvenation	JUX

Relaxation	NVX LU
Renal colic	KI LYM HYP
Rheumatism	AOIL
Rheumatoid arthritis	AOIL
S agging skin	JUX
Scars	Juvex Cream
Schizophrenia	BRMC NVX JUVEBRAIN®
Sciatica	AMX AOIL
Secretions	JUX
Senility	BRMC TC
Sense (loss of smell)	JUX
Sexual dysfunction – Female	GYN JUX
Sexual dysfunction – Male	XT
Shingles (HZV)	HYP
Sialism, drug-induced	LYM KI
Sjögren syndrome	TC MUS
Skin issues	LU Juvex Cream
Sleeplessness	SLP
Small intestine meridian	A4
Smoking	NSMK
Sore throat (including tonsillitis)	LU
Spasm of colon	CO
Spleen meridian	LYM
Sporting injuries	AOIL AMX
Sprains	AOIL AMX
Stomach meridians	CO ST A4
Sterility	JUX
Stiff neck	MUS AMX AOIL JUVEFACE® for pain relief
Stomach meridian	ST
Stress	NVX
Stretch marks	Juvex Cream
Stroke rehabilitation	BRMC TC JUVEBRAIN®
Swelling of muscles and joints	AOIL

T emporomandibular joint dysfunction	MUS AMX NVX JUVEBRAIN®
Tennis elbow	AMX AOIL
Tension	NVX
Thyroid problems	TRD
Tietze syndrome	AMX HYP AOIL
Tinnitus	KI
Tobacco dependence	NSMK
Tonifier	JUX
Tonsillitis	LYM HYP
Tourette syndrome	BRMC NVX JUVEBRAIN®
Toxaemia	LIV HYP
Trembling	NVX
Tumours	HYP
U lcerative colitis, chronic	CO
Ulcers (including Mouth and Gastrointestinal)	HYP ST
Urinary Tract Infection (UTI)	KI LYM Herbal Tea
Urolithiasis	KI LYM Herbal Tea
V aricose veins	VV
Vascular dementia	BRMC TC JUVEBRAIN®
Vertigo	NVX KI BRMC
Vitality	JUX
W arts (HPV)	LYMJUVESKIN® WTS
Weight control	SMX TC
Wellbeing	KNC HF

HERBAL MEDICINES INGREDIENTS & PUBLISHED USES OF INGREDIENTS

6C	<u>INGREDIENTS INCLUDE:</u> Cortex Moutan Dioscorea Batatas Root Lycium Chinese Seed Paliurus Spina-Christi Seed RehmanniaGlutinosa Root	<u>PUBLISHED USES OF INGREDIENTS INCLUDE:</u> Dizziness ⁶ Headaches ⁷ Migraines ⁸
A4	<u>INGREDIENTS INCLUDE:</u> Aloe Peryl Leaf Astragalus Membranaceus Root Eugenia Caryophilata Poria Cocos Fruit Body Tribuli – Paliurus Spina-Christi Seed	<u>PUBLISHED USES OF INGREDIENTS INCLUDE:</u> Abdominal discomfort ⁹ Gastritis ¹⁰ Hiatus hernia ¹¹ Intestinal ulcers ¹² Nerves of stomach (butterflies) ¹³ Oesophagitis ¹⁴ Reflux (GORD-Gastro Oesophageal Reflux Disease) ¹⁵ Small intestine meridian
AMX	<u>INGREDIENTS INCLUDE:</u> BambusaBreviflora Root Lycopodium Clavatum Fruit Panax Ginseng Root Salvia Miltiorrhiza Root	<u>PUBLISHED USES OF INGREDIENTS INCLUDE:</u> Arthritis use with AOIL Bursitis use with AOIL&MUS Gouty arthritis Muscular aches and pains ¹⁶ Osteoarthritis Sciatica use with AOIL ¹⁷ Soft tissue injuries ¹⁸ Sporting injuries & sprains use with AOIL Tennis elbow use with AOIL Whiplash
AOIL TOPICAL	<u>INGREDIENTS INCLUDE:</u> AlismaPlantago Aquatica Root Bambusa Root Eugenia Caryophilata Menthol BP Methyl Salicylate BP	<u>PUBLISHED USES OF INGREDIENTS INCLUDE:</u> Arthritis use with AMX ¹⁹ Bursitis use with AMX&MUS Chronic Pain Syndrome Colds use with HYP&LU Diabetic Pain ²⁰ Headaches and migraines use with 6C ²¹ Herpes Zoster Muscular aches and pains ²² use with AMX Period pain ²³ Post Fracture and Post-Surgical Recovery Rheumatism Sciatica use with AMX Sinuses use with HF&LU Soft tissue, sporting injuries and sprains use with AMX; Swelling of muscles and joints ²⁴ Tennis elbow and other neuromuscular conditions use with AMX ²⁵

<p style="text-align: center; color: red; font-weight: bold;">BP</p>	<p><u>INGREDIENTS INCLUDE:</u> EucommiaUlmoides Bark MillefiaReticulata Stem MomordicaCharantia PanaxNotoginseng Poria Cocos Fruit Body RehmanniaGlutinosa Root</p>	<p><u>PUBLISHED USES OF INGREDIENTS INCLUDE:</u> Fatigue²⁶ High blood pressure²⁷ Hypertension²⁸ use with HT&TC Light-headedness associated with changes to blood pressure²⁹ Low blood pressure³⁰</p>
<p style="text-align: center; color: red; font-weight: bold;">BRMC</p>	<p><u>INGREDIENTS INCLUDE:</u> Ambrosia Brahmi Noto Ginseng Panax Ginseng</p>	<p><u>PUBLISHED USES OF INGREDIENTS INCLUDE:</u> Alzheimer’s and Dementia use³¹ with TC Anti-convulsant; Anti-inflammatory³² Anxiety use with NVX³³ Apathy Balance vitality³⁴ Bed wetting use with KI Bell’s Palsy; Brain use with TC Cerebro Vascular Accidents (CVA) or strokes³⁵ Cognitive impairment; Convulsions in infants Epilepsy; Improved memory³⁶, concentration and learning ability³⁷ Mental rejuvenation; Motor neuron disease³⁸ Multiple Sclerosis use with HYP&MUS Nervous breakdown;Parkinson’s Senility use with TC Tinnitus (ringing in ears) Vertigo use with NVX&KI</p>
<p style="text-align: center; color: red; font-weight: bold;">CLDS TOPICAL</p>	<p><u>INGREDIENTS INCLUDE:</u> Camphor CodycepsSinensis Iodine MomordicaCharantia</p>	<p><u>PUBLISHED USES OF INGREDIENTS INCLUDE:</u> Chronic infections of lips and mouth³⁹ Cold Sore Virus⁴⁰ Oral tingling and discomfort⁴¹</p>
<p style="text-align: center; color: red; font-weight: bold;">CO</p>	<p><u>INGREDIENTS INCLUDE:</u> Aloe CampanumaeaLanceol ata CodycepsSinensis</p>	<p><u>PUBLISHED USES OF INGREDIENTS INCLUDE:</u> Bloating (Abdominal)⁴² Bowel issues⁴³ Colic;Colitis;Constipation; Crohn’s Disease⁴⁴ Diarrhoea use with HYP Digestion conditions⁴⁵; Dyspepsia Flatulence;Gastric disorder Hyperacidity⁴⁶ Irritable Bowel Syndrome Large bowel meridian;Lazy bowel Malabsorption Spasm of colon⁴⁷ Ulcerative Colitis⁴⁸</p>

<p style="text-align: center;">FTLT</p>	<p><u>INGREDIENTS INCLUDE:</u> Angelica Sinensis Garcinia Mangostana Lycium Chinense Lycopodium Schizandra</p>	<p><u>PUBLISHED USES OF INGREDIENTS INCLUDE:</u> <i>Enhanced effect when use with JUX & GYN</i> Assisting in optimizing fertility and becoming pregnant⁴⁹ Enhances chances of pregnancy⁵⁰</p>
<p style="text-align: center;">GINSENG</p>	<p><u>INGREDIENTS INCLUDE:</u> Panax Ginseng Root Polygonatum Multiflorum Root</p>	<p><u>PUBLISHED USES OF INGREDIENTS INCLUDE:</u> Energy⁵¹ Improve cognitive function^{52,53} Improve lethargy⁵⁴ Strength, enhanced effect when use with MUS Virility⁵⁵</p>
<p style="text-align: center;">GYN</p>	<p><u>INGREDIENTS INCLUDE:</u> Angelica Sinensis Polygonum Multiflorum Root</p>	<p><u>PUBLISHED USES OF INGREDIENTS INCLUDE:</u> <i>Enhanced effect when use with JUX</i> Dysmenorrhea Fertility use with JUX & FTLT Leucorrhoea; Mastitis Menopause and hot flushes⁵⁶ Menorrhagia⁵⁷ Polycystic Ovary Syndrome (PCOS) Pregnancy use with JUX & FTLT Pre-menstrual issues⁵⁸ Sexual dysfunction - female⁵⁹</p>
<p style="text-align: center;">HAIR CONDITIONER</p>	<p><u>INGREDIENTS INCLUDE:</u> Hydrolysed protein in Hair Conditioner Base Natural pH balance</p>	<p><u>PUBLISHED USES OF INGREDIENTS INCLUDE:</u> <i>Enhanced effect when used in conjunction with Hair Shampoo</i> All hair types Dandruff use with Hair D Dry hair/scalp use with HG Helps accentuate hair growth use with HG Helps restore shine, body, vitality and pH balance to hair Itchy scalp; Oily hair</p>
<p style="text-align: center;">HAIR D</p>	<p><u>INGREDIENTS INCLUDE:</u> Extracts of Ramulus Cinnamon Cassia in a herbal base</p>	<p><u>PUBLISHED USES OF INGREDIENTS INCLUDE:</u> Dandruff use with Hair Shampoo and Hair Conditioner Dry hair/scalp use with HG Hair follicle development use with HG & HSR516 Hair growth enhancement use with HG & HSR516 Hair Loss use with HG & HSR516 Itchy scalp use with Hair Shampoo and Hair Conditioner</p>

<p style="text-align: center;">HAIR SHAMPOO</p>	<p><u>INGREDIENTS INCLUDE:</u> Hydrolysed protein in Imperial Ginseng Base Natural pH balance</p>	<p><u>PUBLISHED USES OF INGREDIENTS INCLUDE:</u> <i>Enhanced effect when use with Hair Conditioner</i> All hair types Dandruff use with Hair D Dry hair/scalp use with HG Helps accentuate hair growth use with HG Helps restore shine, body, vitality and pH balance to hair Itchy scalp Oily hair</p>
<p style="text-align: center;">HF</p>	<p><u>INGREDIENTS INCLUDE:</u> Ambrosia Psilostachya Herb Lycium Chinese Fruit</p>	<p><u>PUBLISHED USES OF INGREDIENTS INCLUDE:</u> <i>Enhanced effect when use with LU</i> Allergies use with LYM Asthma, bronchitis and breathing difficulty⁶⁰ use with LU Coryza use with HYP&LU Hay fever⁶¹ Irritated and red eyes Sinus problems use with LU</p>
<p style="text-align: center;">HG</p>	<p><u>INGREDIENTS INCLUDE:</u> ConioselinumUnivittatum Root LigusticumSinense PericarpiumGranati (Lycopodium Clavatum Herb) Polygonum MultiflorumRoot Poria Cocos Fruit RehmanniaGlutinosa Root</p>	<p><u>PUBLISHED USES OF INGREDIENTS INCLUDE:</u> Assists hair growth by correcting Chi balance Hair growth enhanced when used with Hair D&HSR Prevent hair thinning</p>
<p style="text-align: center;">HERBAL MIX I</p>	<p><u>INGREDIENTS INCLUDE:</u> Juniper Berries Medicago Sativa Nettle Leaves Passion Flowers Raspberry Leaves Salvia Officinalis Taraxacum Officinalis UvaUrsi</p>	<p><u>PUBLISHED USES OF INGREDIENTS INCLUDE:</u> Blood Cleansing⁶² Cleansing the body⁶³ Detoxification⁶⁴ Detoxify liver damage⁶⁵</p>
<p style="text-align: center;">HERBAL MIX II</p>	<p><u>INGREDIENTS INCLUDE:</u> Calendula Chamomile Echinacea Purpurea Alfalfa Lemon balm Lemongrass Marshmallow leaves Peppermint Yarrow</p>	<p>Lowers cholesterol and triglycerides and helps in weight control⁶⁶ Natural diuretic⁶⁷ Naturalized liver function⁶⁸ Prevents body damage by free radicals</p>

<p style="text-align: center;">HSR TOPICAL</p>	<p><u>INGREDIENTS INCLUDE:</u> Azadirachta Indica Prunus Dulcis</p>	<p><u>PUBLISHED USES OF INGREDIENTS INCLUDE:</u> Nourish Hair, Scalp and Root⁶⁹ <i>Effect enhanced with HG&Hair D</i> <i>Works in conjunction with JUVEHAIR® treatment</i></p>
<p style="text-align: center;">HT</p>	<p><u>INGREDIENTS INCLUDE:</u> CarthamiTinctoriiFlos PanaxNotoginseng Root RhamnusPurshianus Bark SterculiaBaicalensis</p>	<p><u>PUBLISHED USES OF INGREDIENTS INCLUDE:</u> Arrhythmias (e.g. Atrial Fibrillation) Cardiac sedative⁷⁰ Cardiac tonifier⁷¹ Chest pain Heart Hypertension use with BP&TC⁷² Post Myocardial Infarction (MI)⁷³ Supraventricular Tachycardia (SVT's)</p>
<p style="text-align: center;">HYP4</p>	<p><u>INGREDIENTS INCLUDE:</u> Astragalus Camellia Sinensis Leaf Codyceptsinensis Membranaceus Root MomordicaCharantia Panax Ginseng Root Poria Cocos Fruit Body</p>	<p><u>PUBLISHED USES OF INGREDIENTS INCLUDE:</u> Chronic fatigue syndrome⁷⁴ Common cold use with LU&AOIL Coughs use with LU Diabetes⁷⁵;Earaches;Fever Inflammation use with LU⁷⁶ Neuritis conditions: twitching, herpes, cold sores Pneumonia and lung infections (effect enhanced with LU)⁷⁷ Reduces cough and sputum Shingles (HZV);Tumours Ulcers use with ST⁷⁸ Viruses⁷⁹</p>
<p style="text-align: center;">JLG</p>	<p><u>INGREDIENTS INCLUDE:</u> DioscoreaBatatas Epidedium Forsythia Suspensa Lycium Chinese Panax Ginseng</p>	<p><u>PUBLISHED USES OF INGREDIENTS INCLUDE:</u> Fever;Flu⁸⁰ Great for frequent travellers, cabin crew and pilots Hyperemesis Gravidarum (vomiting in pregnancy) Jet lag Nausea and tiredness associated with travel⁸¹ Vomiting secondary to infected or undercooked food⁸²</p>
<p>JUVEX CREAM Original</p> <p>JUVEX CREAM Smooth</p>	<p><u>INGREDIENTS INCLUDE:</u> JUX extracts Natural Pearl Cream Extract</p>	<p><u>PUBLISHED USES OF INGREDIENTS INCLUDE:</u> Acne;Acne Scarring Blemishes and lesions Crow's feet use with KI General herbal healing cream Skin care Rejuvenated skin appearance Scars;Skin burns Soften wrinkles; Stretch marks⁸³</p>

<p style="text-align: center; color: red; font-weight: bold;">JUX</p>	<p><u>INGREDIENTS INCLUDE:</u> AngelicaeSinensis – Millettia FructusTribulis LigusticumSinense Root Bark PanaxNotoginseng Root Dry Reticulata Stem Dry</p>	<p><u>PUBLISHED USES OF INGREDIENTS INCLUDE:</u> Burns use with Juvex Cream Chapped hands; Chi imbalance Chronic fatigue syndrome use with HYP&MUS Eczema use with SOAP&LU Eliminates body odour, bad breath and 'internal' itch Enhances ones feeling of sexual well-being and feeling⁸⁴ Enhances sexual intercourse making it more enjoyable and pleasurable for both sexes and maintains the vaginal texture and pliability. Increases lubrication, keeping organs moist and receptive. Reduces excessive liquid substance in the vagina and gives firmness to intensify mutual excitement during intercourse Fertility use with FTLT&GYN Fingernails; Firm body and breasts Heals internal wounds; Improves circulation and may help varicose veins⁸⁵ Increases fertility Increases intensity of stimulation helping them to reach the orgasmic phase on a high note easily and more intensely Lactation Menopausal symptoms: hot flushes and dryness use with GYN Menorrhagia; Nail strengthening Polycystic Ovaries & Syndrome use with GYN Premenstrual syndrome use with GYN Preserves hair colour Reduces risk of Pre-Menstrual disorders Reduces sexual dysfunction Regulates urination process Rejuvenated skin cells; Sagging; Secretions Sense - loss of smell; Sterility; Tonifier Unwanted hair growth; Vitality</p>
<p style="text-align: center; color: red; font-weight: bold;">KI</p>	<p><u>INGREDIENTS INCLUDE:</u> RehmaniaChinensis Salvia Miltiorizh SchizandraChinensis</p>	<p><u>PUBLISHED USES OF INGREDIENTS INCLUDE:</u> Bed wetting use with BRMC Bladder meridian⁸⁶ Cystitis - inner ear problems use with HYP Hair, teeth and nail conditions Kidney conditions; Kidney drainage⁸⁷ Meniere's disease; Nightmares Nourish teeth Prostate gland use with LYM⁸⁸ Strengthen and nourish hair Strengthen nails; Tinnitus Urinary tract infection use with LYM⁸⁹</p>

<p>KNC</p>	<p><u>INGREDIENTS INCLUDE:</u> Brahmi Ginseng Granati Papaya Pericardium RehmanniaGlutinosa Root Dry</p>	<p><u>PUBLISHED USES OF INGREDIENTS INCLUDE:</u> Pain and swelling which may be associated with oncology conditions⁹⁰. Immune and nervous system effects⁹¹. Reducing toxicity and side effects, improving biological effects, changing properties or functions, preserving the active ingredients and correcting an unpleasant taste⁹².</p>
<p>LIV</p>	<p><u>INGREDIENTS INCLUDE:</u> DioscoreaBatatas PanaxNotoginseng SchizandraChinensis</p>	<p><u>PUBLISHED USES OF INGREDIENTS INCLUDE:</u> Alcoholic Liver Conditions;Bile disorder⁹³ Diabetes use with LYM⁹⁴ Disease associated with liver and gall bladder⁹⁵ Fatty Liver⁹⁶;Gall bladder meridian⁹⁷ Hepatitis;Hepato-biliary insufficiency Jaundice; Liver Cirrhosis;Liver Meridian⁹⁸ Toxaemia</p>
<p>LU</p>	<p><u>INGREDIENTS INCLUDE:</u> Dolichos Lablab Seed Monardica PolygonatumMultiflorum Stem SchizandraChinensis</p>	<p><u>PUBLISHED USES OF INGREDIENTS INCLUDE:</u> Bad breath (halitosis) use with JUX&HYP; Boils use with LYM;; Halitosis use with JUX&HYP; Hiccups;Hives use with JUX Lung meridian⁹⁹;Pimples;Pleurisy Pneumonia and lung infections (use with HYP; Pulmonary Embolus rehabilitation Pulmonary Oedema; Respiratory Infection¹⁰⁰ use with HYP; Skin problems, e.g. acne dermatitis, psoriasis, eczema, impetigo, erythema, itch, shinglesuse with JUX, SOAP and Juvex Cream; Sore throat</p>
<p>LYM</p>	<p><u>INGREDIENTS INCLUDE:</u> EucommiaUlmoides Jaborandi Forlium Lycopodium Clavatum Root Polygonum Bistorta Root Poria Cocos Fruit Body Viola Pinnata Root</p>	<p><u>PUBLISHED USES OF INGREDIENTS INCLUDE:</u> Blood sugar use with LIV¹⁰¹ Immune system optimization Ganglion drainage;Glands Governing meridian Lymphadenopathy;Lymphatic problems Pancreatic problem Spleen meridian Tonsillitis use with HYP Warts (HPV)</p>
<p>MUS</p>	<p><u>INGREDIENTS INCLUDE:</u> AdenophoraVerticillata Root PaeoniaSuffruticosa Rhizome Panax Ginseng Root PolygonatumMultiflorum Root RhusSemialata Root</p>	<p><u>PUBLISHED USES OF INGREDIENTS INCLUDE:</u> Enhance muscular output¹⁰² Enhance muscular strength Enhances recovery from Delayed Onset Muscle Soreness (DOMS) Multiple Sclerosis use with HYP& BRMC Muscular aches and pains¹⁰³ Muscular cramps; Muscular disorder Optimization of blood supply¹⁰⁴</p>

NSMK	<u>INGREDIENTS INCLUDE:</u> Poria Cocos Fruiting Body Salvia Miltiorrhiza Root	<u>PUBLISHED USES OF INGREDIENTS INCLUDE:</u> Addictions ¹⁰⁵ Helps reduce cravings for unnatural drugs ¹⁰⁶ Helps to give up smoking and the cravings of cigarettes
NVX	<u>INGREDIENTS INCLUDE:</u> Astragalus Root Poria Cocos Fruit Rehmanniae Salvia Miltiorrhiza Root Tribuli	<u>PUBLISHED USES OF INGREDIENTS INCLUDE:</u> ADHD Attention Deficit Hyperactivity Disorder ¹⁰⁷ Anger use with LU Anxiety use with BRMC ¹⁰⁸ Central meridian;Depression;Hyperactivity Nerves;Nervous trembling ¹⁰⁹ Reducetension ¹¹⁰ Relaxation;Stress;Tension ¹¹¹ Trembling;Vertigo ¹¹²
SLP	<u>INGREDIENTS INCLUDE:</u> EucommiaUlmoides Bark Forsythia Suspensa Fruit PericarpiumGranati SchizandraSinensis	<u>PUBLISHED USES OF INGREDIENTS INCLUDE:</u> Gradually replaces sedatives and prescription sleeping pills Insomnia ¹¹³ Obstructive Sleep Apnoea Sleeping issues ¹¹⁴ Sleeplessness ¹¹⁵ Tiredness ¹¹⁶
SMX	<u>INGREDIENTS INCLUDE:</u> CampanumaeLanceolata Root Dry LigusticumSinense Root Dry LiliuBrownii Bulb Dry NepheliumLongana Fruit Dry; PanaxNotoginseng PolygonatumMultiflorum Root Dry	<u>PUBLISHED USES OF INGREDIENTS INCLUDE:</u> Arteriosclerosis use with TC Cholesterol use with TC ¹¹⁷ Helps reduce desire to overeat Reduce cravings for sweet and junk food ¹¹⁸ Reduces taste for sugar and sweets The renown SLIMAX weight loss product now in concentrated droplet form Weight control ¹¹⁹
SOAP	<u>INGREDIENTS INCLUDE:</u> Herbal extracts in JUX base	<u>PUBLISHED USES OF INGREDIENTS INCLUDE:</u> Dermatological conditions - Skin problems i.e. psoriasis, eczema, dermatitis, etc. Itchy skin; Irritated skin; Sunburn
SPMED	<u>INGREDIENTS INCLUDE:</u> Mixture of AMX, JUX, XT	<u>PUBLISHED USES OF INGREDIENTS INCLUDE:</u> General tonic
SPMIX	<u>INGREDIENTS INCLUDE:</u> Combination of ingredients specific for your conditions	<u>PUBLISHED USES OF INGREDIENTS INCLUDE:</u> Specifically compounded medication designed on an individual basis Your individual conditions will be tailored for in a special combination, mixed specifically for you

ST	<u>INGREDIENTS INCLUDE:</u> Cornus Officinalis Fruit Flesh Cortex Moutan DioscoreaBatatas Rhizome Forsythia Suspensa Fruit Paliurus Spina-Christi Seed RehmanniaGlutinosa Root	<u>PUBLISHED USES OF INGREDIENTS INCLUDE:</u> Abdominal discomfort Gastritis ¹²⁰ Gastro Oesophageal Reflux Disease (GORD) ¹²¹ Nausea (including morning sickness, air, sea or motion sickness) Oesophagitis Reflux Stomach meridian ¹²²
TC	<u>INGREDIENTS INCLUDE:</u> MillettiaReticulata Stem PanaxNotoginseng Root	<u>PUBLISHED USES OF INGREDIENTS INCLUDE:</u> Anti-coagulant ¹²³ Astringent Balances meridians involved in Cholesterol metabolism and control Circulation ¹²⁴ use with JUX Cold hands and feet Enhancement and optimization of blood supply and recovery of muscles, works optimally with MUS Heart and Circulation ¹²⁵ Hypertension use with BP&HT Pituitary
TINSIN	<u>INGREDIENTS INCLUDE:</u> JuniperusCommunis Fruit Polygonum Bistorta Root SchizandraChinensis	<u>PUBLISHED USES OF INGREDIENTS INCLUDE:</u> Bed wetting Fluid retention Lymphoedema Pulmonary oedema ¹²⁶ Swelling ¹²⁷
TRD	<u>INGREDIENTS INCLUDE:</u> CodycepsSinensis Root DioscoreaBatatas Root Lycopodium Clavatum Root LycopsusLucidus Root	<u>PUBLISHED USES OF INGREDIENTS INCLUDE:</u> Thyroid problems (under of over active) – i.e. hypothyroidism or hyperthyroidism ¹²⁸
VV	<u>INGREDIENTS INCLUDE:</u> Angelica Sinensis Carthami ConioselumUnivittatum Root EucommiaUlmoides Bark LigusticumSinense Root &Rhiz Pulsatilla Vulgaris Root	<u>PUBLISHED USES OF INGREDIENTS INCLUDE:</u> Discoloured superficial veins ¹²⁹ Helps bring balance back to circulation ¹³⁰ Varicose Veins ¹³¹
WTS TOPICAL	<u>INGREDIENTS INCLUDE:</u> Aloe Barbadosis Garcinia Mangostana Terminalia Chebula	<u>PUBLISHED USES OF INGREDIENTS INCLUDE:</u> Fungal Nails - Onychomycosis ¹³² Herpes Simplex Virus ¹³³ Human Papilloma Virus ¹³⁴ Warts ¹³⁵
XT	<u>INGREDIENTS INCLUDE:</u> AlismaPlantagoAquaticaRoot	<u>PUBLISHED USES OF INGREDIENTS INCLUDE:</u> Circulation and Libido meridians use with

	<p>Cornus Officinalis Seed Dioscorea Batatas Root Forstyhnia Damiania Fructus Tribulis Ginseng Rehmannia Glutinosa Root</p>	<p>JUX¹³⁶ Eliminates body odour, bad breath and 'internal' itch Enhances ones feeling of sexual well-being and feeling¹³⁷ Enhances sexual function - greater strength and stamina¹³⁸ Facilitates prolonging sexual contact and firmness in men, to stimulate and intensify mutual excitement¹³⁹ Fortifies and firms body Fortifies male glands strength Heals internal wounds Improves circulation and may help varicose veins Increases ejaculatory strength giving a more complete satisfactory feeling and orgasm¹⁴⁰ Increases libido Preserves hair colour Prevents cutaneous skin sagging Reduces sexual dysfunction¹⁴¹ Regulates urination process Restoration and rejuvenation of vital organs, cleansing</p>
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Specific Products in Detail

AOIL Arthrirub Oil

AOIL *Arthrirub Oil* is based on an ancient formula used by Professor Yoland Lim's family in China and Singapore for countless years. Previously in his laboratories in Melbourne, he has combined the modern technology of the west with the medical and herbal lore of the East to produce a topical oil rub. Ingredients in this have been used for arthritis, sporting injuries, rheumatism, lumbago (lower back pain), headaches, repetitive strain injuries, asthma, hay fever and UTRI's (Upper Respiratory Tract Infections) and LRTI's (Lower Respiratory Tract Infections).

For the **management** of aches and pains gently rub AOIL *Arthrirub Oil* on the painful area at least 4 times a day, or as often as required. For muscular and bony conditions rub on the affected area; for headaches on both temples; and for hay fever and colds - on the tip of the nose and chest.

How to Use

- Rub a couple of drops onto affected area at least 4 times a day.
- Wash your hands thoroughly after use.

You may feel a tingling sensation which is quite normal indicating that it is working.

Caution: Do not use on eyes.

How long may it take before you feel it?

Depends on how significant your condition is. For chronic pain, even after all the pain is gone, we advise ongoing maintenance use of AOIL *Arthrirub Oil* which may reduce the risk of the pain returning.

AOIL *Arthrirub Oil* can be used with the Professor Yoland Lim Health Care's Acuball, a self-use physical massager increasing local blood flow to the problem area, hence improving the nutrients getting there while helping with blood flow coming from there and hence metabolites leaving that area.

During Professor Yoland Lim's childhood the general way of life for most people was simple but the physical work was very hard. Workers' bodies were subjected to a lot of strain – particularly their hands and feet, however during that era they did not complain of much arthritis.

Before, during and after their work they used to rub their hands, arms, legs and knees with a preparation of special herbs collected from the jungle which prevented such injuries from occurring, composing of about 100 herbs. Similar principles are used in the preparation of AOIL *Arthrirub Oil*. One of the main ingredients is a herb known as Kau Tsao (*Glycyrrhiza*)¹⁴² which is greatly prized in Eastern medicine for its healing properties and forms the basis of many Asian formulations. Found in Northern China and Mongolia, it has a long wrinkled root which is red on the surface with a yellow fibrous interior, with a sticky consistency and a sweet taste.

AlismaPlantaga (Yu Sun)¹⁴³, which Japanese call *ShuiTse Hsieh*, is the another ingredient in this phytomolecular (herbal) preparation. It is a water plant and is found in Northern China. All parts are used and it must be harvested at a certain time of the year. A careful and exact preparation is necessary to ensure that full potency is retained.

Fast forward to our modern society with busy and demanding jobs, especially any with repetitive movements, it makes our society highly susceptible to Repetitive Strain Injuries.

East meets West in AOIL *Arthrirub Oil*.

FOR EXTERNAL TOPICAL APPLICATION ONLY

BRMC-Brain Tonic

BRMC by Professor Yoland Lim Health Care is a phytomolecular (herbal medicine) with the active ingredient of 'Brahmi'. This is a medicine traditionally used by sub continental people and is regarded as the reason why they are able to have

such brilliant memory. Medical studies reinforce this as they have shown an antioxidant effect and cellular protective effects¹⁴⁴. It has

Composition: Ambrosia, Brahmi herbs, Ginseng, Nato-Ginseng.

KIDNEY FUNCTION

In Eastern medicine it is theorized that the 'kidney' is the most important 'organ' in your body (perhaps this is why we are born with two). This does not necessarily mean an issue with the kidney and renal function perse, but rather the kidney energy (chi) which is in the kidney meridian.

If your 'kidneys' are functioning properly, then the rest of the body will function properly. Your kidneys draw on your body's core energy to function properly. If this energy is depleted in some way through stress, chronic fatigue or immune deficiency your normal kidney

function can be disrupted which in turn disrupts your biological clock and sets up a detrimental chain reaction of potential harm to your bodily functions. Similarly, your kidney may be affected through eating the wrong food and alcohol abuse (besides your liver).

What are some of the effects?

Disruption to your energy flow and kidney function is believed to result in stress, chronic fatigue, premature aging of skin, circulation problems, stomach disorders, hormonal imbalance and pre-menstrual problems.



WEIGHT CONTROL

Slimax weight control Program

Obesity may be defined as an increase in body weight beyond the limits of skeletal and physical requirements as a result of excessive accumulation of unwanted fat in the body. It is an extremely widespread and serious disease of modern civilisation.

Eighty percent of people in many western countries are classified as being overweight. We can all see that this is not the case in most Asian countries, where a very different diet and lifestyle is common (unless residents switch to Western style food).

Professor Yoland Lim Health SMX-SLIMAX acts on the theory that obesity results from the accumulation of only one particular type of fat - Type 3 fat - and this is the fat that is particularly difficult to get rid of unlike normal fat.

All people have Type 1 or structural fat, which is extremely important to

the body. Amongst other functions it supports organs and protects arteries. We also have to have Type 2 fat which is an all-over covering that insulates the body, and produces energy and other body fuels. The overweight person has a third type of fat, which is abnormal and harmful.

Simeon, the Clinician who first introduced HCG injections for weight loss has named this fat 'locked-in fat'. In banking terms, this fat is like a fixed deposit accumulated through the years. It is locked away and not available for use. It is not kept in a current account. This fixed deposit, which settles on parts of the body such as the hips, is the unbudgeable fat that defeats the overweight person who tries to diet. This is Type 3 fat.

Professor Yoland Lim's book on weight control entitled The Oriental Art of Keeping Slim covers in detail the causes and effect of obesity and his program of weight loss treatment - "No drugs, no side effects".

Medical Research



Professor Yoland Lim from the 1970's to 2016

Studies on the Use Of "SLIMAX", A Chinese Herbal Mixture, In the Treatment of Human Obesity.

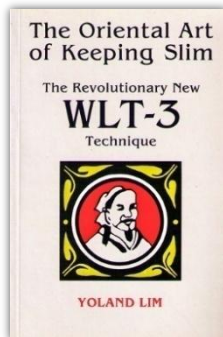
Authors: Vera Ignjatovic, Esra Ogru, Mark Heffernan, Roksan Libinaki, Professor Yoland Lim and Professor Frank Ng.

Published online: 10 Jan 2011, download citation: [http://dx.doi.org/10.1076/1388-0209\(200001\)3811-BFT030](http://dx.doi.org/10.1076/1388-0209(200001)3811-BFT030)

A phytochemical preparation known as "SLIMAX" (Professor Yoland Lim Health Care) was administered orally to human volunteers for a six-week period, using a double-blind experimental method. This preparation is an aqueous extract of the Chinese medicinal plants *Hordeum vulgare*, *Polygonatum multiflorum*, *Dimocarpus longan*, *Ligusticum sinense*, *Lilium brownii* and *Zingiber officinale*.

Treatment with SMX-SLIMAX resulted in a significant decrease in parameters such as body weight, waist and hip circumference, and Body Mass Index (BMI), in all subjects tested. The basis of action was shown to be through modification of lipid metabolism, with significant effects on both the accumulation and the release of lipid from adipose tissue. The experimental results indicate a great potential for the use of this herbal preparation in treatment of human obesity.

In summary, these medical studies by Monash University Medical and Nutritional Department's Professor Frank Ng showed its benefits by reducing the size and number of adipose (fat) cells, helping to regulate the amount of food eaten, and to assist in the reduction in cholesterol.



SMX SLIMAX Weight Loss Drops

SMX-SLIMAX drops contain a specially formulated combination of phytomolecular (herbal medicine) developed by Professor Yoland Lim from nature that have been used in Chinese Medicine for over 1000 years.

SMX-SLIMAX drops works on 'Type 3 fat' e.g. hips, thighs, abdomen, upper arms, buttocks.

Directions: 15 drops in a cup of HMIX tea to be taken 3 times daily, 30 minutes before meals.

In addition, we suggest the following procedure

- **Always eat slowly.** Always eat breakfast and include plenty of HMIX tea. If you don't do this your metabolism maybe very slow to start. Breakfast acts as a trigger to kick-start your metabolism, hence the name 'breaking the fast'.
- Eat fresh vegetables, fruit, and fish, and some lean meat or chicken.
- **Do not skip meals.** But if you have to delay a meal, drink plenty of HMIX tea.
- Reduce intake of all refined carbohydrates products, such as

white flour, white sugar, and processed sugars in sweets, chocolates and lollies.

- **Avoid** processed, tinned foods and pre-packaged foods. Reduce salt intake, and do not put extra salt or Mono-Sodium Glutamate (MSG) in your cooking.
- Decrease consumption of alcohol and cease, or at least cut down on cigarettes.
- Get in to a regular bowel habit routine. This is reinforced by regular exercise; otherwise toxic material may be absorbed back into your body.

Further reading

The Oriental Art of Keeping Slim - By Professor Yoland Lim.

The weight loss technique unfolds in three parts:

1. Behaviour modification
2. Changes in eating and cooking habits – including changing recipes.
3. Do it yourself electronic acupuncture points with the Electronic Acupuncture machine by Professor Yoland Lim Health Care for weight loss.

Elite Sport Athletes Performance

"No Drugs, No Side Effects"

Professor Yoland Lim Health Care's combination of natural medicines allows athletes and teams to optimize their natural abilities to maximize their stamina, strength, power and mindfulness.

Our medicines act on multiple levels, MUS-Muscle Tonic is our muscle enhancement medicine which acts on meridians to strengthen,

hypertrophize and tone muscles. This works in conjunction with TC-Circulation - to maximise the meridian energy for blood flow, to oxygenate the muscle and organs. It enhances removal of lactic acid and may help to reduce cramps. The BRMC-Brain Tonic acts on brain wave functioning to optimize decision making both during training and on match day or races.



Professor Yoland Lim works on St. Kilda wingman Colin Carter for a groin injury.



Telehealth and Online Consultations

Travelling away for work, or holidays,
or based overseas or interstate?
Unable to attend here in person?

Online E-Consultations are done via
Skype, Facetime, WhatsApp, WeChat,
or telephone. We then demonstrate
how and which specific points

individual to you and your conditions
at that point in time to use the
Professor Yoland Lim EAP Electronic
Acupuncture Machine on, followed
by an individual diagram of the
locations of these points. Follow up
review is subsequently arranged to
assess progress.

Patient Education

DIET GUIDELINES

Diet guidelines are tailored for each patient. Any dietary advice with conditions is only a general overview, from an ancient eastern dietary view point.

Please discuss with your medical practitioner.



Colitis, Post Dysenteric States and Irritable Colon

Aim for very smooth, non-irritating and nutritious diet containing foods which reduce the amount of faecal residue and not cause excessive fermentation. All tough and fibrous foods should be excluded. Highly flavoured condiments which act as irritants should also be avoided.

Foods Allowed - The 5 element Diet

This is based on the 5 element colours. You must have 5 different colours of food on your plate at the start of your meal. Professor Yoland Lim has long advocated that this simple to follow guide will ensure you have all the nutritional requirements for a balanced, healthy meal, granted the mode of cooking is also healthy.

- Boiled or steamed fish, or poultry
- Crab, lobster, prawns and salmon (but ideally not farmed fish).
- Eggs (not fried)
- Grilled tender meat, kidneys, bacon and lean ham
- Macaroni, rice, spaghetti or vermicelli, tomato or simmered mince steak, in moderation.
- Pumpkin, beetroot and young carrots
- Potatoes (not fried)
- Beans
- Milk
- Sieved vegetable or soups. roast lean meat
- Vegetables – chayote, asparagus tips

Foods to be Avoided

- Alcohol
 - Coarse fruit fibre and unripe fruits
 - Fried and fatty foods, excessively seasoned foods, heavy gravies and sauces
 - Fruitcakes, pies, pastries and dried fruits
 - Highly processed and packaged foods
 - Highly seasoned foods such as curries, sausages, rissoles and highly seasoned gravies, stews and sauces
- Highly seasoned soups, e.g., mulligatawny and unstrained vegetable soups
 - Mustard, pepper, spices, vinegar, pickles, chutney, mayonnaise and salad dressing
 - Nuts, jams with seeds or skin
 - Strong cheeses
 - Strong tea or coffee
 - Sugary and sweet drinks, even artificially sweetened.

BINAURAL THERAPY - HEALING MEDITATION MUSIC (CHANTING)

What is Binaural therapy?

Binaural literally means "having or relating to two ears. Binaural therapy, a specialized form of Healing Meditation Music (Chanting) by Professor Yoland Lim Health Care is the repeated singing (to yourself or out loud) of a specific sound, phrase or word in a tone that can affect brain waves.

Over the years, Binaural therapy has been used to treat anxiety and stress, decreasing the risk of disease by improving your immune system. The soothing rhythms will induce mental and physical relaxation, and mindfulness. Other benefits include increased focus, concentration, improved mood and deeper meditation.

The purpose for using binaural therapy may differ between people. Some people may need help decreasing their anxiety, while others may want to increase their concentration or deepen their level



of meditation.

Tao meditation

Tao meditation was developed by Professor Yoland Lim's ancestors in the Tian Hou Temple, Singapore, and is based on the healing methods used in his father's pro bono clinic and was originally based on the Shao Lin temple's Chanting and Kung Fu. Dr Justin Lim's grandfather, Dr Lim Chey Hong taught a young Professor Yoland Lim, who further developed this after he first started practising Shi Lou Do in Australia, in 1972. To master deep meditation, it usually takes a very long time to learn and a lot of practise, with extended periods in the lotus (sitting) position. Professor Lim noticed Australian's had such a busy lifestyle that they were time poor, so he developed the Tao Meditation technique with assistance of Healing Meditation Music (Chanting) to achieve relaxation within minutes. As we have 72 thousand thoughts per day, we need to build 'mind muscle' so that we can cope not only with all these thoughts, but also to become more mentally alert.

Tao Meditation Technique

- Sit or lie in whatever position is most comfortable:
- **Sitting:** hands facing up, either on lap or knees.
- **Lying down:** with left hand over your umbilicus and right hand over their left hand.
- "Let your jaw drop, and consciously breathe in through your nose and out through your

mouth". Then after a few practices, "gently close your eyes, and concentrate on the chanting".

- After 3 rounds of this, concentrate on the relaxing chanting. Once you become unaware of your breathing, you will now be moving from the busy, fast paced Beta wavelengths (the brainwaves which occur when our minds are congested and filled with thoughts) into the more relaxed alpha waves, and later theta wavelengths where you will reach a deep meditative state. For most of our patients it takes less than 5 mins to achieve this.

Meditation needs to be practised daily, and consistently. It is not a quick fix, although it does have benefit short term, and immediately. However, its benefits are emphasized

when doing it for at least daily for 6 weeks.

Benefits

Studies have shown that 6 weeks of meditation will lead to:

- Decreased anxiety and stress by 46%
- Improved well being
- 20 minutes of meditation equals 4 hours of sleep, concentrate on your breathing to focus your mind.
- Improved sleep pattern.
- Meditate on the day of your match/competition/event, and after
- Lowers blood pressure and heart rate, affecting the body's cells through sound frequency to boost the secretion of pain-relieving endorphins, beneficial hormones and immune and strength building T-cells.

Common and Important Medical Conditions

CARDIOLOGY

Atrial Fibrillation

Atrial Fibrillation (AF) is the most common arrhythmia where the heart beats in an 'irregularly irregular' pattern. AF affects around 2 in every 100 Australians and is prevalent in the ageing population particularly in people over the age of 75 with approximately 10% of the community affected¹⁴⁵.

In AF, there is a mismatch in rhythm between the atria (upper chambers of the heart) and the ventricles (lower chambers of the heart) which may disrupt blood flow through the heart¹⁴⁶. This increases the risk of clots forming in the blood, which can have serious consequences such as myocardial infarction (MI) (heart attacks) and cerebrovascular accidents (CVA) (strokes).

Risk factors of AF include cardiovascular risk factors such as¹⁴⁷:

- Hypertension
- Diabetes
- Sleep apnoea
- Physical inactivity and
- Obesity.

Symptoms of AF vary between individuals with some people experiencing no symptoms and others experiencing symptoms such as dizziness, weakness, heart palpitations and irregular pulse¹⁴⁸. Treatment for AF varies and can include rate-controlling therapy to slow down pulse, electrical cardioversion to reset the heart's rhythm, medications to restore normal heart rhythm or medications to prevent stroke from blood clot formation¹⁴⁹.



Atrial Flutter

Atrial Flutter is a condition in which atria which are the hearts' upper chambers beat too quickly causing irregular rhythms. The disease causes difficulty for the heart to pump out blood, which lead to formation of blood clots. When these clots are pumped out from the heart they could go to the brain, resulting in a stroke or heart attack. Some of the most common symptoms include shortness of breath, light-headedness, heart palpitations and discomfort in the chest area.

Often compared to Atrial Fibrillation, the most common condition which involves irregularly irregular beating of the heart, the patterns seen in AF are typically much more organized. However, this can lead those who suffer from the condition to go without noticing the symptoms which can be dangerous causing heart failure, stroke and other complications. It is a serious disorder in which when left untreated can in worst cases lead to death¹⁵⁰. When the

ventricles beat too fast for an extended period of time, the heart muscle is fatigued and become weak which also causes a condition called cardiomyopathy that typically result in other serious complications.



It is known that some medical conditions increase the risk of Atrial Flutter. For instance, diabetes, previous heart attack, high blood pressure, chronic lung disease among other acute illnesses¹⁵¹.

Congestive Heart Failure

The heart is a muscle that is made up of four chambers (two atria and two ventricles) and is responsible for pumping blood throughout the body's circulatory system¹⁵². The atria chambers are responsible for receiving blood from the body and the ventricles work to pump blood to the body.

The heart is separated into the right side and the left side. The right side receives deoxygenated blood from the veins and pumps it to the lungs where oxygen is picked up. The left side of the heart receives this oxygen rich blood from the lungs and then pumps it through the arteries to the rest of the body.

The pumping of the heart occurs by its muscles contracting, squeezing and relaxing the heart muscles known as myocardium.

In some instances, myocardium is weakened and prevents the heart from pumping as well as it usually does. The medical name for this is heart failure, also known as congestive heart failure (CHF). As the muscles have become too weak to pump blood around the body symptoms of CHF include¹⁵³:

- Shortness of breath/breathlessness
- Feeling very tired
- Dizziness and coughing
- Loss of appetite
- Swollen legs, ankles, belly or feet

Many of these symptoms are as a result of the 'backlog' of blood, and hence fluid entering various areas of the body.

There are a multitude of conditions which increase the risk of CHF such as¹⁵⁴:

- High blood pressure (Hypertension)
- Infection or viruses of the heart muscles
- Thyroid diseases
- Congenital heart diseases
- Past heart attacks
- Coronary artery disease

Along with prescription medications such as diuretics, ACE inhibitors (aimed to open up narrow blood vessels) and drugs to reduce blood pressure (beta-blockers), lifestyle changes such as reducing sodium in the diet, managing stress and exercise should be made to help improve quality of life¹⁵⁵.

Cholesterol/Hypercholesterolemia

Cholesterol is a type of fat that is essential for many metabolic processes in the body. Although abundantly found in animal fats and processed foods, our liver makes a sufficient amount of cholesterol. This is important as cholesterol is essential for hormone production, regulation of a healthy metabolism and aids in digestion of fats and absorption of nutrients¹⁵⁶. Once produced, cholesterol travels through the bloodstream by carriers known as lipoproteins.

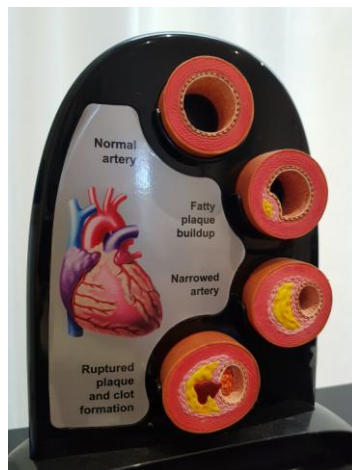
There are two kinds of lipoproteins¹⁵⁷

1. Low-density lipoproteins that carry bad cholesterol and
2. High-density lipoproteins that carry good cholesterol

In some instances due to a high saturated fat diet (non-familial) or genetics (familial), there can be too much bad cholesterol in the blood. This is referred to as hypercholesterolaemia. When this occurs, it can lead to heart disease or a stroke as fatty deposits develop in the arteries and cause the vessels to narrow and in some cases become blocked.

Although there are medicines to lower blood cholesterol levels, it is

highly recommended to engage in lifestyle changes, particularly diet modification¹⁵⁸. Professor Yoland Lim has always advised a good healthy balanced diet as per the 5 element diet, incorporating 5 different colours of food on your plate. This includes reducing the intake of processed foods including sausages, hams, chips and deep-fried food, increasing the intake of fresh fruit and vegetables and include foods that are rich in soluble fibre and healthy fats. Furthermore, engaging in at least 30 minutes of exercise a day has been shown to decrease low-density lipoprotein levels and increase high-density lipoprotein level¹⁵⁹.



Hypernatraemia (excess salt)

In our western society, we eat too much salt. You go to a restaurant and there is salt on the table. On top of that, cooks often put more salt than our dietary requirements need. Observing cooking shows, chefs are often adding extra salt into their foods.

WHY?

"Because it tastes good" is their reply. However, what are the implications of increased salt intake? It adds to hypertension and can put extra strain on kidneys. If your kidneys are not

functioning optimally, then it can lead to your entire body potentially shutting down.

Sometimes we can't avoid the salt chefs add to our food when eating out, but at home we can be our own master of our health and make the choice of not adding extra salt to our food. There are so many other ways we can add taste to our food with herbs and spices.

Make the choice!

Hypertension

Hypertension (commonly known as 'Blood Pressure') is a significant contributing risk factor to myocardial infarction (heart attack) and cerebrovascular accidents (strokes).

A contributing factor to hypertension is obesity. Hence one's diet should be easily digestible with adequate protein and any tendency to be overweight must be checked

and managed. Highly seasoned foods and large meals before bedtime should be avoided.

Avoid the following:

- Alcoholic drinks
- Strong tea and coffee
- Excess salt
- Pickles and highly spiced foods
- Strong cheese and any foods known to disagree

Ischaemic heart disease is a condition in which deficiency in blood and oxygen in the heart causes various problems caused by the narrowing of the arteries. Commonly known as coronary heart disease (CHD), it is caused by blood flow restriction that ultimately may lead to heart attack.

Some of the most common symptoms include chest pain and discomfort known as angina pectoris¹⁶⁰. There are also cases of ischaemic heart disease that is experienced without any pain called silent ischemia which can lead to heart attack without any prior warning.

There is increased risk of ischaemic heart disease with certain conditions such as

- Diabetes
- Hypertension (high blood pressure), and
- Previous heart Attacks.

Treatment is given to reduce risk factors associated with this disease. Eg. symptomatic management of ischemia and identifying cardiac risk factors and intervention include application of pharmacological and non-pharmacological medications¹⁶¹.



DERMATOLOGY

Acne

Acne (pimples) is a very common skin condition usually peaking during the teenage years (during puberty) but can also appear during adulthood¹⁶².

In a study from Harvard Medical School, it showed that acne had affected 55% of all women, with 28% having mild acne, and 27% having clinical acne. It affects:

- 45% of women aged 21-30
- 26% aged 31-40, and
- 12% aged 41-50.

Inflammatory acne is seen more in younger cohorts than those with comedonal acne¹⁶³.

Although there are multiple factors and conditions that lead to acne, there are two types which are the most common:

- 1) Acne vulgaris and
- 2) Acne rosacea¹⁶⁴

Acne vulgaris is the most common type that causes pimples in adolescents whereas acne rosacea presents itself in adulthood. Affecting 85% of all Australians aged between 15-24 years old, acne vulgaris develops when the oil glands or pores in the skin get blocked ¹⁶⁵. This

blockage is prevalent during puberty as increased levels of androgens (normal sex hormones) create an increase in the size and sebum (oil) production of glands. Increased production of oil ultimately result in irritation and lead to redness, swelling and tenderness of the pimple.

Acne was also associated with:

- facial hirsutism
- large pores, and
- sebum excretion.

Additionally smokers had more, primarily 'comedonal' acne than non-smokers¹⁶⁶.

The onset of acne especially during adolescence can result in psychological consequences. Due to acne being a visible skin condition, studies have found and proven acne can be responsible for depression and low self-esteem¹⁶⁷. Luckily there are multiple effective and successful treatments available for acne including over-the-counter treatments, lifestyle changes, prescription medications and even acupuncture^{168,169}.

Acne Scarring

Acne scarring is when a breakout of acne penetrates the skin so deeply that it damages the layer of tissues that is beneath it¹⁷⁰. Often these pits and damage to the skin become a chronic condition, causing stress and anxiety in patients.

Due to the various types of scars, it is important to understand the differences as this affects the type of treatment needed. For example, rolling scars have wide

depressions with round edges while dark spots have red, purple or brown marks.

Acne scarring is a common condition that some try to treat at home using various skin care remedies such as retinoids and salicylic acid¹⁷¹. However, appropriate treatments by medical professionals may result in desired improvement of your skin condition faster without the risk of complications.



Bags under eyes

Bags under eyes is a typical occurrence where the tissue around the eyes become weaken and sag¹⁷². Due to the loss of skin tone around the eyes, the fat around the eyes shifts to the lower eyelids causing a puffy and swollen look. Apart from ageing, other factors which may cause bags under eyes include allergies, not getting enough sleep and smoking tobacco.

Summary of Causes:

- Fluid retention, especially upon waking or after a salty meal
- Lack of sleep
- Allergies

- Smoking
- Heredity — under-eye bags can run in families¹⁷³

Remedies and treatments for bags under eyes depend on the cause¹⁷⁴. For example, if bags under eyes were solely due to an ageing factor, a cosmetic solution such as plastic surgery may be most appropriate. Bags under eyes as a consequence of allergies may be treated using medications¹⁷⁵, however prior to taking any medications it is recommended to consult your medical practitioner to ensure the correct cause is found.



Dermatitis

Skin inflammation medically referred to as dermatitis is defined as inflammatory changes to the surface layer of the skin known as the epidermis. Although the term dermatitis and eczema are often used interchangeably, dermatitis refers to a group of skin conditions whereas eczema is a type of skin condition.

As such, there are different types of dermatitis such as¹⁷⁶:

- Atopic dermatitis (or eczema)
- Contact dermatitis
- Dyshidrotic dermatitis
- Seborrheic dermatitis

Despite the several types of dermatitis, generally the symptoms are the same. However, it is important to note symptoms of dermatitis will look different depending on the kind of dermatitis, where the dermatitis occurs on different body parts

and the symptoms can range from mild to severe¹⁷⁷.

Common symptoms include:

- Blisters
- Itchy skin
- Redness
- Swelling
- Rashes
- Dry, cracked skin

Treatment of dermatitis consists of both lifestyle changes as well as medical interventions. For example, substituting standard soap with soap-free cleansers, wearing soft smooth clothes and protecting your skin from dust, water and detergents are all lifestyle changes which can alleviate symptoms¹⁷⁸. In addition, topical steroids, antihistamines or antibiotics as prescribed by your healthcare professional may also provide benefit in managing symptoms.

Dyshidrotic eczema (pompholyx)

Dyshidrotic eczema or pompholyx is a common form of

eczema characterised by small blisters typically on the soles of

the feet and palms of the hand. Occurring in twice as many females than males, dyshidrotic eczema is thought to be associated with seasonal allergies and because of this the characteristic blisters are known to erupt more frequently during the spring allergy season¹⁷⁹.

Typically, dyshidrotic eczema is seen in individuals aged between 20-40 years old¹⁸⁰. Although the exact cause is not known, it is thought the following factors may play a role in the onset of dyshidrotic eczema¹⁸¹:

- Sensitivity to metal compounds such as nickel, cobalt and chromate
- Heat and sweating
- Family history of atopic eczema
- Fungal infections
- Stress

Lasting for about 2-4 weeks, the blisters commonly present as itchy and fluid filled¹⁸². Other symptoms and signs include¹⁸³:

- Dry and cracked skin
- Pain
- Redness
- Difficulty walking (if blisters present on the soles of the feet)
- Flaking

It is important to understand which type of eczema you have so you can better treat and manage it. As various dermatological (skin) conditions may appear similar you must seek the review of your medical practitioner to ensure the proper diagnosis management occur. They may discuss treatments including cool water compresses and applying a suitable moisturiser. In some cases, doctors may advise the use of topical agents such as steroids¹⁸⁴.

Eczema

Eczema (atopic dermatitis) is a chronic inflammatory skin condition whereby the skin does not retain moisture very well

resulting in dry skin causing the skin to become vulnerable to allergens and irritants¹⁸⁵ resulting in the characteristic itchiness. This

then leads to a vicious cycle where the allergens and irritants cause itching leading to more chemicals in the skin to be released. Although, the culprit of what causes eczema is unknown, it is thought to be due to a genetic mutation causing an inability to repair the damage to the skin barrier¹⁸⁶.

Common symptoms of eczema include red, dry, scaly and itchy skin and are more often found behind the knees, neck, wrists

and elbows ¹⁸⁷ . Unfortunately there is no cure for eczema from a western medicine perspective but there are a variety of potentially effective strategies for management such as ensuring the skin is always moisturised, staying cool, avoiding irritants such as detergents and toothpastes and applying cool towels to the itchy area for immediate relief¹⁸⁸.

Erythema Nodosum

Erythema nodosum is inflammation of the skin in which typically reddish and painful lumps appear in fatty layers of

the skin. The condition is most commonly known to affect the front of the legs below the knees, often leaving a bruised

appearance¹⁸⁹. In most cases, the condition subsides in a few weeks. However, in some cases the condition can become chronic with occasional reoccurrences.

The exact cause of this disease is not known, however some medications have been linked to this condition.

Itchy Skin

Itchy skin (pruritus) is an uncomfortable, irritating sensation that can occur

anywhere on the body that makes you want to scratch.

Common causes of itchy skin include¹⁹⁰:

- Dry skin
- Hives
- Heat rash
- Eczema
- Psoriasis
- Insect bite
- Bed bugs
- Allergies

Signs and symptoms of itchy skin depend on the cause but commonly appear red, rough, dry or bumpy¹⁹¹. It may resolve on its own, otherwise management such as self-care measures like

daily moisturising, using gentle cleansers and bathing in lukewarm water may be advised by your medical practitioner.

You should see your medical practitioner to evaluate your skin if:

- itching persists, or
- lasts more than two weeks with no improvement, or
- it disrupts sleep and daily routines, and
- affects the whole body.

Keloid Scarring

Keloid scarring or keloids are a type of scar caused by abnormal wound healing in response to injury such as trauma, burns, vaccinations, surgery, skin

piercings and acne¹⁹², on a background of a predisposition to this.

Normal and healthy wound healing consists of three stages:

1. Inflammatory
2. Fibroblastic
3. Maturation

In cases where keloids are formed, there is an overactivity of the fibroblastic stage causing an overproduction of collagen and cytokines. This then results in the appearance of shiny, smooth and rounded skin elevations that may be itchy, tender or uncomfortable¹⁹³. It is thought the cause of this to be due to both genetic and environmental factors³.

Although affecting all ethnic populations, higher incident rates are observed in darker skinned individuals of African and Asian descent³. Development of keloids are commonly found on the upper back, chest and shoulders but can also form anywhere¹⁹⁴. There are a variety of methods to treat keloids including conventional surgery, corticosteroid injections, laser therapy, radiation therapy, cryosurgery and compression to reduce the size of the keloid. According to Harvard it is important to note the optimal results may involve a combination of these methods².

Onychomycosis

Onychomycosis (fungal toenail infections) are common infections of the toenail resulting in discoloured and thick nails¹⁹⁵. For some patients it appears as yellow, mustard colour, or even grey and black colours.

Fungal toenails can happen to anyone but may be commoner in people who have/had:

- nail or toe surgery
- athletes' foot
- diabetes

- a weakened immune system or
- blood circulation disorder

For some patients the abnormal shape and look of their nails can make them feel down, and potentially impact their social life, affecting what clothes and footwear they wear as they are hyperaware of their nails.

Depending on the severity of the condition, treatment of onychomycosis may involve the chemical or surgical removal of the infected nail, topical treatments, or a combination of treatments¹⁹⁶. It is important this condition is treated as deformed nails can lead to surrounding tissue damage resulting in secondary bacterial infection¹⁹⁷.





Psoriasis

Psoriasis is a common inflammatory skin condition thought to be attributed to dysfunction of the immune system.

Typically, psoriasis affects the outside of the:

- elbows
- knees
- nails
- scalp¹⁹⁸

There are numerous kinds of psoriasis such as:

- pustular psoriasis
- guttate psoriasis
- flexural psoriasis

- napkin psoriasis
- plaque psoriasis- the commonest form¹⁹⁹

Although psoriasis causes different symptoms in those affected, common symptoms include red, dry and raised patches of skin known as plaques². In mild cases, topical agents are generally used to treat psoriasis such as moisturisers, corticosteroid creams and ointments²⁰⁰. In some cases, ultraviolet light therapy can be used to help slow down the production of skin cells.

Rosacea

Rosacea or acne rosacea is a common and non-contagious skin condition exclusively affecting the face. Although there are four subtypes of rosacea each displaying different signs and symptoms, it is typically characterised by:

- redness
- flushing and
- possibly pimples on the face²⁰¹

The exact cause of rosacea is unknown, but it is thought that it occurs due to sensitivity to a microscopic parasite that naturally lives on human skin known as the *Demodex folliculorum* mite²⁰². Environmental factors which can also trigger the onset of rosacea include:

- Alcohol
- Overexposure to sunlight

- Emotional stress
- Spicy foods
- Hot drinks such as tea and coffee
- Anxiety

Common treatment strategies for rosacea consist of²⁰³:

- Application of topical creams and gels containing antibiotics or azelaic acid
- Antibiotic pills
- Laser treatment

As a consequence of patient dissatisfaction post medicine and surgery for rosacea, complementary treatment options such as acupuncture have been closely studied. One study found the beneficial effects of acupuncture on rosacea with significant improvements after 3 sessions of acupuncture treatment²⁰⁴.

Sagging Skin

As we age, our skin changes – it becomes thinner, veins become more visible and it no longer looks as smooth as it once did.

Our skin is made up of multiple layers and throughout life; the uppermost layer (the epidermis) constantly renews itself. The layer beneath the epidermis, the dermis, contains blood and lymph vessels, nerves, sweat glands and oil glands and is made up of elastin and collagen. During healthy ageing, the epidermis slows its rate of cell production resulting in a thinner epidermis causing the skin to become more susceptible to wrinkles²⁰⁵.

More so, as we age, the dermis produces less elastin and collagen causing the skin to sag and droop. Although ageing and the effects of skin are inevitable, there are strategies that you can do to protect your skin and make it feel and look better. More costly options include facelifts and surgical skin tightening.

Alternative non-invasive and subtle tightening strategies include²⁰⁶:

- Skin-firming creams and lotions (a subtle effect). It is important to note that creams and lotions containing collagen and elastin cannot lift sagging skin as it does not penetrate the skin deeply enough
- Ultrasounds. This procedure sends heat deep into the skin causing the body to produce more collagen
- Laser treatment
- Radiofrequency

Sagging skin is not only a consequence of ageing but can also originate from major weight loss²⁰⁷. During weight gain, to accommodate for the increased growth, the skin expands. This expansion causes the skin to be stretched and the collagen and elastin fibres become damaged (reduced ability to retract)²⁰⁸.

Seborrhoeic Keratosis

Seborrhoeic Keratosis is a common and benign tumour found on the skin particularly on the face, neck, hands, chest and shoulders. Typically, Seborrhoeic keratosis is asymptomatic and usually appears as multiple flat, small and raised growths that range in colour²⁰⁹.

Seborrhoeic Keratosis is caused by proliferation of immature skin cells that produce keratin known as keratinocytes²¹⁰. As this may

present with morphological features similar to that of malignant skin lesions, it is important and essential to consult a medical practitioner for a thorough history and examination. As most seborrhoeic keratosis is harmless, treatment is generally not needed ²¹¹ . However, referral for treatments such as surgical removal, cryotherapy, electrosurgery and curettage may be considered after seeing your doctor.

Shingles

Shingles also known as herpes zoster is a painful skin rash caused by the varicella-zoster virus (the same virus that causes chickenpox). Common symptoms include:

- tiredness
- photophobia (sensitivity to light)
- tender and painful skin²¹²

Shingles can occur at any age predominantly affecting older adults but and is predisposed in individuals who have had chickenpox in the past. During the onset of shingles, the chickenpox virus becomes active again. Although it is unclear why shingles develop, it is thought to be due to a multitude of factors such as:

- experiencing physical and emotional stress
- a weakened immune system from medical treatment (such as chemotherapy)
- recently undergoing organ/bone-marrow transplants²¹³.

A common treatment for shingles involves antiviral medicine and is indicated for treatment within 72 hours of onset of symptoms, which reduces the severity as well as reduces the risk of ongoing pain lasting for longer than 3 months known as post-herpetic neuralgia.

Sunburn

In Australia, one in five adolescents and one in eight adults get sunburnt on a summer weekend in the outdoors ²¹⁴ .

Sunburn is defined as the damage to the skin caused by exposure to ultraviolet (UV) radiation from the sun²¹⁵. There are three types of UV radiation but only two are involved in sunburn: UVA radiation and UVB radiation. When the skin is exposed to either UVA or UVB radiation, more melanin (a pigment produced by skin cells) is produced causing the skin to tan. From this, the skin responds by releasing chemicals that dilate blood vessels causing fluid leakage and inflammation- ie sunburn²¹⁶.

Treatment of sunburn involves time and patience and recommendations to help alleviate the symptoms include staying hydrated, avoiding soaps that may irritate your skin, keeping out of the sun, applying moisturiser and applying cold compresses. As exposing your skin to UV radiation increases the risk of developing skin cancer, it is important to practice effective prevention strategies such as the well-known, age old "Slip, Slop, Slap".

Telogen Effluvium

Hair is a significant feature which serves to keep us warm, protect sensitive areas such as the nose from dust particles and contributes to maintaining self-image²¹⁷. Approximately five million hair follicles are found across the entire skin surface except for the palms of the hand, soles of the feet and lips. Normal hair growth occurs in cycles with each follicle producing hair for a period of months to years. Approximately one centimetre of hair is grown every month.

There are two main stages during hair growth: an anagen phase (or the growing phase) and a telogen phase (or the resting phase). During the hair growth cycle, about 85-90% of the hairs on our heads are in the anagen phase and the remaining in the telogen phase²¹⁸. Typically, on average we lose about 100 hairs a day.

Hair loss is a common condition with varying types and is defined as a change in the number of hair follicles that are growing hair²¹⁹. One type of hair loss condition is known as telogen effluvium (TE). TE is the second most common form of hair loss

and is characterised by an increase in the number of hair follicles in the telogen phase. Because of this, as there are more dormant hair follicles, TE first appears as thinning of hair on the scalp. Approximately 300 hairs are lost in individuals who are affected by TE.

Multiple causes may trigger TE such as²²⁰:

- Major physical trauma
- Extreme weight loss
- Thyroid problems (hyper- and hypothyroidism)
- Extreme changes to diet
- Sudden hormonal changes
- Major psychological stress
- Certain medications such as antidepressants

Currently there are no effective western medical treatments for TE. However, understanding the underlying cause will provide benefit in correcting the disorder²²¹. For example, if hair loss began after commencement of a new medication, discuss the situation with your medical practitioner where an alternative management plan may be advised.

Urticaria

Urticaria, commonly known as hives is a type of skin rash characterised by the appearance of:

- raised lumps or
- wheals

Hives display a similar appearance like mosquito bites and range from a few millimetres to several centimetres with symptoms lasting anywhere between minutes to hours²²². Furthermore, unlike mosquito bites, hives can appear on any area of the body, may change shape, move around and disappear and reappear over short periods of time²²³. Additionally, when pressing the centre of hives, it

turns white -this is known as blanching.

Occurring in 1 in 5 individuals, urticaria is caused by the release of a protein, known as histamine, which the body produces and stores in mast cells²²⁴. When histamine is released into the skin, it causes the blood vessels to expand triggering redness, swelling and an itch.

Treatment of urticaria typically involves an oral dose of antihistamines, avoiding spicy foods and alcohol and staying out of the heat²²⁵. According to current evidence, acupuncture has been shown to have positive effects in relieving symptoms in urticaria cases²²⁶.

Warts

Warts are small skin growths caused by human papillomavirus (HPV). Once infected with HPV, it may take as long as one year before warts become visible. The growths of warts are most common during childhood²²⁷. Not only can warts spread on your body, it can also spread to others through direct measures such as skin-to-skin contact as well as indirect measures such as in public showers and swimming pools²²⁸.

To date, there are more than 100 types of HPV. Consequently, this results in multiple different kinds of warts. These include and are not limited to²²⁹:

- Common warts- typically appear as a group and mainly occur on the knuckles and the back of the hands and knees
- Flat warts- face and the back of the hands and are flat-topped

- Plantar warts- soles of the feet
- Genital warts- on genitals of both males and females
- Filiform warts- generally long and thin shaped and are found on the eyelids, armpits or neck

Although warts may go away without any treatment, your general practitioner may trial treatment options available such as²³⁰:

- Covering the wart to prevent spreading (such as by using tape)
- Applying topical creams or gels with salicylic acid or lactic acid
- Cryotherapy treatment
- Burning/laser treatment
- Immunotherapy

However, these treatment modalities may not always yield satisfying results.



Wrinkles

Non-Surgical, Non-Invasive, No Downtime*

When we are young, our skin is fresh, firm, tight and near flawless because the supportive structural collagen and elastin under our skin is strong and firm. With age, it loses strength and elasticity, causing our skin to sag, droop, wrinkle and lose its shape.

JUVESCULPT® Skin Treatment Program²³¹ is Professor Yoland Lim Health Care's non-invasive and non-surgical treatment program which may improve the fine lines and wrinkles, slowing the facial ageing process, giving skin a natural, younger, fresher and more toned appearance.

It may help tighten and lift the skin on the face and neck in a single treatment depending on condition and severity, with hardly any downtime*. The treatment specifically targets the collagen and elastin in the Superficial Muscular Aponeurotic System (SMAS) layer.

JUVESCULPT® skin treatment program may be used in conjunction with:

- Fong Yang Shi Luo Dou- Professor Yoland Lim Health Care's Program
- Binaural therapy- Professor Yoland Lim Health Care's form of Meditation Music (Chanting).

ENDOCRINE

Addisons disease

Addison's disease is a rare endocrine disorder that occurs in all age groups and is characterised by the reduction in the production of a hormone known as cortisol and aldosterone²³². Interestingly, Addison's disease affects predominantly males during childhood and females during adulthood²³³.

There are two main categories of Addison's disease:

1. Primary adrenal insufficiency
2. Secondary adrenal insufficiency.

In a primary adrenal insufficiency, the adrenal glands do not produce enough cortisol and aldosterone whereas in the secondary adrenal insufficiency type, there is a lack of hormone produced by the brain to stimulate the adrenal glands to release cortisol²³⁴.

Affecting approximately 10 in 100,000 individuals, common symptoms include²³⁵:

- muscle weakness
- salt cravings
- dehydration
- chronic fatigue
- nausea
- loss of appetite and weight
- low blood sugar and
- irregular or no menstrual periods in women.

Conventional western medical treatment for treatment of Addison's disease is replacing the hormones the body is not making by taking medicines. In these cases, it is important to ensure plenty of calcium and vitamin D are consumed²³⁶.

Adrenal Fatigue

There are many medical descriptions that have dated back many years. The term 'Adrenal Fatigue' however is not one of these. It is a relatively recent moniker that previously medical doctors have dismissed. However, it is now understood that Adrenal Fatigue describes a collection of relatively non-specific symptoms including:

- tiredness
- sleep disturbances
- body aches, and
- low energy

The adrenal glands are located on top of the kidneys and produce an array of hormones such as cortisol (the stress hormone) and adrenaline. Adrenal Fatigue is thought to occur when there is a reduction in the number of hormones being produced by the adrenal glands²³⁷.

As adrenal fatigue per se is not a disease or condition, in order to reduce and overcome symptoms, it requires understanding of the underlying causes. The onset of these symptoms may be attributed to:

1. Poor lifestyle choices
2. Medical conditions
3. Stress, or
4. Overwork.

Examples include shift work, excessive or deprived sleep, substance abuse, poor diet, depression and lack of exercise²³⁸.

As the causes of adrenal fatigue can be varied and complex, a full and thorough medical history, physical examination and pathology (including blood and urine tests) and radiology (including x-rays, CT scans or MRI's) may be required.

Diabetes

In order for day-to-day functioning, our bodies are required to convert a type of sugar known as glucose from food into energy. This process is facilitated by a hormone known as insulin. Broadly, diabetes is a chronic condition whereby there is an insufficiency of insulin leading to a build-up of glucose in the blood²³⁹. There are three main types of diabetes²⁴⁰:

1. Type 1 diabetes
2. Type 2 diabetes, and
3. Gestational diabetes.

Type 1 diabetes is thought to be caused by a combination of genetic and environmental factors and usually has an onset during childhood. Of the three types, type 2 diabetes is the most common form. This type of diabetes is attributed to poor lifestyle factors including poor diet, smoking, lack of exercise and being overweight/obese. Gestational diabetes is first recognised during pregnancy and usually resolves after the baby is born. Most mothers who have had gestational diabetes will have no long-term diabetes.

Currently there is no cure for diabetes but there are effective management strategies to control blood glucose level. These include regulating weight management, diet, physical

activity, self-management and if blood glucose levels are recalcitrant to these, then medications may be considered²⁴¹. These are usually in the form of oral tablets, and/or insulin injections if more severe. It is vital to ensure a balanced blood glucose level as high blood glucose levels can result in serious complications such as nerve damage, heart disease, infections, kidney damage and eye damage²⁴².

Dietary Advice

Balanced diet, low in carbohydrates and low GI (glycaemic index). Foods where starch is reduced, and the amount of carbohydrate is known and standardized. Sugar should avoided.



Foods to be Avoided

The total amount of carbohydrate which may be taken daily is fixed by your doctor. The chief carbohydrate foods are sugar, bread, biscuits, flour, jam, dried fruits, some sweet fruits, potatoes and other root vegetables. Glucose and sugar being practically pure carbohydrates are to be reduced, as are foods rich in sugar or starch. Keep away from sweets, pastries, cakes, sauces and gravies thickened with flour.

Hyperhidrosis

Hyperhidrosis is a disorder characterised by the excessive or uncontrollable production of sweat. Hyperhidrosis affects approximately 3% of the population, and despite public perception, actually affects both males and females equally²⁴³. The cause of hyperhidrosis is thought to be due to dysfunction of the 'sympathetic nervous system' (the 'fight-or-flight' response system of the body).

There are two types of hyperhidrosis:

1. Focal hyperhidrosis where only certain areas of the body such as hands, armpits or feet are affected, and
2. Generalised hyperhidrosis where there is excessive

sweating affecting the entire body²⁴⁴.

It is postulated generalised hyperhidrosis to be due to underlying medical conditions such as endocrine diseases, neurological disorders and some medications.

Treatments for both kinds of hyperhidrosis include behavioural therapy involving relaxation techniques to help reduce stress and anxiety, including binaural therapy, medication such as nerve-blocking medicines, iontophoresis (electrical currents delivered to affected body part) and surgery (to remove the sweat gland).

Menopause

The average age of Menopause in Australia is 51 years old. Some women are affected much earlier than this, while others a number of years after. You may have one or more symptoms consistent with the hormonal changes in your body, such as:

- hot flushes (no matter what the temperature outside is)
- excessive sweating (often requiring changes of bed clothes or pyjamas several times a day)
- headache
- sleeping disturbance (often secondary to hot flushes)
- loss of libido

Regular western medicine may involve prescription HRT (Hormone Replacement Therapy), however it is important to understand potential risks with these. Please discuss with your GP prior to commencing these.

Professor Yoland Lim Health Care's Fong Yang system treatment program

JUX & GYN drops aims to:

- Control symptoms by balancing and rejuvenating your brain to function to a more effective and efficient way (in conjunction with Professor Yoland Lim's Chanting CD's).
- Stimulates your body to produce endogenous substances (the

exact constituency of these is still being researched) to balance your internal organs to function alleviating the symptoms as well as rejuvenating your body physically and mentally without artificial hormones.

- This treatment may improve your sexual desire- this is common and healthy secondary effect of the treatment.

Treatment Course: Specific phytomolecular (herbal) JUX & GYN drops extemporaneously dispensed for you in combination with Fong Yang Shi Luo Dou (Professor Yoland Lim Health Care's form of acupuncture). Initially you may need several treatments, however some patients improve quite promptly, and dependent on the severity of your condition(s). The Professor Yoland Lim Health Care Electronic Acupuncture Massager may be advised for you to begin using soon. This works in conjunction with needle/laser acupuncture to enhance your bodys' response.

Once your symptoms improve, you may be able to return to pleasurable activities of daily life. At this stage of improvement, you can reduce your dose of the drops:

From: 15 drops 3 times a day, to

- 15 drops twice a day for 2 weeks, then
- 15 drops daily for 2 weeks, then
- 10 drops daily for 2 weeks and then
- 5 drops daily for maintenance.

In the unlikely event that you may get some slight symptoms returning, please return to using 15 drops 3 times a day. Then once the symptoms have improved again (and usually they resolve quicker than the first time

due to each treatment adding onto the previous treatments and having an increasing effect) you can taper back down to once a day.

When your condition has improved, we advise regular maintenance treatments which ranges in length from every couple of weeks, up to monthly or even longer thereafter. As you progress through the program, you will get a feel for how often your body will require regular maintenance treatments.

I HAVE THE FORMULA, SAYS MR LIM

Herb potion 'can keep you younger'

By CAMILLE DUBOIN
Some say Mr. Lim, inventor of the wonder medicine mix of Waukegan, Ill.

Yung Lim, a young Chinese, claims to have discovered a formula for a herb potion that will keep you young and healthy. He says he has been using it for years and it has kept him in the best of health. He says he has been using it for years and it has kept him in the best of health.

Mr. Lim's formula is a mixture of various herbs and minerals. He says it is a natural product and does not contain any harmful substances. He says it is a natural product and does not contain any harmful substances.

VITALITY

Mr. Lim's formula is a mixture of various herbs and minerals. He says it is a natural product and does not contain any harmful substances. He says it is a natural product and does not contain any harmful substances.

SCARS

Mr. Lim's formula is a mixture of various herbs and minerals. He says it is a natural product and does not contain any harmful substances. He says it is a natural product and does not contain any harmful substances.

HEALER

Mr. Lim's formula is a mixture of various herbs and minerals. He says it is a natural product and does not contain any harmful substances. He says it is a natural product and does not contain any harmful substances.



Osteoporosis

Affecting over 1 million Australians, osteoporosis is a very common 'silent' condition where there is loss of bone thickness or mass²⁴⁵. This occurs when bones lose minerals such as calcium more quickly than the body can replace them. When this happens, the bone becomes less dense, more brittle and more susceptible to fractures²⁴⁶. Throughout childhood to the end of our teens, bone growth occurs and by the 25-30 year old age range, peak bone mass has been achieved.

There are usually no overt symptoms of osteoporosis and in most cases individuals with osteoporosis do not realise they have the condition until a fracture happens. However, there are key risk factors for osteoporosis such as:

- low vitamin D levels
- lack of physical activity
- long-term use of corticosteroids
- cigarette smoking
- early menopause, and
- loss of menstrual period

Because of these risk factors, strategies targeting these factors can be applied to prevent osteoporosis. Treatment of osteoporosis includes diet changes, lifestyle changes and in some cases health care professionals may recommend medication.



Thyroid problems

The thyroid is a gland found in the neck and throat region and is important in the production of hormones that help control bodily function. When the thyroid is defective in its function and or structure, it can lead to abnormalities in metabolism, heart rate, blood pressure and weight²⁴⁷. Thyroid problems can thus be broadly categorised into two categories thyroid dysfunction and structural disease

In thyroid dysfunction, there are two main types:

1. Hyperthyroidism
and
2. Hypothyroidism

Hyperthyroidism is defined as an overactive thyroid whereby the thyroid is overproducing hormones. In these cases individuals affected by hyperthyroidism tend to exhibit symptoms of:

- accelerated heart rate
- muscle weakness and trembling
- sleeping difficulties
- unexplained weight loss
- sensitivity to heat and
- changes in menstruation.

There are multiple factors which can cause hyperthyroidism but the most common is from an immune system abnormality

condition known as Graves' disease. There are no cures for hyperthyroidism, but there are effective medications and treatments to stabilise thyroid function²⁴⁸. It is important to note, individuals who are affected from hyperthyroidism to get regularly checked as it is common for affected individuals to develop hypothyroidism as treatment for hyperthyroidism causes the thyroid to become underactive.

When the thyroid gland becomes underactive and hence cannot produce enough hormones, this is termed as hypothyroidism. This condition mainly affects women over 40 and like hyperthyroidism is caused by a multitude of factors such as a diet low in iodine or an autoimmune disease called Hashimoto disease²⁴⁹. Symptoms of hypothyroidism include:

- weight gain
- slow heart rate
- heavier than normal menstruation
- muscle pain and
- increased sensitivity to the cold²⁵⁰.

Treatments for hypothyroidism aim to replace the thyroid hormone.

Thyroid problems can also be a consequence from structural change in the thyroid glands. For

example, lumps known as nodules can form in the thyroid and can cause pain in the throat area, difficulty breathing and swallowing, and swelling²⁵¹. In approximately 1 in 10 cases, benign thyroid nodules can become malignant (cancerous) and can cause hyper function of the thyroid gland²⁵².

GASTROINTESTINAL

Abdominal bloating

Abdominal bloating is a condition in which intestinal gas builds up in the digestive tract.

Our diet has a significant impact on the types of bacteria living in the body's gut. Depending on the food that we consume, our gut health can change and this could cause abdominal bloating. There are other possible causes such as fluid retention, constipation, emotional stress and acid reflux²⁵³.

Bloating may not cause much difficulty in some patients, but in some it may be related to serious diseases such as Crohn's Disease and Ulcerative Colitis or IBS (Irritable Bowel Syndrome). It is recommended that you immediately seek medical assistance if along with bloating you experience symptoms such as diarrhoea, abdominal pain or weight loss²⁵⁴. Being the most common digestive disorder seen

by GPs, IBS is 2-3 times more likely to be seen in women. The condition often begins in early adulthood in women with many experiencing more symptoms during their periods²⁵⁵.

The exact cause remains unclear. However, the symptoms of hyperactive intestinal muscles associated with abdominal bloating are known to potentially cause pain, cramping as well as diarrhoea. While various research suggest conventional medications are of limited benefit in treating bloating, some studies have shown that acupuncture may help eliminate pain, regulate the motility of the digestive tract and reduce anxiety and depression commonly associated with this condition. According to the British Acupuncture Council treatment with acupuncture could significantly improve the quality of life for patients²⁵⁶.

Apthous Ulcers (Mouth)

Apthous (mouth) ulcers are common oral sores affecting around 20 to 30 per cent of the population²⁵⁷. Mouth ulcers arise from the loss or erosion of the mucous membrane or the lining tissue of the mouth.

Commonly they are caused by:

- mechanical injuries such as accidentally biting the inside of your cheek
- stress
- hard tooth brushing
- bacterial or fungal infections and
- deficits in certain vitamins and minerals such as B-12, folate and iron²⁵⁸.

Typically, mouth ulcers are round and white/pink in colour and in most cases although they can be very painful, overall they are harmless. They may resolve

themselves, it can take up to 2 weeks. If ulcers are persistent you must see your medical practitioner.

During the healing process, it is important to manage the affected area. Effective management strategies include²⁵⁹:

- Using a soft toothbrush
- Salt water rinses
- Avoiding hard foods and foods which irritate/scratch the interior of the mouth
- Drinking cool water and avoiding overly hot foods and drinks
- Applying numbing agents such as topical benzocaine or lidocaine

A natural management strategy is to gargle Herbal Mix Tea for 30 seconds each time

Belching (Burping)

Belching (also known as eructation or commonly as burping) is the act of expelling air from the stomach through the mouth. This occurs due to an excess amount of air being swallowed. This air then travels down the oesophagus and enters the upper part of the stomach causing the stomach to stretch out. This stretching out of the stomach triggers the sensors in the stomach wall to open the muscle in between the stomach and oesophagus causing the air that has been built up in the stomach to travel back up the oesophagus.

Multiple factors may contribute to an excess amount of air being swallowed. Such as²⁶⁰:

- Eating or drinking too fast
- Talking while you eat
- Eating foods high in starch, sugar or fibre

- Chewing gum
- Drinking carbonated beverages
- Sucking on hard candy
- Smoking

Belching is a common natural occurrence and usually does not point to any serious underlying conditions²⁶¹. Often, belching can be reduced with simple lifestyle changes such as²⁶²:

- Avoid chewing gum or sucking on hard candy
- Reducing carbonated beverage intake
- Avoiding eating and drinking too quickly
- Avoid anxiety-inducing situations

However, if you are excessive belching, it is important to see your medical practitioner.

Cholecystitis (Gallbladder Inflammation)

Cholecystitis (gallbladder inflammation) typically occurs when gallstones block the tube leading out of the gallbladder²⁶³, called the bile duct. The gallbladder is a small organ directly underneath the liver and aids in digestion by storing bile (a fluid produced by the liver). There are two types of cholecystitis²⁶⁴:

1. Acute cholecystitis- defined as the sudden inflammation of the gallbladder
2. Chronic cholecystitis- typically characterised by inflammation of the gallbladder lasting a long time and caused by repeat attacks of acute cholecystitis.

Cholecystitis presents with symptoms of:

- right abdominal pain
- fever
- nausea and vomiting, and
- indigestion²⁶⁵.

In many cases inflammation of the gallbladder will settle down on its own with a low-fat diet or medications may be prescribed to dissolve gallstones¹. In circumstances where the pain is intolerable, admission into hospital is common with most people having their gallbladder removed laparoscopically (a type of keyhole surgery).

Cholelithiasis (Gallstones)

Cholelithiasis (gallstones) are small stones composed of cholesterol, bile pigment and calcium salts that can form in the gallbladder. The gallbladder is a small organ beneath the liver that stores bile, a fluid produced by the liver to help aid in digestion of lipids (fats) in the small intestines. Consumption of fatty foods triggers the gallbladder to squeeze the digestive liquid into the small intestines²⁶⁷ from the gall bladder, through the bile duct and into the intestines.

The chance of formation of gallstones increases if you are:

1. Female
2. Aged over 40
3. Overweight or obese
4. Pregnant or have recently been pregnant²⁶⁸.

The exact cause of gallstone formation is unknown as diet does not directly cause gallbladder problems²⁶⁹. However, we do know that effective strategies to help prevent gallstones from forming such as:

- Choosing a diet that is low in fat and cholesterol and high in fibre
- Maintaining a healthy weight

In many individuals, gallstones do not cause any problems and your body will expel them naturally without you being aware of it². However, in approximately 30% of cases, gallbladder attacks may occur (typically at night time after a fatty meal)²⁷⁰. In these attacks, pain is felt in the upper right abdomen and generally lasts for several hours. Additional symptoms of gallstones include²⁷¹:

- Vomiting
- Fever
- Chills
- Indigestion

As most cases are asymptomatic, treatment may not be needed. However, if symptoms are present, it is important to avoid fatty foods to reduce symptoms, and to see a medical practitioner, and in a majority of cases surgery may be required².

Cholecystitis (Gallbladder Inflammation) & Cholelithiasis (Gallstones) Dietary Information

Dietary Advice

Certain foods may affect your gallbladder and gastrointestinal tract. Aim for smaller meals with ample fluids. If there is any tendency towards being overweight then you should reduce foods high in carbohydrates if possible.

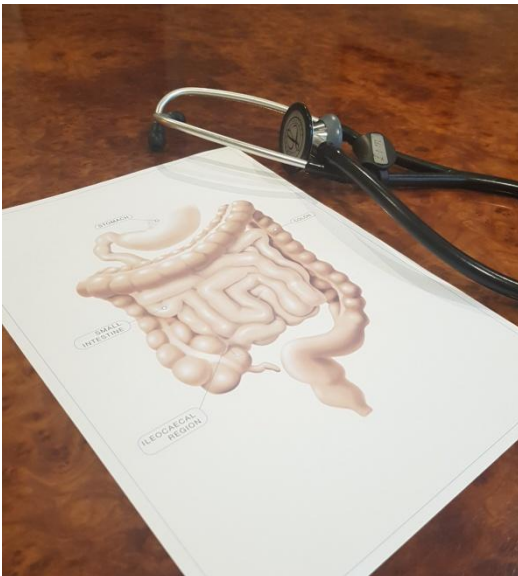
Foods to be Avoided

- All fried foods and foods cooked in fat.
- Avocado, pears and olives.
- Butter and margarine in excess.
- Cakes, pastry, pies preparations.
- Chocolate, cocoa and malted milk, strong tea and coffee.
- Beer and alcohol, and any foods, which are known to disagree.
- Coconut, lemon butter, nuts and peanut butter.
- Cream and fatty soups, sauces, gravies and broth.
- Condensed milk
- Fats and oils such as cooking margarine, lard, suet, olive oil, salad oil, cod-liver oil and copha.
- Fried fish, canned in oil (sardines, anchovies, etc.) and fish roe.
- Ice cream, puddings and sweet biscuits.
- Processed meat dishes, casseroles, sausages, duck, liver, kidney, heart, sweetbreads and tripe.
- Mayonnaise and salad dressings.
- Rich and highly seasoned foods.
- Vegetables fried or baked or served with a fatty sauce - celery, onion, leeks, garlic, cucumber, green and red peppers, radishes and turnips.

Coeliac Disease

Coeliac disease is a genetic autoimmune disease where the body reacts abnormally to gluten (found in wheat, rye, barley and oats) affecting the lining of the small intestines or bowel. Correct functioning of the small intestines is vital for proper absorption of food nutrients and minerals which prevents nutritional deficiency²⁷². In Australia, 50% of the population (both males and females) carry at least one of the genes predisposed to coeliac disease with approximately 1 in every 70 Australians being affected²⁷³.

Although there is no cure for coeliac disease, there are effective management strategies people with coeliac disease can follow. Patients affected with coeliac disease will remain with a lifelong sensitivity to gluten. Treatment initially is to try and omit gluten from your diet, however a graded gradual re-introduction of this may occur. Long term risks of undiagnosed coeliac disease can result in chronic inflammation and poor nutrition.



Cold sores (Herpes Labialis)

Herpes Labialis (cold sores) are small blisters that typically form on the lips and skin around the mouth, nose and the chin. As cold sores are contagious the moment you feel a tingling sensation, it is important to adhere to good prevention strategies such as not sharing items that come into contact with the cold sore and refraining from kissing whilst having a cold sore.

Cold sores are caused by the herpes simplex virus and the infection persists throughout life normally in a dormant state²⁷⁴. However, there are multiple factors which contribute in

causing the virus to become active again. These include²⁷⁵:

- A break in the skin near the affected area
- Emotional upset or stress
- Periods
- Tiredness and fatigue
- Colds, flu or fever

Treatment of cold sores include topical agents and in some cases oral antiviral therapy after review by your medical practitioner²⁷⁶. In order to relieve any pain or discomfort, health care professionals suggest cold compresses on the affected area, intake of cold foods and drinks and ensuring pain relief ²⁷⁷ .

Constipation

Constipation is defined as the difficulty or the infrequency of bowel movement or stools being hard, dry and difficult to pass²⁷⁸. However it is important to note that having infrequent bowel movement does not necessarily indicate an individual is constipated as it is normal to have anywhere from 1 to 3 bowel movements per day²⁷⁹.

Constipation is a common occurrence in the population but has been shown to be more prevalent in:

- older age
- taking a large number of medications
- not drinking enough fluids
- a change in routine
- lack of exercise
- low-fibre diet and low caloric intake²⁸⁰

Typically there are three western medical approaches to treating constipation²:

1. Changing diet and behaviour. This is the most common approach recommended and consists of increasing the amount of fibre in the diet and

attempting to move their bowels at the same time every day

2. Laxatives. In some cases laxatives may be used to soften the stool, add bulk to the stool and absorb water or stimulate the walls of the large intestine causing contraction resulting in stool movement.
3. Enemas. Other cases may require the use of enemas whereby liquid or gas is injected into the rectum to flush stool out.

It should be noted that use of laxatives and enemas may cause diarrhoea, dehydration and cramps and therefore should be used with caution, and with consultation with your medical practitioner.

Dietary advice: Bulk and roughage stimulate the movement of intestines. Fresh and dried fruits, vegetable, salads, whole grain, cereal, honey, and treacle may all be used. Plenty of fluids, such as fruit juices and water, should be taken each day.

Crohn's disease

Crohn's disease is commonly referred to as IBD (Inflammatory Bowel Disease). It is caused by an inflammation of the bowel wall in the digestive tract.

Every year it affects more than 75,000 in Australia. The disease is most commonly seen in those aged between 15 to 30 years old, however it has been reported that in recent years we are seeing more cases of infants and children affected by the disease. Unlike abdominal bloating, it is believed that Crohn's disease is not caused by any particular diets.

Symptoms include diarrhoea, fever, fatigue, abdominal pain and weight loss among others²⁸¹. Being the most common digestive disorder seen by GPs, IBD is 2-3 times more likely to be diagnosed in women.

The exact cause of the disease remains unclear.

The symptoms of hyperactive intestinal muscles associated with the disease are known to cause severe pain such as cramping. Various studies have shown that acupuncture may help eliminate pain, regulate the motility of the digestive tract and reduce anxiety and depression commonly associated with this condition. Treatment with acupuncture could significantly improve the quality of life for patients ²⁸². Furthermore, according to studies by The National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) Washington DC, acupuncture reduces intestinal inflammation in patients with Crohn's disease by reversing tissue damages²⁸³.



Diarrhoea

At some stage of our lives most people will have some sort of diarrhoea. Often it may self resolve, depending on the cause. Diarrhoea usually occurs when fluid cannot be absorbed from your bowel contents, or when extra fluid leaks into the bowel, causing watery stools²⁸⁴.

Serious symptoms of diarrhoea where you should consult your medical practitioner immediately are²⁸⁵:

- blood in the faeces
- pus in the faeces
- painful passage of faeces
- repeated vomiting
- inability to increase fluid intake
- reduced or absent urination
- fever (temperature greater than 38 °C)

Diarrhoea is quite often caused by gastroenteritis, an infection of the bowel. This may be due to²⁸⁶:

- a virus, eg. norovirus, rotavirus, cytomegalovirus and viral hepatitis

- bacteria eg. campylobacter, Clostridium difficile (C. difficile), Escherichia coli (E. coli), salmonella and shigella. These may all result in food poisoning
- parasites, such as the Giardia or cryptosporidium parasites

Diarrhoea caused by contaminated food or water from a foreign country is known as 'traveller's diarrhoea'.

Other (usually) short-term causes of diarrhoea include¹:

- food poisoning (due to eating something contaminated or 'off')
- emotional upset eg. anxiety
- drinking too much alcohol
- drinking too much coffee
- food allergy
- appendicitis
- damage to the lining of the intestines due to radiotherapy or prescribed medications
- damage to the intestines due to reduced blood supply.

Diverticular disease

Diverticular disease is a gut condition that causes diverticulae (small bulges) in the lining of the colon (large intestine) wall²⁸⁷. The cause of diverticula to form is thought to be due to a low-fibre diet. The majority of the time, the presence of these diverticulae are usually asymptomatic (ie do not present with any problems or pain). When this is the case, it is known as diverticulosis. However, 1 in 4 people with diverticular disease will develop symptoms whereby the diverticulae become inflamed or infected from bacteria being trapped and when this occurs it is known as diverticulitis²⁸⁸.

Symptoms of diverticulitis include:

- sharp pain
- nausea and vomiting
- fever and bloating of the abdomen²⁸⁹.

Treatment of diverticulitis varies with severity. In some instances, the inflammation can subside without any medical intervention and in these instances medical professionals recommend alterations in diet by increasing intake of dietary fibres and avoiding food that are prone to diverticulitis such as nuts, seeds and legumes²⁹⁰. In more severe cases, treatment of diverticulitis may include oral and intravenous antibiotics.



Dry Mouth (Xerostomia)

Xerostomia (dry mouth) is a condition characterised by not having enough saliva to keep the mouth wet and moisturised. Saliva plays an important role in ensuring bacteria is kept under control in the mouth, aiding in digestion, helping defend against tooth decay and acts as a vehicle in strengthening tooth enamel²⁹¹. Although everyone experiences a dry mouth from time to time, persistent feelings of dry mouth may be a sign of xerostomia.

Symptoms which persist in this condition include²⁹²:

- A sticky and dry feeling in the mouth
- Cracked lips
- Bad breath
- Trouble chewing, swallowing or speaking
- More frequent tooth decay
- Gum irritation

There are a number of factors thought to cause dry mouth such as²⁹³:

- Prescription medications
- Autoimmune disorders such as Sjogren's syndrome
- Chemotherapy in cancer treatment
- Anxiety and stress

Fortunately there are treatments and strategies in place to reduce the discomfort from dry mouth. As dry mouth increases the chances of tooth decay, it is crucial to protect your teeth by visiting the dentist regularly, using a soft toothbrush and mouth rinse and avoiding sugary or acidic foods.

Furthermore, staying hydrated and avoiding foods that irritate the mouth have been found to ease the discomfort of dry mouth²⁹⁴.



Fructose malabsorption

Fructose malabsorption or dietary fructose intolerance is a condition characterised by the inability to break down fructose efficiently²⁹⁵. Unlike food allergies, food intolerance is not caused by the immune system reacting to food²⁹⁶.

Fructose is a simple sugar known as a monosaccharide (or carbohydrate) that is naturally present and high in a variety of foods such as:

- Fruits such as apples, grapes, watermelons
- Vegetables such as peas, zucchini and asparagus
- Honey
- Food sweeteners containing corn syrup – typically found in many processed foods and beverages (soft drinks)
- Table sugar

Typically, fructose intolerances lead to unexplained gastrointestinal symptoms such as²⁹⁷:

- Abdominal bloating
- Nausea
- Diarrhoea
- Pain
- Distension

Fructose malabsorption falls under a variety of poorly absorbed sugars known as FODMAPs (Fermentable Oligosaccharides Disaccharides Monosaccharides and Polyols). Individuals may have trouble digesting more than one of these sugars. In patients with fructose intolerance, because this intolerance is very unique to the individual, your diet should be guided by a medical practitioner.

Foods high in fructose generally do not need to be avoided but rather individuals should reduce the intake of foods that trigger gastrointestinal symptoms and replace these with foods that are tolerated better.

Gastric ulcers

Gastric ulcers or stomach ulcers occur in the lining of the stomach and are characterised by open and inflamed sores. For a long time it was thought the onset of gastric ulcers was due to a poor diet, smoking and stress ²⁹⁸. However during the 1990's it was found that in approximately 60% of all stomach ulcer cases, a type of bacteria known as *H. Pylori* was responsible. The latest medical opinion is that this bacteria may actually be present in the majority of the population and so eliminating this has in some people not been beneficial.

Traditional western treatment consists of killing the bacteria via antibiotics as well as reducing the acidity in the stomach through proton pump inhibitors such as pantoprazole or via H₂ (histamine-2) blockers such as ranitidine²⁹⁹. In addition to *H. Pylori*, research has found long-term use

of non-steroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen and aspirin to contribute to the development of ulcers in the stomach³⁰⁰. As such, patients who are at a high risk of developing gastric ulcers should seek caution before using NSAIDs as a therapeutic agent ³⁰¹.

Common symptoms of gastric ulcers include³⁰²:

- A dull or burning pain in the stomach (between the breast bone to your belly button)
- Poor appetite
- Bloating
- Burping
- Vomiting
- Weight loss

Dietary Advice

Eat lesser amounts, but more frequently if possible. Drink fluids taken in small amounts, at a time. If awake at night, drink milk.

Gastro Oesophageal Reflux Disease

Gastro oesophageal reflux disease (GORD) is one of the commonest gut health conditions affecting approximately 10-15% of the Australian population³⁰³. While acid reflux happens to almost everyone from time to time, diagnosis of GORD requires symptoms to occur at least one day a week³⁰⁴.

Although a multi-faceted condition, there is strong evidence to suggest the main factor causing GORD is a defective function in the lower oesophageal sphincter³⁰⁵ (the muscle surrounding the exit of the oesophagus going into the entrance of the stomach). The lower oesophageal sphincter controls the flow of gastric acid or stomach acid from oesophagus to the stomach³⁰⁶. Backward travel of gastric acid from stomach to oesophagus due to dysfunction in the lower

oesophageal sphincter can result in symptoms such as:

- heartburn
- chest pain
- regurgitation
- pain, and
- difficulty swallowing³.

However, there are effective treatments and strategies to combat this. These includes both medical and non-medical treatments such as:

1. Weight loss
2. Reducing coffee and alcohol intake
3. Avoiding large meals
4. Reducing fatty foods and spicy foods
5. Medications, and
6. Smoking cessation³⁰⁷.

GORD may bother patients for sometimes, and not at others, and may only be transient, however in many cases it can become a chronic long term issue.

Gastroenteritis (Adults)

Gastroenteritis is a temporary inflammation of the intestines which causes diarrhoea.

Often incorrectly termed as “stomach flu”, it is a serious digestive disorder which when left untreated can cause a dangerous imbalance of electrolytes which could in worst cases lead to death³⁰⁸. There are various known causes of this disease, namely viruses, bacteria and parasites. However, the main cause of complications is dehydration due to fluid leakage into the bowel³⁰⁹. Diarrhoea is often very watery and persistent, which often lead to pain, body aches and chills.

For healthy adults, these symptoms typically only last a few days. However, for some the microbiome imbalance which typically results in decrease of healthy bacteria can have lasting effects causing long-term health complications. One common outcome of gastroenteritis is IBS (Irritable Bowel Syndrome), known as post-infectious IBS. It is estimated that up to 30% of those who experience gastroenteritis experience post-infectious IBS³¹⁰.

While there are no known medications for viral gastroenteritis, treatment can assist with management of symptoms as well as prevention of complications.

Indigestion

Indigestion or heartburn occurs when the contents of the stomach squeezes its way back into the oesophagus. This results in discomfort or a burning feeling in the upper abdomen often accompanied with abdominal bloating, nausea and sometimes vomiting³¹¹.

Common culprits of indigestion may include:

- consumption of a large meal
- consumption of a large meal followed by vigorous physical activity
- too much coffee or alcohol intake, and/or
- psychological conditions which make the stomach

“churn” such as anxiety³¹² and stress.

As food in the stomach is kept there by the force of gravity, prevention of indigestion particularly after a large meal involves sitting upright and not lying down. Regular western medicine medications such as antacids may be used initially in order to neutralise stomach acidity levels and relieve indigestion symptoms, however further duration or increasing symptoms may require further investigation and follow up with a gastroenterologist.

Polyps

Polyps are small abnormal growths of cells in the body and can develop in many areas of the body such as the uterus, throat, bladder, stomach and colon. Majority of polyps which grow are harmless (benign) but in some cases can become malignant (cancerous)³¹³. One of the common sites for polyps to grow includes the gastrointestinal tract, specifically the colon and rectum. Although the exact cause is unknown, it is thought factors such as lifestyle and genetics contribute to the growth of colorectal polyps³¹⁴.

Common symptoms of colorectal polyps include:

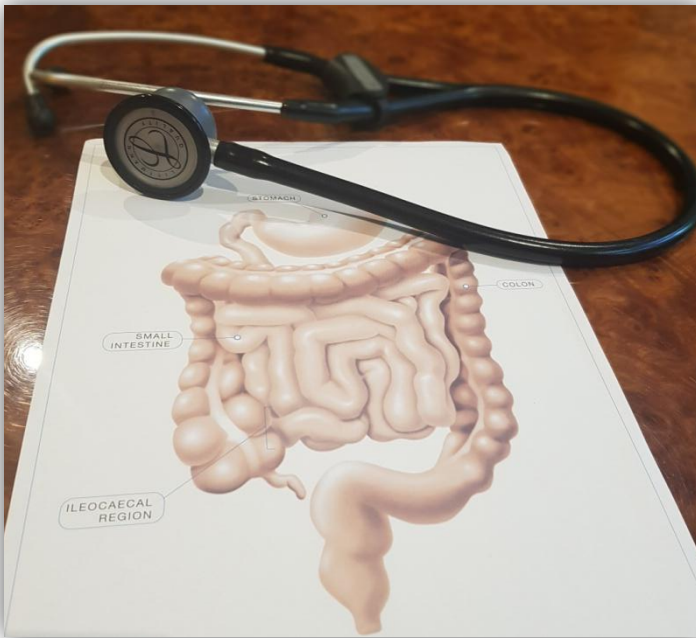
- abdominal pain
- diarrhoea or constipation and
- blood or clear mucus in the stool.

In most cases, colorectal polyps are removed using colonoscopy or flexible sigmoidoscopy techniques. It is important to get tested regularly for polyps as there is a higher chance of developing more polyps if you have had them prior³¹⁵.

Ulcerative Colitis

Ulcerative colitis is commonly referred to as UC. It is caused by an inflammation of the inner lining of the large bowel. This often leads to symptoms such as abdominal pain and diarrhoea. According to Health direct, UC affects more than 75,000 in Australia with an estimated 800 new cases diagnosed annually. The disease is most commonly seen in those aged between 15 to 30 years old³¹⁶.

Although there is no known cure to treat UC, treatments are available to manage the discomfort associated with this condition. Along with dietary changes, it is believed acupuncture may help enhance the body's natural painkillers which are believed to assist in your body regulating inflammation minimizing the pain³¹⁷.



INTERNAL MEDICINE

Alcoholism

Alcohol abuse is the leading addictive substance abuse in Australia³¹⁸. Alcoholism is defined as the inability to no longer control the use of alcohol. As it is not always easy to tell when your alcohol intake has crossed the line from moderate drinking to problem drinking, diagnosis of alcoholism is based on meeting certain criteria outlined by the medical classification of the *Diagnostic and Statistical Manual of Mental Disorders (DSM-5)*³¹⁹.



Risk factors for developing alcohol abuse arise from many factors such as³²⁰:

- Genetics
- How you were raised
- Social environment
- Emotional health
- Existing mental health problems such as anxiety, depression or bipolar disorder.

It is important to manage your alcohol intake as both short- and long term alcohol abuse are associated with physical, social and psychological health issues such as²:

- Liver disease
- Heart problems
- Pancreatic problems
- A weakened immune system resulting in an increase in risk of infection
- Unemployment
- Homelessness
- Financial problems
- Experiencing significant interpersonal problems
- Cognitive problems related to memory and thinking clearly
- Mood disorders
- Serious brain damage

When treating alcoholism, there are several treatment strategies each sharing similar steps of first intervention, then detoxification, followed by rehabilitation and lastly maintenance or ongoing

aftercare ³²¹. Examples include behavioural treatments such as cognitive-behavioural therapy and motivational enhancement

therapy as well as mutual-support groups such as Alcoholics Anonymous³²².

Chronic fatigue

Chronic fatigue or Chronic Fatigue Syndrome (CFS) also known as Myalgic Encephalomyelitis (ME) is an illness affecting the nervous system characterised by at least 6 months of extreme fatigue that is not relieved by rest³²³. Affecting anyone at any age, CFS is a complex illness and currently the cause of is unknown³²⁴.

What we do know is, chronic fatigue may be a by product of a number of other illness such as Lyme disease or an autoimmune condition. Furthermore, it is thought that chronic fatigue is due to the cells in our body being unable to produce enough energy¹. However, the underlying mechanisms of CFS vary between patients.

The most prominent symptoms of CFS include³²⁵:

- Muscle pain
- Sleep that doesn't refresh
- Pain in several joints
- Impaired concentration and deficits in memory
- An extreme reaction to exertion
- Enlarged lymph nodes

Treatment of CFS remains complex as current medications have been shown to show minimal long-term benefit ³²⁶ . Other therapies include behavioural, cognitive and rehabilitative approaches. Additionally, recent work has highlighted the positive benefit of acupuncture, like Fong Yang Therapy in treating CFS³²⁷.

Chronic pain

Chronic pain is pain lasting for more than approximately 3 months or beyond normal healing time. It can range from mild to severe and can be a result of:

- nerve pain
- pain from bones
- muscles and joints, as well as
- cancer pain³²⁸

It is important to manage any pain experienced early on as the longer pain remains untreated, the greater the risk of pain becoming chronic³²⁹. The cause of chronic pain is thought to be due to changes in the nervous system causing the pain signal to be increased³³⁰.

It is important to treat and manage chronic pain as it can impact and interfere with day-to-day functioning such as sleep

patterns, sexual activity, the ability to work and can cause emotional distress³³¹.

Treatment and management of chronic pain may include the following³³²:

- Acupuncture
- Medications
- Local electrical stimulation
- Brain stimulation

If chronic pain is not managed well and persists for a very long time, it may result in a medical condition known as allodynia. This is where part of the body is perceived by the brain to become very de-sensitized and can cause a heightened amount of interpreted pain even on gentle touching of the affected area.

Complex regional pain syndrome (CRPS)

Complex Regional Pain Syndrome (CRPS), previously known as Reflex Sympathetic Dystrophy (RSD) is a painful condition of the arm, hand, leg or foot, which occurs after trauma, such as a fracture.

Symptoms range from mild to severe, and may last up to a few years. The cause of CRPS from a western medicine point of view is still being researched. Treatment aims to relieve symptoms and restore limb function (movement and activity).

Usually females are three times more likely to be affected than males. CRPS affects people in different ways and one person's response to treatment will be different from another.

Symptoms³³³

- burning pain in the arm, hand, leg or foot
- pain that changes in intensity, but often feels much worse than may be expected
- loss of fine motor control
- tremors or spasms
- stiffness
- changes to the skin, hair and nails on the affected limb
- warmth or coldness to the affected limb
- sweatiness and dryness of the limb.

Injuries that may lead to CRPS

Most cases of CRPS occur after an injury to the arm or leg, such as:

- fracture – broken bone
- penetrating injury – such as a deep wound or laceration
- surgery – such as a knee arthroscopy or an operation to treat carpal tunnel syndrome.

In rare cases:

- spinal-cord injury, CerebroVascular Accident (CVA) (a stroke) or Myocardial infarction (MI) (a heart attack) develop CRPS.

Cause³³⁴

CRPS is a pain disorder that can affect different body systems.

It is believed that different factors contribute to triggering the symptoms:

- **Sympathetic nervous system dysfunction** – the sympathetic nervous system is the part of your nervous system that controls many involuntary actions in the body such as sweat production, blood flow, and hair and nail growth. Not all people with CRPS have sympathetic nervous system dysfunction.
- **Somatic nervous system dysfunction** – the somatic

nervous system passes messages between the brain and limbs through the spinal cord. Patients with CRPS may experience a sensation known as allodynia- where even gentle touch, or warmth or cold is interpreted as being extremely painful. Also strange sensations, such as clumsiness or feeling that their limb doesn't belong to their body.

- **Neurogenic inflammation** – the redness and swelling of CRPS may be different from the normal redness and swelling that generally follows an injury. Doctors postulate that the nerves themselves may release chemicals that cause these changes in the affected limb.
- **Hypoxia** – CRPS may tighten blood vessels, restricting blood flow which reduces oxygen in the body's tissues (hypoxia) resulting in pain.
- **Psychological factors** – some doctors think that a person's reaction to a stressful life event can trigger CRPS, while others disagree. Current research suggests that psychological factors do not play a major role in the onset of CRPS (except in extreme stress), but does impact in one's ability to cope with CRPS.

Diagnosis

There is no one diagnostic test for CRPS. Diagnosis is based on a person's medical history and their symptoms. Professor Yoland Lim Health Care's doctors may order pathology or imaging tests to rule out other conditions that may present similarly.

Standard Western Medical CRPS Treatment

Professor Yoland Lim Health Care has treated patients referred by medical specialists or GP's, and you may have tried a range of standard medical treatments, such as prescription medicines (some of which are also used for epilepsy or depression), physical therapy, and interventions like nerve injections, however the results of these significantly vary.

Treatment³³⁵

Although CRPS has no simple cure, Professor Yoland Lim Health Care uses an integrated medical approach to obtain the most optimal result for you, involving a number of approaches which aims to restore movement and function of the body:

- Fong Yang Therapy- specialised form of Professor Yoland Lim Health Care's acupuncture.
- Phytomolecular medicine may include:
 - MUS oral drops
 - AOIL topical application

- Pain and Stress management: Using Professor Yoland Lim Health Care's Meditation CD's you will learn how to relax and minimise stress to help reduce pain. Identify sources of stress, and make necessary lifestyle changes.
- Relaxation techniques may include deep breathing

Prognosis of CRPS

Without treatment patients may have significant pain and disability for years. Relapses can happen for no known reason or can occur after surgery for a separate problem.

We advise you seek medical review if you suspect you have any of the symptoms stated, to further investigate and manage as necessary.

Dizziness

Dizziness is a broad term describing sensations of feeling unsteady, weak, faint, 'woozy' or light-headed³³⁶. Experiencing dizziness is one of the more common presentations in general practice medicine³³⁷.

The cause of dizziness varies between individuals including:

- low blood pressure
- certain heart conditions
- anxiety disorders
- inner ear problems, and
- migraines³³⁸.

Research suggests dizziness can be linked to your emotional state such as fear, panic, stress, embarrassment or anger³³⁹.

In instances where emotional state is contributing to your experience of dizziness, developing new ways to cope with stress, remaining active and focusing on breathing have been found to be effective in reducing dizziness.

As there can possibly be multiple causes for dizziness it is important to be reviewed by your medical practitioner to diagnose the cause, and for appropriate management to be commenced.

When experiencing dizziness, it is important to avoid quick or sudden turns, staying hydrated, changing positions slowly and being careful when turning your head³⁴⁰.

Fatty Liver

Fatty liver is a condition in which excess fat builds up in the liver cells. The liver, which is the largest internal organ in our body, removes toxins and processes food nutrients. When the health of our liver is compromised, the blood from our digestive system cannot filter properly. This could lead to various complications such as inflammation known as steatohepatitis. Non-alcoholic steatohepatitis (NASH) is the most common cause of liver disease in Australia and is commonly seen in people of older age groups with diabetes, obesity, high blood pressure or high cholesterol³⁴¹.

Because fatty liver does not cause obvious symptoms, many are unaware of having it until a routine examination. According to Victorian Government Better Health Channel, this condition affects approximately 1 in 10 Australians³⁴². While it is normal for the liver to contain some fat, if it

makes up more than 10% of the weight of the liver then it is generally determined as 'fatty liver'. In some serious cases, the liver can become scarred and hardened which in time could cause a condition known as cirrhosis. This often leads to liver failure³⁴³.

Although there is no known cure, there are a number of things we can do to manage this condition. Making changes to our lifestyles, such as following a healthy diet and exercising regularly are believed to be effective. In a study published by the US National Library of Medicine National Institutes of Health Acupuncture treatment was shown to assist in lipid metabolism which reduces abdominal fat accumulation and helps decrease the mass of fatty liver³⁴⁴.

Fibromyalgia

Fibromyalgia is a complex disorder which is marked by generalised pain and muscle stiffness and is often accompanied by fatigue and sleep disturbances. Fibromyalgia affects 2-5% of the population with predominance in young to middle-aged women³⁴⁵. It is thought fibromyalgia occurs due to developmental changes in the central nervous system resulting in variations to how sensory information in the environment (such as touch or sound) is processed³⁴⁶. Because of this, fibromyalgia is now understood to be a disorder with the brain and not the muscles and bones per se.

Although symptoms vary from patient to patient and range from mild to severe, the most common symptoms include:

- increased sensitivity to pain
- problems with concentration and memory
- prolonged muscle stiffness, and
- difficulty sleeping³⁴⁷

While there is no cure for fibromyalgia, there are effective management strategies to relieve symptoms. This may include active rehabilitation programs, medication and psycho-educational therapies³⁴⁸.

Fungal Infection

Mycoses (fungal infections) are characterised by the invasion of tissues by one or more species of fungi. These may be caused by dermatophytes, yeast or molds and typically occur in individuals who are immunocompromised. Furthermore, individuals who are organ transplant recipients, or those with underlying conditions such as diabetes or lung disease are at a greater risk of fungal infections³⁴⁹.

Broadly, there are two categories in which fungal infections can be divided:

1. Superficial, or
2. Invasive infections

Superficial infections may be caused by both yeast and molds and typically occur on the skin, nail, hair and mucous membranes. In many cases, fungal infections are limited to the mouth, genital area or skin but in individuals with a

weakened immune system, there is an increased risk of experiencing a more serious internal infection³⁵⁰. The symptoms of a fungal infection depend on what part of the body is being affected³⁵¹. For example, symptoms of a fungal infection on the skin may cause itching, swelling and redness whereas symptoms of a fungal infection in the lungs may cause chest pain, muscle aches and coughing. Commonly, fungal infections are treated with anti-fungal medication in a cream, ointment, suppository, pill or intravenous form¹.

Onychomycosis (fungal nail infections) may also occur in individuals, and may cause unsightly, green or yellow nails. This can spread to other toe nails, and finger nails, and patients may be troubled by the appearance of these.

Glandular Fever

Glandular fever, also known as Infectious Mononucleosis (IM) is a common contagious infection caused by the Epstein Barr Virus (EBV). Glandular fever is most common in teenagers and young adults with 90-95% of people in adulthood having been affected by EBV³⁵². This is thought to be due to the close contact of teenagers in the later school years and in their tertiary education. Glandular fever is spread through person-to-person contact with saliva. Because of this, it is also sometimes referred to as the 'Kissing Disease'³⁵³.

As the incubation period (that is the time it takes to develop

symptoms and be infected) is 4-6 weeks, symptoms of glandular fever are gradual. The first symptoms may be:

- Fatigue
- lack of energy followed by
- sore throat
- fever
- swollen glands and
- a rash³⁵⁴.

Due to being a viral infection, western medicine advises supportive care for the management of symptoms. Furthermore, medical professionals suggest ensuring plenty of rest and fluids³⁵⁵.

Hepatitis

Hepatitis is a condition defined by the inflammation of the liver. The liver is an important organ for regulating metabolism, storing vitamins, removing toxins and making proteins. Hepatitis may be caused by alcohol and drug abuse or certain medical conditions but commonly, hepatitis is caused by a viral infection³⁵⁶.

In Australia, the three most common hepatitis caused by viral infection are hepatitis A, B and C³⁵⁷. Depending on the type of hepatitis depends on the symptoms and cause. Hepatitis A is commonly acquired overseas and is spread by direct contact with an infected person or by consuming contaminated foods³⁵⁸.

Symptoms may include fever, nausea and yellow skin and eyes.

Hepatitis B is the most common hepatitis and is spread through infected blood or body fluids³⁵⁹. Hepatitis C is a blood borne virus and is spread through contact with infected blood³⁶⁰. Symptoms include and are not limited to flu like symptoms, pain in the liver region, nausea, night sweats, diarrhoea and poor concentration and forgetfulness.

Furthermore, treatment for hepatitis varies depending on the type of hepatitis. For instance, there are effective treatments available for hepatitis B to reduce the risk of consequential diseases such as liver cancer⁴. In the case with hepatitis A, unfortunately there are no current medical treatments available with medical professionals recommending supportive therapy in plenty of rest and fluids¹.

Herpes Simplex Virus

Herpes Simplex Virus (HSV) commonly known as 'herpes' are infections caused by either Herpes Simplex Virus type 1 (HSV-1) or Herpes Simplex Virus type 2 (HSV-2)³⁶¹.

Commonly, cold sores or oral herpes that is blisters around the mouth and nose are caused by HSV-1, and genital herpes are caused by transmission of HSV-2. Although both are often asymptomatic in that they produce and show no symptoms, both herpes infections are lifelong ³⁶². They lie dormant without causing much issues at

other non-active times, and then during times of stress on the body, the characteristic lesions may come out.

Both herpes viruses are contagious during presence of symptoms *and* absence of symptoms through oral-to-oral contact (HSV-1) and through contact with genital surfaces, skin, sores or fluids (HSV-2). Although there are treatments to alleviate the severity of symptoms such as topical agents, there are currently no cures for the infection³⁶³.

Insomnia

Insomnia is a common sleep disorder defined as the difficulty of getting to sleep and staying asleep ultimately resulting in disruptions in sleep quality affecting daytime functioning³⁶⁴.

These disruptions can include:

- poor concentration
- forgetfulness
- grumpy mood and
- fatigue.

There are two main types of insomnia:

1. Acute insomnia- which occurs for less than 4 weeks, and
2. Chronic insomnia- occurring more than 4 weeks³⁶⁵.

Insomnia can affect anyone at any point in their lives with a higher prevalence in females, shift workers and older people with poor health³⁶⁶. There are

multiple factors which can cause insomnia such as:

- some medications
- depression
- stress
- chronic pain
- anxiety³⁶⁷

In order to treat insomnia it is crucial the underlying causes are taken into account. However there is strong evidence and support to suggest the first-line treatment to be cognitive behavioural therapy³⁶⁸. Unlike the more traditional western approach in treating insomnia using sleeping pills, cognitive behavioural therapy aims to overcome the underlying causes through engaging in a series of sleep assessments, completing a sleep diary and weekly visits to a sleep clinician³⁶⁹.

Kidney Failure

Kidney Function

In pure Chinese medicine the kidney meridian (energy) is regarded as the most important organ in your body (perhaps this is why we are born with two). If your kidney energy is functioning properly, then the rest of the body will likely function properly. Your kidneys draw on your body's core energy. If this energy is depleted in some way through stress, chronic fatigue or immune deficiency your normal kidney function may be disrupted which in turn disrupts may affect your biological clock and sets up a detrimental chain reaction of potential harm to your bodily functions. Similarly, your kidney energy and renal function may be affected through eating the wrong food, drinks and alcohol abuse (besides your liver).

What are some of the effects?

Disruption to your kidney energy may result in stress, chronic fatigue, premature aging of skin, circulation problems, stomach disorders, hormonal imbalance and pre-menstrual problems.

Ig A nephropathy

Glomerulonephritis is the commonest cause of kidney damage. It is where the filtering function of the kidney is not working effectively.

There are a variety of glomerulonephritis- IgA Nephropathy is the most common type in Australia. It affects males more than females, and approximately 10-30% will progress to more kidney damage resulting in end stage renal failure³⁷⁰[1].

Ig A is an immunoglobulin, which is antibody, which is abnormally reacting to parts of our body, and in this case the kidneys.

Left untreated 40-65% Problems with High Blood Pressure and Mild Kidney Failure in later years and

10-30% Develop End Stage Kidney Failure Between 3 to 30 years after Diagnosis.



Non-Smoking

QUIT smoking in
1 treatment!

Health Without Drugs
"Eastern Wisdom, Western Science
No Drugs, No Side Effects"

5th Generation: Professor Yoland Lim, AND
6th Generation: Dr. Justin Lim, Dr. Selina Lim -
Registered Medical Practitioners &
Dr Elaine Lim - Registered Specialist Orthodontist

!conditions apply

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It is known that the body produces certain morphine-like substances, known as *endorphins*.

This is nature's way of bringing a form of well being to the body. It has been said that β (beta)-endorphins are released at certain times, eg. After exercise; After a pleasurable event.

Research from USA has suggested that some people are both born with abnormally low amounts of beta-endorphins or an inferior mechanism for producing them. In society some use (varying amounts of) alcohol, tobacco and drugs to replace these endorphins by giving the body a feeling of ease. Individuals with a lower

amount of endorphins are at increased risk of becoming addicted to these vices. Hence, in seeing the error of their ways, it is very difficult to break the addiction.

Professor Yoland Lim Health Care's exclusive NSMK NON-SMOKING Drops are phytomolecular (herbal) medicine extemporaneously prepared and dispensed for you, that are based on the knowledge of thousands of years of opium use in China, and 'antidotes' to help normalize the body's energy system and restore and re-increase the production of β -endorphins back up to normal levels.

When this occurs cigarettes start to become unpleasant to taste (probably likely as the body no longer needs the nicotine). Tobacco addiction is just as much an addiction as heroin, alcohol, sugar or coffee, and ceasing the availability of such substances may be too great a shock to the body for some patients. We recommended tapering off (ie a weaning process) to be used in certain circumstances.

Suggested program:

1. Commence NSMK NON-SMOKING drops 15 drops 3 times a day, 30minutes before meals, in HMIX.
2. As soon as possible cut out cigarette consumption or at least reduce the number smoked each day.
3. Once cigarettes start to taste nasty and unpleasant, or as soon as you have decided you no longer want or need them, throw the rest of the packet(s) out and take an additional 5 drops of NSMK NON-SMOKING drops anytime as you need (on top of the 15 drops 3 times a day). This has been reported to have an additional, acute effect in lowering desirability of cigarettes.

4. As Professor Yoland Lim Health Care's products are composed of natural phytomolecular medicines, and contain no drugs, and have no side effects, it is perfectly safe to take extra drops as you need.
5. Consider your endocrine and endorphin system to be like a car that has been garaged for many years that may need extra care and coaxing to get it going again. So if you appear to suddenly have a great desire for a cigarette, that's fine, just understand your system has had a small hiccup and take some extra drops as needed.

Useful Hints

Whilst weaning off cigarettes:

1. Put cigarettes in an inaccessible place, i.e. on top of a cupboard, across the road with a neighbour. This is designed to buy time to let you think twice.
2. Write down how you feel each time you inhale and then READ IT BACK ALOUD.
3. Sit in a conspicuous place, i.e. middle of kitchen floor or office floor. Make an occasion of each cigarette and

then ask yourself "was it worth it?" This is designed to make you aware of yourself, the cigarettes and the effect they have on you.

When you are a non-smoker:

1. Remember that your lungs are organs of elimination and when you stop smoking, excess mucous may come away, do not be alarmed, and be grateful. If this is distressing to you, we recommend formula **LU**.
2. Professor Yoland Lim Health Care's phytomedicine drops

are formulated to help return your body to normal as gently as possible. If you are suffering from stress, you may like to consider formula **NVX** to ease the process of kicking your habit.

3. Avoid smoky areas for as long as possible and you will find that cigarette smoke becomes abhorrent to you to keep you of them.
4. Now you are a non-smoker, you will probably find your desire for coffee, alcohol and sugar greatly reduced as well – TERRIFIC!

TemporoMandibular Joint (TMJ) Disorders

Do you have pain in the jaw?

Trouble chewing?

Jaw aching?

Difficulty opening your mouth?

Stuck or locked jaw?

Weird noise or clicking of the jaw?

You may have TMJ disorder. This affects 40% of all people, who will have sign of a TMJ disorder at some point in their lives.

The TMJ is located where the mandible (lower jaw) attaches to the base of your skull on each side of your head. You can find this by placing your fingers in front of your ears and opening and closing your mouth and you can feel these joints move. Muscles, ligaments and tendons attach across the TMJ to control its movements.

Symptoms:

Pain, clicking, locking, facial pain and headache.

Causes:

The exact cause of a TMJ disorder is not always known. The majority are due to joint degeneration, trauma or injury to the mouth.

Other conditions which can contribute include:

- osteoarthritis and rheumatoid arthritis, which

may cause considerable TMJ dysfunction

- sustained emotional or physical stress
- bruxism (Teeth grinding)

TMJ may contribute to emotional tension or depression. Chronic TMJ pain and dysfunction can be difficult to treat.

There are surgical procedures which involves opening into the joint and joint replacement. However as with any medical procedure there are potential risks, including the facial nerve (7th cranial nerve, that provides facial movement) which may be affected. Permanent nerve damage is rare but could lead to facial palsy on the affected side and some nerve damage may be permanent.

Professor Yoland Lim Health Care's clinical examination will include:

- inspect your face, jaws and mouth for signs of disease
- evaluate jaw movements
- gently palpate jaws and chewing muscles
- listen for TMJ noises during movement
- We may refer you for blood tests (for rheumatoid arthritis or other connective tissue disorders) and X-ray, CT or

MRI scans of the jaws and TMJ.

Treatment:

Professor Yoland Lim Health Care uses an integrated medical approach to obtain the most optimal result for you:

- Phytomolecular medicine may include:
 - NVX NERVEX for improved brain relaxation
 - MUS MUSCLE for optimal masseter muscle tone
- Modified diet: To rest the jaw, eat only soft food that requires little or no chewing. When a small amount of chewing is necessary, try to chew evenly on both sides of the mouth.
- Hot or cold packs: Hot packs on painful areas can help to relax muscles and soothe tenderness. Cold packs can help to reduce inflammation

in the TMJ or chewing muscles.

- Stress management: Using Professor Yoland Lim Health Care's Meditation CD's you will learn how to relax and minimise stress to help reduce clenching or grinding of teeth. Identify sources of stress, and make necessary lifestyle changes.
- Relaxation techniques may include deep breathing.
- Specific exercises tailored for your TMJ requirements.
- Avoiding extreme jaw movements: Resist chewing hard foods or talking too much.

Prognosis:

Although some patients respond very promptly, as TMJ disorders can take years to develop, it may take some time for improvement.



Viral Infection

Many human illnesses are caused by infection with viruses. Viruses are a type of parasitic microorganism that invades healthy living cells in order to replicate and reproduce. This process can result in killing, damage or changing the cells ultimately leading to sickness³⁷¹. However, in many cases, our immune system may be able to fight the virus off.

There are four main types of viruses³⁷²:

1. Icosahedral
2. Helical
3. Enveloped, and
4. Complex.

Common viral infections include:

- Influenza
- The common cold
- Chickenpox
- Measles
- Viral gastroenteritis
- Coronavirus (COVID19)

Viral infections are contagious and can be spread from person

to person via coming into contact with the infected person, contact with bodily fluids, transmission from mother to child during pregnancy and coming into contact with contaminated surfaces³⁷³.

Due to the potential ease of transmission and for the danger it poses to elderly, very young and immunocompromised, treatment and management of viral infections should be taken seriously and include³⁷⁴:

- Managing symptoms by having fluids for coughs and warm fluids for oral hydration
- Paracetamol to relieve fever
- Preventing infections via vaccines
- Frequent and diligent washing your hands
- Coughing into your elbow (not hands)
- Using and disposing of tissues after coughing or sneezing, and washing hands for at least 20 seconds.

MEN'S HEALTH

Erectile Dysfunction

As humans we have 3 basic desires:

- 1) Eating
- 2) Sleep
- 3) Close physical intimate relations (*Sexual intercourse*)

This physical intimacy can be exciting and fun. However there can be sexual problems with both men and women. The commonest in men are:

- **Erectile Dysfunction- inability to achieve or maintain an erection during intercourse**
- **Premature/delayed ejaculation**
- **Low libido (Sex drive)**

Erectile Dysfunction (also known as impotence) has been around for as long as humans have been in existence. Techniques have varied through the years from steel mechanical external attachments, to static electricity attached to the penis and testicles, to simple aphrodisiacs like oysters, red wine, and even peanut butter. In the 1970's when Professor Yoland Lim first commenced acupuncture in Australia, erectile dysfunction was understood to be due to psychological causes and was treated almost exclusively with psychotherapy. However he

started using integrative phytomolecular medicine to enhance the effect on the male organs. Now Professor Yoland Lim Health Care has developed MSX, a treatment program incorporating an Australian designed and developed machine.

CAUSES OF PHYSICAL IMPOTENCE

Arterial Insufficiency

Most commonly due to diabetes, cardiovascular disease, high blood pressure, high cholesterol, smoking, drinking, aging, in addition to a large group of unknown aetiology (causes). With progressive hardening and blocking of the penile arteries, this reduces the arterial diameter available for blood flow.

Your therapy helps improve the meridians which may help strengthen the actual erectile muscle, and improve the elasticity of the smooth muscle of the penile arteries, required for a strong erection. The treatment is like a 'jump start' to help you get back on track, or a rehabilitation program to help you recover. Treatment also requires XT969 (XTONE) drops routinely 15 drops, 3 times a day.

Depending on the physical aggravating conditions and due to individual variation, some patients respond promptly, while others may take several treatments. We are here to help improve your confidence, both physically and emotionally.

PREMATURE EJACULATION (PE):

It is now understood that if the erectile mechanism is normal, then PE has organic basis of oversensitivity, with subsequent habitual response.

How does it work in PE?

The biggest concern amongst men with PE is whether or not they are going to orgasm early, leaving their partner unsatisfied. It gets to a point where men actually avoid sex because of these fears, especially in a new or demanding relationship. For others, sex is no longer a 'shared experience' and avoidance sets in. Hence, PE becomes perpetual. XT (XTONE) and NVX drops help to provide an erection that will last longer regardless of whether you ejaculate or not. This has the advantage that you will be able to enjoy the experience of foreplay and intercourse of longer. Hence sexual tension is lifted as the pressure to perform is no longer holding you back. This can substantially have

improveself esteem and confidence and you are no longer fearful of your lack or performance.

Anxiety is the final common pathway via which a variety of cultural, psychological and relationship stresses converge to produce erectile failure in men with normal genitalia. The psychological consequence of anxiety is a 'neuronal sympathetic surge' that releases adrenaline from the adrenal gland into the circulation, reaching the penis almost instantly, causing the penile artery to constrict and the smooth muscles to relax. This results in the rapid collapse of the erection, and a flaccid penis.

TREATMENT

- XT drops are an extract of eastern phytomolecular medicine (herbs) specially formulated for sexual enhancement, using modern scientific method based on Chinese philosophy, developed by Professor Yoland Lim.
- These are a product of nature and do not contain any artificial drugs or growth or sex hormones, and are non-addictive. They are a cross between Chinese and Indonesian Medicine combining traditional methods of extraction and

manufacture combined with modern western medical scientific technology.

- Facilitates prolonging sexual contact and hardness, to stimulate and intensify mutual excitement.
- Increases ejaculatory strength giving a more complete satisfactory feeling and orgasm.
- Enhances ones feeling of sexual well-being and feeling
- Improves circulation and helps varicose veins
- Heals internal wounds
- Eliminates likelihood of body odour and bad breath
- Regulates urination process.
- Professor Li Shah Chan writes in *Chinese Medicinal Herbs* that it rejuvenates skin cells. It helps maintain skins youthful texture. It prevents premature cellular aging by re-vitalizing skin cells, giving it a lustrous younger, fresher look, enhanced by JUVESCULPT, JUVESKIN, and JUVEFACE medical aesthetic treatments.
- Preserves hair colour
- Eliminates 'internal' itch- a feeling inside oneself of feeling 'uncomfortable'

- NVX drops may be advised for you to help consolidate positive psychological reinforcement for male organ enhancement, and to help reduce anxiety and stress secondary to poor sexual performance or early ejaculation.
- KI drops to help the optimize the urological system
- Take: 15 Drops of each, 3 times a day with herbal mix tea, and 5 drops as needed anytime
- Professor Yoland Lim Health Care's MSX therapy is an Australian designed and developed treatment program which may enhance circulation to male organ and groin region, to optimize blood flow and erection, and for longer.
- Binaural therapy is a specialized form of Healing Meditation Music (Chanting) by Professor Yoland Lim Health Care.

Initially you may need several treatments. As we are all individual, some patients improve very promptly, while others may take a few more treatments.

Libido Loss (Males)

Sexual intercourse is a time of intimate sharing that can be fun and exciting. It is an important part of a relationship. When this becomes less frequent than at least one party desires, or there is a reduction in the quality of the time spent together, this can lead to issues in the relationship.

When there is a sexual problem, it can be frustrating. The most common sexual problems in men are:

- premature/delayed ejaculation
- inability to achieve or maintain an erection during intercourse
- low libido or sex drive.

Libido loss or loss of interest in sex is a common occurrence in both males and females³⁷⁵. Reduction in libido may be due to a range of factors both physiological and physical.

1. Physiological factors include:
 - depression

- stress
- illness
- fatigue
- poor body image and
- anxiety

2. Physical causes may be due to:

- vaginal dryness
- contraception
- pregnancy
- menopause
- hormone changes
- difficulty in achieving and maintaining an erection and
- premature/delayed ejaculation in men³⁷⁶.

As the desire for sex dramatically varies between individuals, there are multiple strategies to treat reduced libido. These can include professional counselling, hormone therapy, learning different sexual techniques, treatment for underlying illness (such as antipsychotics or antidepressants) and stress management³⁷⁷.

Performance Anxiety

Close physical intimacy is an important part of a relationship. However for some people the ability to perform at their desired level is less than what they envisage it should be at, and anxiety with regard to this can be detrimental to a couple.

This may result in a decrease in confidence in a man's ability to satisfy their partner/lover. This can further cause even more anxiety as the situation self-perpetuates negatively. It is important to break the cycle and to ensure close physical intimacy improves.

1. Physiological factors ³⁷⁸ include:
 - depression ³⁷⁹ in 12.5% of patients
 - stress
 - illness

- fatigue
- poor body image and
- anxiety in nearly 25% of patients.

2. Physical causes may be due to:
 - difficulty in achieving and maintaining an erection and
 - premature/delayed ejaculation in men³⁸⁰.

As the desire for sex dramatically varies between individuals, there are multiple strategies to treat performance anxiety. This may include professional counselling, hormone therapy, learning different sexual techniques, treatment for underlying illness (such as with antipsychotics or antidepressants) and stress management³⁸¹.

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Work Stress

Work as well as the environment at work can have a significant impact on mental health in both a positive and negative light. A large body of work investigating the relationship between men's mental health with employment and its stresses has highlighted the extreme complexity in how to best support men's mental health. Studies have found that even when men retire from employment voluntarily, mental health problems present through deteriorations in personal meaning and social support³⁸². Furthermore, studies have highlighted the greater susceptibility for depression in

men than women in work conditions of high strain³⁸³.

In light of these growing concerns and the effect work stress can have on overall well-being, it is important to practice and have coping strategies such as³⁸⁴:

- Binaural therapy and Relaxation strategies such as progressive muscle relaxation
- Practicing mindfulness that is the ability to pay attention to the present moment with openness and acceptance
- Reappraising negative thoughts by treating them as hypotheses instead of facts.

NEUROLOGY

Alzheimer's

Did you know dementia not only has effects on memory? In severe cases, it may cause hospital Emergency Departments to have to use chemical or mechanical restraint. A study from Royal Melbourne Hospital recently published by Australian Doctor online showed:

1. One in five patients needed prescription restraints (i.e. antipsychotics or benzodiazepines)
2. Some patients also needed mechanical restraint, 40% due to agitation.

Alzheimer's and Dementia may be mentally crippling conditions where memory is lost and loved ones may not even be able to recognize family and friends.

Washington University School of Medicine have discovered that even one night of disrupted sleep is enough to raise levels of the brain protein amyloid beta which is linked with Alzheimer's disease. When this clumps together it can stop neuronal brain cells talking with each other which can destroy neurons and erase memory.

In Australia, more than 1 in 3 adults complain of significant sleep issues, with even more

saying they "do not feel refreshed when they wake in the morning". Dr Justin Lim says "Lack of sleep impacts your concentration, you may become forgetful and display irritation. Your cognition deteriorates and even a mild cognitive impairment can be a warning sign for Alzheimer's disease".

Other factors contributing to Alzheimer's include hypertension in the middle years of our lives, and positive factors include "high education" in our younger years. The complex messaging between cells when our brains are functioning more during our secondary and tertiary education time helps improve IQ, and reduce the risk of Alzheimer's³⁸⁶.

Research reported in the Medical Journal of Australia from an international study involving Germany, the US and the UK suggested that lack of navigational skills may be an early sign of Alzheimer's disease.

With a variety of factors contributing to our mental and emotional state, Professor Yoland Lim Health Care works in conjunction with fellow medical practitioners and specialists with

a general medical holistic patient centered approach to help coordinate and integrate care of the patient, including, but not limited to, wellbeing, stress, and mental health.

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Anosmia

Anosmia is a disorder characterised by the inability to smell. The first cranial nerve known as the Olfactory nerve transports the messages from the nose to the brain. Anosmia is caused by the dysfunction of this olfactory system³⁸⁷. Various factors contribute to this such as:

- hormonal disturbances
- chemicals
- diseases of the nervous system
- head injuries
- numerous medications

Fortunately, due to the unique ability of olfactory neuron being able to regenerate after injury, the incidence of anosmia may be temporary¹. Despite this, losing the sense of smell can have a severe impact on not just health but also on the quality of life³⁸⁸. For example, as the sense of smell

is closely intertwined with the sense of taste, losing the ability to smell can result in food tasting bland. This can make it hard to eat and drink (decreased appetite) and can affect enjoyment of life revolving around meals³⁸⁹.

Other difficulties experienced as a result of anosmia include challenges with maintaining personal hygiene and social relationships, feeling less safe and fear of hazardous events such as smoke and gas².

Specific treatment for anosmia depends on the underlying cause with studies highlighting the successful treatment of anosmia cases with acupuncture whereby patients regained the sense of smell following acupuncture sessions^{390,391}.



Bell's Palsy

Bell's Palsy is a sudden weakness or paralysis on one side of the face. It is caused by damage to the facial nerve through a virus infection. For unknown reasons, it is often seen more in young adults of either gender³⁹². It has been reported that between 11 and 40 per 100 000 people are affected by the disease worldwide³⁹³.

The inflammation caused by the infection puts pressure on the nerve that controls the facial muscles which ultimately results in paralysis of the face. Some of the most common symptoms include droopy appearance around affected side of the face, eye and mouth, as well as overall numbness.

Some may suffer long-term effects.

A study published in the JAMA Otolaryngology Head Neck Surgery illustrated the factors associated with improved facial function are³⁹⁴:

- younger age
- lower degree of facial nerve paralysis (as measured using the House-Brackmann grade)
- good electromyography result (absence of pathological spontaneous fibrillation activity)
- absence of diabetes, and
- good control of hypertension

According to The Copenhagen Facial Nerve Study, approximately 13% are left with ongoing slight weakness and 4% with severe weakness that often result in major facial dysfunctions.

Charcot Marie Tooth Disorder

Named after the three physicians who first described it, Charcot-Marie-Tooth (CMT) is a neurological disorder affecting the peripheral nerves – the nerve cells that connect the brain and spinal cord to muscles and sensory organs³⁹⁵.

While the onset of CMT can occur at any age, progressive muscle weakness is typically noticeable during adolescence or early adulthood³⁹⁶. Full expression of CMT's symptoms generally occurs by age 30. Over time, the affected nerves slowly degenerate and eventually lose the ability to communicate with their targets. This leads to symptoms and signs such as³⁹⁷:

- Weak ankles and curled toes
- Numbness and coldness of the hands and feet
- Pain as a result of walking abnormally

- Loss of fine motor skills
- Weakness and wasting of the leg muscle (atrophy)

CMT is an inherited disease and the severity can vary depending on the individual. With over 50 different types of CMT, significant research exploring the genes related to the peripheral nervous system is being conducted to find a cure³⁹⁸. Treatment for CMT revolves around minimising discomfort and maintaining muscle strength and endurance. This can include³⁹⁹:

- Custom made shoes (orthotics)
- Leg braces
- Physical therapy
- Regularly stretching
- Engaging in moderate activity to maintain muscle strength and endurance
- Assistive devices such as thumb splint.

Dementia

Losing your memory?

Getting lost often?

Relying solely on your cars' GPS?

Did you know dementia not only has effects on memory? In severe cases, it causes hospital Emergency Departments to have to use chemical or mechanical restraint. A study from Royal Melbourne Hospital, recently published by Australian Doctor online showed:

1. One in five patients needed prescription restraints (i.e. antipsychotics or benzodiazepines).
2. Some patients also needed mechanical restraint. 40% of restraints were due agitation.

Alzheimer's and Dementia are mentally crippling conditions where memory is lost, and loved ones cannot even recognize family and friends. Alzheimer's link to even just one night of poor sleep.

Washington University School of Medicine have discovered that even one night of disrupted sleep is enough to raise levels of the brain protein amyloid beta, which is linked with Alzheimer's disease. When this clumps together it can stop neuronal brain cells talking with each other, which can destroy neurons and erase memory.

Dementia is a group of conditions/symptoms that affects the brain resulting in a progressive decline in day-to-day functioning. There are multiple causes of dementia such as neurodegenerative diseases like Alzheimer's disease (accounting for 50-70% of cases), traumatic brain injury and brain tumours. In Australia, dementia is the second leading cause of death with 1 in 10 people over the age of 65 affected ⁴⁰⁰. However, it is important to note, although the risk of being affected by dementia increases with age, anybody can be affected⁴⁰¹.

In Australia, more than 1 in 3 adults complain of significant sleep issues, with even more saying they "don't feel refreshed when they wake in the morning". "Lack of sleep impacts your concentration, you become forgetful and display irritation. Your cognition deteriorates, and even a mild cognitive impairment can be a warning sign for Alzheimer's disease"- Dr Justin Lim.

Research reported in the Medical Journal of Australia from an international study involving Germany, the US and the UK suggested that lack of navigational skills may be an early sign of Alzheimer's disease.

Although there are multiple factors which contribute to the severity of Alzheimer's, this may provide us with an avenue to diagnosing this chronic condition in its early stages in the future.

Some of the most common symptoms include⁴⁰²:

- memory loss
- apathy and withdrawal
- sleep disturbances and
- personality and behavioural changes

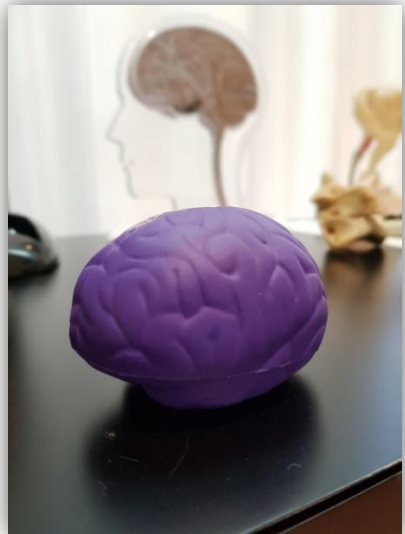
To date, physicians and researchers have highlighted evaluation and diagnosis of dementia to include four elements⁴⁰³:

- 1) Thorough clinical history
- 2) Neurological examination
- 3) Metabolic and physiologic abnormalities, and
- 4) Structural brain scan

Although there are medications to reduce some symptoms of dementia, there is no current cure. As dementia can be a result of multiple health factors, current emphasis is placed on initial evaluation and early diagnosis.

Professor Yoland Lim Health Care uses an integrated approach to health care which may include:

- Fong Yang Shi Luo Dou, a Professor Yoland Lim Health Care's form of Acupuncture
- Phytomolecular (herbal medicines), such as BRMC and TC
- Binaural therapy, a form of *Healing Meditation Music (Chanting)* by Professor Yoland Lim Health Care.



Dystonia

Dystonia is a neurological movement disorder that causes the muscles in the body to contract or spasm involuntarily⁴⁰⁴. It can be categorised into three types⁴⁰⁵:

1. Focal dystonia- where muscle contracting affects one part of the body
2. Segmental dystonia- affects two or more adjacent parts of the body, and
3. General dystonia- affects all parts of the body.

Dystonia can vary in severity as well as the area(s) of the body affected.

It commonly affects the:

- Neck
- Eyelids
- Jaw
- Hands, and
- Forearms.

Depending on the form of dystonia, the symptoms differ.

However, typically the earliest symptoms of dystonia involve the legs with disruptions to gait and walking⁴⁰⁶.

The exact cause of dystonia is unknown but it is thought there are a multitude of factors which may play a role in the onset of dystonia. These factors include⁴⁰⁷:

- Genetics
- Acquired from a brain injury such as in cerebral palsy or hemi-dystonia
- Certain medications that affect the brain.

Currently there are no specific prescription medications to prevent or slow the progression of dystonia. However, there are several strategies that may ease some of the symptoms of dystonia⁴⁰⁸. For example, injecting small amounts of botulinum toxin ('Botox') can provide temporary improvement of the muscles.

Electromagnetic Radiation (EMR)

With the increasing use of technology in Australia, there has been more “health concerns related to possible Electromagnetic Radiation (EMR)” “in the range of 0-300 GHz”⁴⁰⁹ (also known as Electromagnetic Energy (EME), Electromagnetic Fields (EMF), causing Electromagnetic Hypersensitivity (EHS)). The Australian Radiation Protection and Nuclear Safety Agency (ARPNSA) is the “Australian Government’s primary authority on radiation protection and nuclear safety”. They provide reports on mobile phones, broadcasting transmitters, powerlines, induction heaters, microwave ovens, smart meters and other personal, industrial and scientific EMR producing equipment⁴¹⁰.

Even though another Australian Government’s body, the Department of Infrastructure, Transport, Regional Development and Communications stated that “EME does not have enough energy to cause direct damage to molecules, such as DNA, that could impact human health⁴¹¹” the Australian Communications and Media Authority have published rules for a range of devices⁴¹² to keep EME at safe levels.

Patients may be concerned with a range of triggers, such as wifi, lights in shopping centres, mobile phone towers, computers, which are stated by some to be causing a range of symptoms, including:

- Abdominal pain
- Concentration difficulties
- Confusion
- Disorientation⁴¹³
- Fatigue
- Feeling uncomfortable
- Headache
- ‘Heavy’ feeling in the muscles
- Nausea
- Neck pain
- Redness, burning and tingling of the skin
- Ringling in the ears.

According to the ARPNSA if you are still concerned about using mobile phones there are several steps you can take to reduce your exposure to radiofrequency electromagnetic energy (RF EME)⁴¹⁴:

1. Use the hands-free mode when making a call, as it extends the distance between the “mobile and your head which reduces your exposure to RF EME”⁴¹⁵.
2. Send a text instead of making a call as when calling a mobile phone is in “constant communication

with the base station which also exposes you to RF EME". By sending a text this exposure is shortened and reduced. However excessive usage and typing into a phone may raise the risk of [*lphone tendonitis*](#), a term coined by Dr Justin Lim after seeing a rise in the number of patients with this in recent times.

3. Limiting the length of your phone calls reduces exposure to RF EME.
4. Make calls where reception is good. When making a call

in an area of poor phone reception your mobile phone has to increase its RF EME output to communicate with the base station. When making a phone call in an area with good phone reception, your mobile phone does not need to use as much RF EME.

Some people are able to live with their symptoms, while others require additional assistance. If you have any concerns, please speak with your medical practitioner.

Functional Neurological Disorders (FND)

Functional neurological disorders (FND) previously known as conversion disorder is a disorder characterised by the dysfunction of the nervous system and how the brain receives and sends signals⁴¹⁶. For a long time, FND was termed as conversion disorder as it was thought psychological distress was being converted to physical symptoms⁴¹⁷.

Symptoms of FND include⁴¹⁸:

- Motor dysfunction
- Seizures
- Vision impairments
- Speech difficulties
- Paralysis

The exact cause of FND is unknown but it is thought there are predisposing factors that can make individuals more susceptible to FND such as⁴¹⁹:

- Having another neurological condition
- Chronic pain
- Fatigue
- Stress

As FND encompasses a variety of symptoms, it is treated using a multidisciplinary approach. Management strategies can include any of the following in combination with each other:

- cognitive behavioural therapy
- physiotherapy
- speech therapy and
- occupational therapy.

There are no known prescription medicines to treat FND directly but some medications may relieve other symptoms present in FND[2]. Acupuncture has also been shown to show positive benefits⁴²⁰.



Migraine

Migraines ⁴²¹ are a very debilitating condition. Not only are they painful, they also can cause nausea and vomiting, sensitivity to light and noise, weird visual auras and sensations, problems concentrating, and missing many days off work and school. For some it can be a problem for over 20 to 30 years and impacts all aspects of life and severely impacting on ones social, family and work life.

Harvard Medical School ⁴²² has announced that a 2012 medical study involving approximately 18,000 individual patients over 23 high-quality randomized controlled trials of acupuncture

showed that acupuncture is beneficial for headache, along with low back pain, and osteoarthritis.

Additionally, the safety profile of acupuncture is excellent, without drugs, without side effects. Other potential benefits include lowering blood pressure to long-lasting improvements in brain function. Acupuncture has emerged as an important nondrug option that can help chronic pain patients avoid the use of potentially harmful medications, especially opiates with their serious risk of substance use disorder.

Headaches

Throughout life, most people will experience headache pains around the head, neck or face area at some stage during their lifetime. Around 15% of Australians are taking pain relief medication for headaches at any given time⁴²³.

There are more than 300 different types of headaches⁴²⁴.

Headaches can be classified into two broad categories⁴²⁵:

1. Primary headaches. These headaches are the most common and include tension headaches, migraines and cluster headaches. In most cases, primary headaches are caused by a variety of factors such as stress, dehydration, lack of sleep, eye strain and poor posture.

2. Secondary headaches. Secondary headaches are caused by an underlying health

condition such as in head injury cases and concussions.

Generally, headaches can be treated by⁴²⁶:

- Drinking plenty of fluids
- Using pain relief medication as directed
- Maintaining good posture
- Reducing stress such as engaging in yoga, meditation or massage.

Motor Neuron Disease

MND encompasses various conditions such as:

- Amyotrophic Lateral Sclerosis (ALS)
- Progressive Muscular Atrophy (PMA)
- Progressive Bulbar Palsy (PBP)
- Primary Lateral Sclerosis (PLS).

In the USA MND is commonly known as Lou Gehrig's disease, after a famous baseball player who died of the disease⁴²⁷. In Australia, prominent ex-Essendon AFL footballer Neale Daniher also has this. ALS affects men more frequently than women, and in 10% of all ALS patients it is thought to be due to a mutation in the gene for an enzyme called copper/zinc superoxide dismutase-1 (SOD1)⁴²⁸.

What is MND?

Neurones (nerve cells) descend from the brain down the spinal cord, which then control and activate the lower motor neurones which innervate (supply neurological messages) to the muscles all around our body. This control of muscles allows us to direct the human body's basic needs of muscle movement, speech, respiration (breathing) and deglutition (swallowing). MND is the name of the group of diseases in which these neurones fail to work normally. Muscles then gradually weaken and

waste, as neurones degenerate and die⁴²⁹.

What causes MND?

The cause of MND is currently not known, but viruses, exposure to certain toxins and chemicals, genetic factors, inflammation and damage to neurons due to an immune system response suspected to be contributing.

Symptoms¹

MND often begins with weakness of the muscles in the hands, feet or voice, although it can start in different areas of the body and progress in different patterns and at different rates. Commonly:

- muscle aches, cramps, twitching
- clumsiness, stumbling
- weakness or changes in upper and lower limbs
- changes to voice, slurred speech, swallowing or chewing difficulty
- fatigue
- muscle wasting, weight loss
- being more emotional
- cognitive change (changes in thinking processes)
- respiratory changes

Prognosis

MND patients become increasingly disabled. Life expectancy after diagnosis is one to five years, with 10 per cent of people with MND living 10 years or more³. The needs of MND patients are complex and vary from person to person.

Multiple Sclerosis

Multiple Sclerosis (MS) is a disease of the central nervous system that disrupts the communication between the brain and other parts of the body. It affects up to 25,600 people in Australia, with over 2 million diagnosed worldwide⁴³⁰. The national MS society estimates that MS is two to three times more common in women than men⁴³¹. While most are diagnosed between the ages of 20-40 years, MS affects both the young and the old alike.

As symptoms vary greatly from one person to another, MS can be difficult to diagnose. Symptoms may range from mildly disabling to very significant. According to a 2017 report by ECRIMS, an average diagnosis of MS takes approximately five visits to healthcare professionals. Over one-fifth of those surveyed were initially misdiagnosed with a different illness

Early intervention is critical as not seeking immediate treatment may cause the delay of definitive diagnosis of MS which can impact the longer-term course of disease as well as quality of life.

Some of the common symptoms associated with MS are problems with motor control such as muscular spasms, difficulty with functioning of arms and legs, sexual dysfunctions as well as fatigue, depression and other neurological problems such as double vision and vertigo.

A 2013 study performed by Global Advances in Health and Medicine has shown that acupuncture can be an effective treatment for MS⁴³². Acupuncture has also been proven to relieve some of the common MS symptoms such as pain, spasticity and numbness.

Neurapraxia

The peripheral nervous system is integral in conveying signals such as movement and sensing signals between the spinal cord and the rest of the body. As there is a wide range of cells (nerve cells and 'maintenance' cells) each contributing differently in the peripheral nervous system, peripheral nerve damage varies in aetiology and severity. Extensive research in the field has classified nerve injury into broad categories based on type of damage to the nerve and the extent of the damage⁴³³.

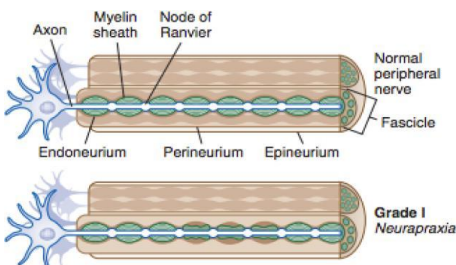
Neurapraxia is a fairly common condition caused by damage to the peripheral nervous system. It is the mildest form of injury and is characterised by no damage to the nerve itself but instead the structural features around the nerve (known as *myelin*⁴³⁴).

Typically neurapraxia occurs when a nerve has been stretched or compressed beyond its normal range⁴³⁵. The severity of damage to the myelin will result in the symptoms and their duration.

Symptoms include:

- numbness,
- a burning or stinging sensation, and
- weakness.

Often, the damaged myelin is able to repair itself allowing the affected nerves to return to normal. Further, if symptoms linger, massage, physical therapy and acupuncture may ease symptoms². If nerve injury is related to more serious conditions, imaging tests as well as visiting your healthcare professional is advised.



Paraesthesia

Paraesthesia is the sensation where your skin feels itchy or numb for no apparent reason⁴³⁶.

Almost all of us at one stage in our lives have experienced this. Typically paraesthesia is felt in the extremities (hands, arms, legs or feet) but can also occur in other parts of the body.

In many cases paraesthesia is temporary and is usually due to sustained pressure that is placed on a nerve. These instances may arise for example when one sits with their legs crossed for too long or sleeping on your arm for too long. Once the pressure is relieved, the feeling of “pins and needles” generally disappears.

If the abnormal sensation does not resolve on its own, there may be an underlying medical

condition associated, or if the pressure on the nerves is sustained and continues it is known as chronic paraesthesia. This may herald more permanent damage. Typically this is a sign of neurological disease or traumatic nerve damage⁴³⁷.

Common disorders which may cause chronic paraesthesia include⁴³⁸:

- Stroke
- Multiple sclerosis
- Encephalitis
- Tumours that are pressed up against the brain or spinal cord
- Carpal tunnel syndrome

Addressing the underlying problem that is causing the chronic paraesthesia is important as it may lead to the improvement of condition⁴³⁹.

Parkinson's Disease

Parkinson's disease is a progressive neurological condition of the nervous system primarily affecting movement. Symptoms of Parkinson's disease include:

- hand tremors
- shuffling gait
- fatigue
- sleep disturbance
- freezing (of movement)
- bradykinesia (slowness of movement)
- muscle stiffness and
- apathy⁴⁴⁰

These symptoms begin when a sub population of nerve cells in the brain stop working properly and gradually expire ⁴⁴¹. The cause of Parkinson's disease is

unknown with plausible factors such as genes and toxins in the environment playing a role⁴⁴².

Of the 4 in 1,000 people in Australia affected with Parkinson's disease, treatment and severity of symptoms varies¹. Unfortunately, there are no traditional western medical treatments to slow the progression of Parkinson's. However, there are a number of therapies which can help alleviate and manage movement problems ⁴⁴³. These treatments include restoring dopamine levels in the brain, deep brain stimulation and continuous drug infusions.

Peripheral neuropathy

Peripheral neuropathy is a condition in which damage is seen in the communication network of our body that is responsible for sending signals to the brain. When peripheral nerves stop working, it results in the disruption of functions of our entire body, of which there are 2 main types:

1. Sensory (i.e. touch, taste, smell, hearing) motor (i.e. walking, running)
2. Autonomic (i.e. digestion, sweating and balance)⁴⁴⁴

Some of the common causes include:

- heavy alcohol intake
- diabetes
- nerve damage and
- chronic diseases such as cancer, liver disease and kidney disease.

The symptoms can range from mild to disabling depending on the severity of damage and the affected nerves ⁴⁴⁵. Common symptoms include aching, weakness, numbness or cramping in the affected area which are often worse at night. The disease could develop over weeks or even years.

Restless leg

Restless legs or restless legs syndrome (RLS) is characterised by unpleasant, uncomfortable and tingly sensations in the legs causing an irresistible urge to move them⁴⁴⁶.

As the name suggests, RLS typically occurs when a person is resting, sitting down or sleeping. Due to this RLS can cause serious sleep problems⁴⁴⁷. In fact, at least 80 percent of individuals affected with RLS have a related condition where the legs twitch or jerk during sleep called periodic limb movement of sleep (PLMS)⁴⁴⁸.

RLS symptoms can range from mild to severe and include symptoms such as:

- An overwhelming urge to move your legs
- Trouble falling asleep
- Trouble staying asleep
- Fatigue
- Daytime sleepiness

Current research is investigating the exact cause of restless legs but it is thought and known other health problems can result in restless legs such as:

- kidney disease
- iron deficiency
- diabetes
- Parkinson's disease, and arthritis⁴⁴⁹.

In the majority of cases, the exact cause of RLS is as yet unknown. Conventional western medicine treatments aim to relieve symptoms rather than cure the condition⁴⁵⁰. This can range from limiting the intake of caffeine, alcohol and nicotine to managing any underlying conditions such as diabetes or anaemia. Furthermore, studies have shown that maintaining a regular sleep pattern may reduce symptoms ⁴⁵¹.

Sciatica

Sciatica is a particular type of pain arising from the sciatic nerve. The sciatic nerve is the largest nerve in the body and passes in the buttock, to the back of the thigh all the way to the heel and sole of the foot. It controls the sensation and function of the leg and the foot.

In many cases pinpointing the exact cause of sciatica is difficult with the range of causes including⁴⁵²:

- Spinal injury or trauma
- Protruding intervertebral discs
- Bone spurs
- Narrowing of the spinal canal
- Tight or swollen muscles in the buttock

Symptoms of sciatica include⁴⁵³:

- Hot pain in the buttock

- Pins and needles
- Increased pain when lifting, straining or coughing
- Loss of power to the muscles of the leg and foot
- Pain in the ankle and foot

Sciatica may go away on its own within a few hours to days but some cases may prolong for several weeks or even months⁴⁵⁴. Professor Yoland Lim Health Care has seen patients where this has been ongoing for several years. Regular medical treatment of sciatica may include drug therapies involving pain relief and anti-inflammatory drugs, physiotherapy, rest and lifestyle changes. Furthermore, studies have shown the positive benefit of acupuncture therapy in sciatica cases⁴⁵⁵.

Sleep

There are 3 fundamental adult human instincts:

- 1) Eating
- 2) Intimacy, and
- 3) Sleep.

Good sleep is important for restoring physical and mental health.

When one is not sleeping well, it can impact a lot of other aspects of one's life.

Sleeping disorders may be a sign that the body's normal sleep wake cycle rhythms are not functioning properly. According to the Chinese Yellow Emperor classic of Internal Medicine, an "imbalance of energy flow can upset the brain". This in turn can cause sleep disorders. These may result in an inability to have a sound, restful sleep, or an inability to 'switch off' resulting in sleeplessness.

Symptoms of sleep deprivation include:

- fatigue
- poor concentration and memory
- mood disturbances
- impaired judgment and reaction time, and
- poor physical coordination.

The body's circadian rhythm (internal clock) regulates when and how we sleep depending on our exposure to light. When the day turns into night, your brain releases hormones to make you sleepy. In the morning, exposure to daylight suppresses these hormones and releases brain chemicals to keep you awake.

Do you get enough sleep?

We should be aiming for at least 7 hours of sleep per night. Sleep deprivation is common in western society, with the average adult sleeping for only six or seven hours each night.

Medical studies⁴⁵⁶ show that sleep may be disturbed from:

- mobile phone use- internet and social media
- being a new parent can lead us to lose approximately 1.5-2 hours



of sleep every night. The accumulation of this over time can have severe effects on our life.

- shiftwork (Eg working in the Emergency Departments in hospital)
- travel across time zones
- illness
- poor sleeping habits
- some medications.

Sleep disorders

There are many common conditions that can affect a person's sleep. These include:

- insomnia
- bad sleep habits and routine
- nightmares, sleep walking and night terrors
- jet lag and shift work sleep disorder
- narcolepsy
- restless legs syndrome (periodic limb movement)
- snoring and obstructive sleep apnoea.

Professor Yoland Lim Health Care's sleep management may include advice regarding:

- waking up at consistent times each day. This 'routine' helps 'set' your body clock, and helps you get sleepy at around the same time every night.
- Not ignoring tiredness. Sleep when your body tells you to.

- maximizing early morning sunshine during early morning helps set your body clock.

"No drugs, No Side Effects"

Professor Yoland Lim's famous mantra fittingly applies to sleep issues. Some people misleadingly seek out medications, and other vices trying to cope with lack of sleep by using:

- Cigarettes – Nicotine is a stimulant. It does not help with sleep. Side effects such as increased heart rate and blood pressure, are likely to keep you awake for longer.
- Alcohol – this slows the workings of the nervous system and may leave you not feeling refreshed in the morning.
- Sleeping pills – drawbacks include daytime sleepiness, failure to address the causes of sleeping problems, and the 'rebound' effect – after a stint of using sleeping pills, falling asleep without them tends to be even harder.

Holistic approach

Insomnia is often caused by stress and worry. Our medical approach is to work in conjunction with fellow medical practitioners and specialists with a general medical holistic patient

centered approach to help coordinate and integrate care, including wellbeing, stress, and mental health in addition to acupuncture.

Management may involve Professor Yoland Lim Health Care's Chanting music to help with this and guided meditation and relaxation with binaural therapy. Relaxation 'Si Ba Si' exercises may also be advised.

Trigeminal neuralgia

Trigeminal neuralgia, also known as 'tic douloureux' is a chronic pain condition affecting the trigeminal (5th) cranial nerve in the head.

Although affecting anyone, it typically affects women over the age of 50 years old⁴⁵⁷. The trigeminal nerve is one of the 12 cranial nerves, attached to the brain and is responsible for the sensation from the upper, middle, and lower portions of the face.

Trigeminal neuralgia is characterised by a sudden and severe stabbing pain typically felt on one side of the jaw or cheek⁴⁵⁸. Pain from trigeminal neuralgia is characterised as either:

1. Type I or classic, and
2. Type II or atypical.

Type I pain is defined as having definite periods of remission whereas Type II pain does not⁴⁵⁹.

It is thought that trigeminal neuralgia is caused by a blood vessel pressing on the nerve causing compression damage over time⁴⁶⁰.

Regular western medical first line treatment of trigeminal neuralgia is with a kind of medication called carbamazepine, that theoretically decreases the ability of the trigeminal nerve to fire nerve impulses that cause facial pain⁴⁶¹. Other prescription medications which have been tried include muscle relaxants. In more severe cases, if the side effects of the medication become too much to tolerate or does not improve pain, other invasive options can include temporarily inactivating the trigeminal nerve, radiation therapy and surgical procedures⁴⁶². However as with all medical procedures there are a percentage of patients who may not respond to these forms of treatments, and there may be side effects from these.

Professor Yoland Lim Health Care has a range of multi-modality management options which are tailored for each individual. This may include Fong Yang therapy and JUVEFACE skin management.

OBSTETRICS & GYNAECOLOGY

Endometriosis

Endometriosis is a condition in which some tissues grow outside of the uterus that resembles those that line the uterus. It is a chronic, progressive condition that impacts women's physical as well as emotional and mental well-being. According to Endometriosis Australia, 1 in 10 women suffer from endometriosis in their lifetime often starting in teenage years⁴⁶³.

While the disease is most commonly seen in reproductive organs, it is also frequently found in the bowel and bladder. In some cases, it is known to affect muscle joints, the lungs and the brain.

Some of the most common symptoms include menstrual pain, irregular bleeding, painful urination, infertility, fatigue and nausea. The cause of the disease is not entirely known, however researchers have found acupuncture to be a more effective treatment than hormone therapy⁴⁶⁴.



Gestational diabetes

Gestational diabetes is diabetes which affects a pregnant woman. It occurs during the second part of pregnancy and goes away once the baby is born⁴⁶⁵.

Throughout our lives, one of the vital functions our body has is to produce insulin to maintain our blood glucose levels. When our blood glucose levels are too high i.e. when our body does not make enough insulin to bring down blood glucose levels, we become susceptible to being affected by diabetes.

During pregnancy, hormones are made in the placenta to help the baby develop and grow ⁴⁶⁶. During this time, these hormones produced in the placenta block the action of the mother's insulin from working properly resulting in insulin resistance. This results in the mother's body making even more insulin to ensure blood glucose levels are kept at the optimal level. The demand of insulin to keep blood glucose levels increases throughout pregnancy and if mother is unable to produce enough insulin to meet this demand, blood glucose levels rise and gestational diabetes develops.

Development of gestational diabetes can occur in anyone but is more prevalent in women who:

- are older
- have a family history of type 2 diabetes
- overweight, and
- are from certain ethnic backgrounds such as South Asian, Middle Eastern and Chinese⁴⁶⁷.

Management of gestational diabetes is important, because if uncontrolled, it may result in problems during birth as well as increasing the baby's risk of being overweight (due to glucose crossing the placenta stimulating the baby's pancreas to produce extra insulin) and developing type 2 diabetes later in life.

Management strategies include²:

- Constant monitoring of blood glucose levels
- Healthy eating (avoiding foods containing a lot of added sugar)
- Regular physical activity
- Education about how insulin works.

IVF/Fertility

Many factors contribute to how we feel before, during and after pregnancy. Professor Yoland Lim Health Care works in conjunction with fellow medical practitioners and specialists with a general medical holistic patient centered approach to help co-ordinate and integrate care of the patient, including, but not limited to, wellbeing, stress, and mental health.



Patients referred to Professor Yoland Lim Health Care by their Obstetrician and Gynaecologist may have had some challenges to becoming pregnant, and not being able to conceive with IVF. Even with many complicating

medical conditions such as endometriosis, some have hormonal problems, and some also have partially blocked fallopian tubes.

We recommend your partner also be reviewed, as pregnancy involves (usually) both parties to be involved. Males may also have a problem such as a low sperm count, low motility, or reduced sperm quality, and will require treatment. Management may also be required for your partner- if a couple have been trying for pregnancy for a significant length of time, optimisation of his health for fertility is also important.



Professor Yoland Lim Health Care has a range of treatments which may complement your Obstetrician, GP, and midwife care.

Low Libido (Females)

Sexual intercourse is a time of intimate sharing that can be fun and exciting. It is an important part of a relationship. When this becomes less frequent than at least one-party desires, or there is a reduction in the quality of the time spent together, this can lead to issues in the relationship.

Low libido (low sex drive) or libido loss is defined as a loss of interest in sex that is persistent and won't go away outside of the normal fluctuations of your sexual desires. Loss or reduction of libido can be experienced at any age and can be caused by a range of factors, both physical and psychological.

Loss of interest in sex is a common occurrence in both males and females⁴⁶⁸. Reduction in libido may be due to a range of factors both physiological and physical.

1. Physiological factors include:
 - Anxiety
 - Depression
 - Fatigue
 - History of physical or sexual abuse
 - Illness
 - Low self esteem
 - Mental health problems such as anxiety or depression
 - Poor body image and
 - Stress related to finance, work, or other issues
2. Physical causes in females may be due to:

- Changes in hormone levels during menopause and pregnancy
- Contraception
- Fatigue
- Lifestyle habits such as drinking too much alcohol or smoking
- Pain during sex
- Medications such as antidepressants
- Menopause
- Pregnancy
- Vaginal dryness

For men there may be:

- difficulty in achieving and maintaining an erection and
- premature/delayed ejaculation in men⁴⁶⁹.

In many cases, low sex drive may be due to your relationship. If you are unhappy in your relationship or the sex you are having is disappointing, it is likely your willingness to engage in sex will be reduced. There are many causes of libido loss, with varying strategies to manage and treat low libido. This can range from open communication with your partner, seeking couples counselling, hormone therapy (if appropriate), lifestyle changes, stress management and acupuncture.

As the desire for sex dramatically varies between individuals, there are multiple strategies to treat reduced libido. These can include professional counselling, hormone therapy, learning different sexual techniques, treatment for underlying illness (such as antipsychotics or antidepressants) and stress management⁴⁷⁰.

Menstruation (Periods)

The commencement of menstruation (periods) (known as menarche) affects every woman with the typical onset between the ages of 11 to 14 years old⁴⁷². The menstrual cycle is controlled by a number of different glands and hormones controlled by a region in the brain known as the hypothalamus and consist of four main phases:

1. Menstruation (the elimination of the thickening lining of the uterus or endometrium from the vagina)
2. Follicular phase
3. Ovulation
4. Luteal phase

Although menstruation affects every woman, the experience can differ significantly. This may be due to factors such as duration, pain (dysmenorrhoea), lack of periods (amenorrhoea), menstrual bleeding and irregular periods. If any of these conditions persist over an extended period

of time, it is recommended to visit a health care professional⁴⁷³.

Common symptoms leading up to menstruation include:

- cramps or pain in the lower abdomen
- tiredness
- acne
- diarrhoea
- bloating in the abdomen, and
- constipation before menstruation⁴⁷⁴

Furthermore, as menstruation is heavily controlled by hormones, women may experience premenstrual syndrome (PMS) whereby a range of side effects can occur before a period such as headaches, irritability, fatigue, breast tenderness and fluid retention.

Obstetrics

Professor Yoland Lim Health Care has a range of treatments to assist in your pregnancy and complement your obstetrician and midwife care.

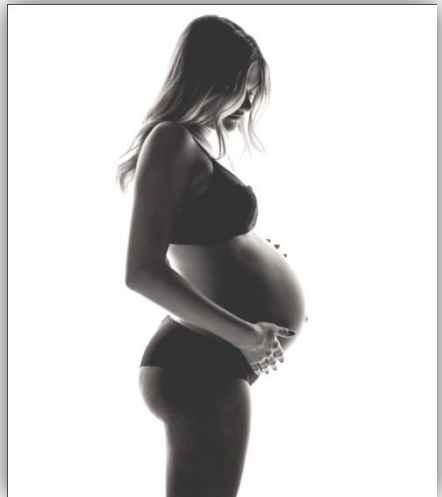
Fertility treatments to help with emotional and psychological wellbeing which may enhance chance of pregnancy (see *Fertility Treatment Without Drugs information*).

Pregnancy- to assist with enhancing mothers' wellbeing and subsequently the 'environment in utero' (ie when baby is in the uterus) during the critical 1st trimester and continuing into the growing 2nd and 3rd trimesters. Treatment may help your hyperemesis gravidarum (severe vomiting in pregnancy), being frequently hungry and tiredness.

Acupuncture has been proven to help with pain, and may also help to reduce pelvic pains. Professor Yoland Lim Health Care's management program may include the Implantable Press

Needle, staying in for 2 weeks at a time.

Post-partum (after delivery) treatment is aimed at helping to reduce uterus and pelvic size back to normal. In conjunction with Juvex Cream and JUX drops, the Ozone Rayer (*bottom*) machine can be utilized in the comfort of your own home as it may improve the look of your caesarean and episiotomy (vaginal) scars.





Pain control in labour

Labour (childbirth) can be a very satisfying experience, however for many there is usually significant discomfort involved. For women who are having their first baby, the experience and consequently the reaction to labour may be unpredictable or varied.

There are a multitude of options available for pain relief, both medical and non-medical. There are three main medical drug pain-relieving options for labour⁴⁷⁵:

1. Nitrous oxide known as laughing gas
2. Pethidine
3. Epidural anaesthesia

Natural pain relief options include TENS, aromatherapy, relaxation techniques, water immersion and acupuncture ⁴⁷⁶ . A medical study published in Cochrane medical journals investigated the effectiveness of acupuncture for pain

management during labour and found acupuncture may increase satisfaction with pain management and reduce use of pharmacological pain relief ⁴⁷⁷ . Another study confirmed these findings with acupuncture reducing the level of pain during labour⁴⁷⁸.

Professor Yoland Lim was the first to give acupuncture to assist in the birth of a baby in the 1970's in Australia.



Ovarian Cysts

The ovaries are part of the female reproductive system responsible for producing eggs as well as the hormones oestrogen and progesterone. During ovulation, ovarian cysts or fluid-filled sacs found in the ovaries can form⁴⁷⁹.

There are various types of ovarian cysts which can form but the most common types are functional cysts (non cancerous). These include follicle cysts and corpus luteum cysts⁴⁸⁰. Although formation of ovarian cysts are common in women with regular periods, women with hormonal problems, endometriosis, severe pelvic infections and who are pregnant are more susceptible to forming ovarian cysts⁴⁸¹.

Often, ovarian cysts do not cause any symptoms but sometimes

symptoms may appear as the cyst grows. These symptoms include⁴⁸²:

- Fever
- Vomiting
- Severe abdominal pain
- Faintness
- Rapid breathing

In many cases ovarian cysts may resolve on their own but in cases where they do not, review by your medical practitioner is required, and treatment discussed to shrink or remove the cyst⁴⁸³.

When there are multiple ovarian cysts, this is called polycystic ovaries. When there are polycystic ovaries along with some other features, the diagnosis of polycystic ovarian syndrome may be made.

Polycystic Ovarian Syndrome (PCOS)

Polycystic Ovarian Syndrome (PCOS) is a condition where multiple cysts are found in women's ovaries along with other additional features.

It is a complex hormonal condition believed to be caused by high levels of 'male' hormones, insulin, or both. Although the exact cause of this condition is unknown, it is thought to be linked to insulin resistance in our body.

According to Royal Australian College of General Practitioners (RACGP), roughly 12- 21% of women of reproductive age are affected by PCOS in Australia. However, almost 70% of women remain undiagnosed⁴⁸⁴. Some of the most common symptoms of PCOS include:

- irregular menstrual cycles or amenorrhoea (no periods)
- acne
- hair loss
- depression and
- sleep problems among others.

Moreover, many women with PCOS experience difficulty getting pregnant⁴⁸⁵. However as some people with PCOS believe they can't get pregnant some mistakenly do not use contraception⁴⁸⁶.

For your medical practitioner to make the diagnosis of polycystic ovary syndrome, 2 out of 3 of the following criteria are needed met⁴⁸⁷:

ONE:

- 12 or more follicles are visible on one ovary, or
- the size of one or both ovaries is increased

TWO:

- high levels of 'male' hormones (androgens) in the blood (hyperandrogenism)
- symptoms suggesting an excess of androgens such as:
- excess facial or body hair growth
- scalp hair loss
- acne

THREE:

- lack of periods or menses (menstrual flow)
- menstrual irregularity
- lack of ovulation (where an egg is released).

Different factors contribute to the severity and the type of symptoms which a female may experience⁴⁸⁸.

It is important to note that PCOS may be a life-long condition in which long-term management is required.

Chronic health risks of PCOS may include:

- insulin resistance

- increased risk of type 2 diabetes mellitus,
- metabolic syndrome (a collection of factors such as high blood pressure and abnormal cholesterol levels)⁴⁸⁹, as well as
- various types of cardiovascular disease such as heart attack and stroke⁴⁹⁰.

Treatment varies depending on symptoms and whether or not the patient wants to get pregnant⁴⁹¹.

Polycystic ovaries

Polycystic ovaries is a common condition that may be confused with polycystic ovarian syndrome (PCOS). Polycystic ovaries is the presence of multiple cysts in the ovaries, whereas PCOS is the condition which not only includes the presence of multiple cysts in the ovaries, but also other symptoms, which determine then if PCOS is diagnosed by your medical practitioner.

The reason for the development of polycystic ovaries (ie multiple ovarian cysts) is unknown and in many cases may be asymptomatic⁴⁹².

Although similar in name, polycystic ovaries and PCOS are

quite different in a number of ways.

1. Whilst PCOS affects roughly 12-21% of women of reproductive age, polycystic ovaries occurs with up to 1 in 4 women of reproductive age.
2. PCOS often is accompanied by symptoms whereas polycystic ovaries are generally asymptomatic and is typically discovered incidentally
3. PCOS is linked to a hormonal disorder whereas having polycystic ovaries is not and may be caused by a variety of factors.

Post-Partum Blues and Depression

Having a baby can be stressful with the adjustments in sleep, responsibilities, stress and lack of time for yourself. After giving birth, the majority of women experience mild depression and mood swings (termed 'the baby blues') as a direct consequence of hormonal changes⁴⁹³. Typically, this is a very normal response to childbirth but if these symptoms do not go away from a few weeks or get worse, you may be suffering from postpartum depression.

Like post-partum blues, post-partum depression shares many of the symptoms but at a more severe and extreme level. Symptoms may begin as early as during pregnancy or as late as a year after birth and include⁴⁹⁴:

- Difficulty bonding with your baby
- Depressed mood or severe mood swings
- Withdrawing from friends and family
- Hopelessness
- Thoughts of harming yourself or your baby
- Recurrent thoughts of death or suicide
- Insomnia
- Reduced interest and pleasure in activities you used to enjoy

In regular medical general practice post-partum depression is treated by prescription of antidepressants. However, more behavioural focused treatments are available to treat post-partum depression such as talk therapy, group treatment and psychotherapy⁴⁹⁵.

It is important to note that post-partum depression does not just affect new mothers, but also new fathers. In some cases, fathers with depression struggle to support their partners and children and therefore increasing the susceptibility of the mother's risk of depression⁴⁹⁶. Due to this any parent who has difficulty coping with the stress of parenting or experiences any symptoms of post-partum depression should seek review by your medical practitioner.



Preparation for Labour

Labour is the process of giving birth and is divided into three stages⁴⁹⁷:

1. The first stage where the cervix is dilated. In this stage the cervix softens and becomes quite thin. Symptoms and signs include lower back pain, loose bowel motions, period-like pain that comes and goes and a sudden gush or slow leak of fluid from the vagina.
2. The second stage describes the period where the cervix is fully dilated to when the baby is born. Here, contractions may be longer and stronger, there may be a desire to push, increased pressure in your bottom and a stretching and burning sensation in your vagina.
3. The third stage begins when the baby is born and finishes when the placenta is delivered. Commonly, more contractions are experienced in this stage in order to expel the placenta.

Studies have identified the beneficial role acupuncture like Professor Yoland Lim's Fong Yang therapy, can play in preparation and induction of labour⁴⁹⁸. The effects of acupuncture during this period have shown to ripen the cervix, initiate labour, and reduce labour pain⁴⁹⁹. Studies

investigating the effectiveness of acupuncture in preparation of labour have shown this treatment is effective in inducing labour as it can increase the readiness of the cervix⁵⁰⁰.

Furthermore, acupuncture treatment in pregnancies in women over the age of 40 has shown positive effects on pregnancy and delivery⁵⁰¹. As pregnant women over the age of 40 have higher risk factors for both the mother and baby, in these women, acupuncture prior to labour resulted in spontaneous natural vaginal births.

Professor Yoland Lim Health Care treats patients in conjunction with Obstetricians who are delivering babies.

Vaginal Birth After Caesarean (VBAC)

Traditionally there has been a thought that after a caesarean delivery a woman should deliver all her next babies by the same method. However now with close monitoring females are now able to give birth via vaginal delivery, even if their previous baby was born via caesarean.

VBAC is like any other vaginal birth, except that your labour will be monitored more closely. You may require an intravenous canula (a 'drip') and more equipment will likely be required to check more frequently on baby prior to delivery. Your choice of hospital will also be important, because not all hospitals offer VBAC⁵⁰².

Each individual patients' experience of both caesarean and vaginal deliveries are different. It is a very personal choice which is good to discuss with your medical practitioner your thoughts and understanding of what both these entail. Although friends and family may be good sources of some information especially about their previous experiences, ultimately you must feel comfortable with your health and what you choose, and that you are happy with your decision.

The benefits of a successful VBAC include⁵⁰³:

- a vaginal birth (which might include an assisted birth)
- a greater chance of an uncomplicated normal birth in future pregnancies
- when repeat elective caesarean section is chosen, there are the risks associated with any major surgery, and all future births are likely to be by caesarean section. As the number of previous caesarean section deliveries increases, so does the risk of rare but serious complications
- a shorter recovery and a shorter stay in hospital
- less abdominal pain after birth
- personal satisfaction in achieving a vaginal birth if this is desired
- babies born vaginally have a lower risk of respiratory problems

Attempting vaginal birth after a previous caesarean section carries additional risks for mother and baby that include⁵⁰⁴:

- there is a chance you may need an emergency caesarean during labour, which has increased risks of bleeding and infection

compared to a planned caesarean section

- possible uterine scar rupture, an event that occurs approximately five to seven times in every 1000 attempts. If uterine scar ruptures it may result in serious problems for the baby (death or brain injury) or for you (serious bleeding, including the small risk of hysterectomy)
- the risk of your baby passing away or being brain damaged if you choose a VBAC is very small (two in 1000 women). This risk is low, but it is slightly higher than if you had a repeat caesarean section (one in 1000). However, this needs to be balanced against the risks and benefits of planned caesarean section.

ONCOLOGY

Oncology, Chemotherapy and radiotherapy side effects

Nicole MacKee has written in *Medicine Today- The Peer Reviewed journal of Clinical Practice* ⁵⁰⁵, "Acupuncture may improve joint pain in women with early-stage breast cancer". The medical study first published in the *Journal of the American Medical Association* in 2018, showed that after 6 weeks, the group of patients who had acupuncture had decreased pain scores (in 58% of patients, compared with 33% in the non-acupuncture groups).

Associate Professor Melanie Lovell, palliative care physician with Hammond Care, Clinical Associate Professor of Medicine at The University of Sydney and Chair of The Working Party for the Cancer Council Australia's Australian Cancer Pain Management Guideline, said the finding was important. "Acupuncture has minimum adverse events and [joint pain] is a significant problem for women with early-stage breast cancer. Acupuncture was worth considering in any patient with early breast cancer whose quality of life was impacted by pain. Anything we can add to our armamentarium that

isn't medication is really helpful."⁵⁰⁶

Chemotherapy and radiotherapy treatments are relatively common procedures used to treat a wide variety of cancers including, but not limited to breast, colon, prostate, lung and skin cancer. Both treatments use anti-cancer drugs (chemotherapy) and x-rays (radiotherapy) to destroy unwanted cancer cells, but as a secondary effect also 'normal cells'. Although chemotherapy and radiotherapy are effective, as both treatments damage normal cells it can cause side effects.

Common side effects include⁵⁰⁷:

- Hair loss
- Diarrhoea or constipation
- Mouth ulcers and infections
- Fatigue
- Depression or anxiety
- Nausea and vomiting
- Swelling in the arms and legs
- Nerve and muscle problems
- Weight gain or weight loss
- Skin and nail problems

For some patients these chemotherapy and radiotherapy side effects subside in a few days, however the severity of side effects can be very

uncomfortable. For others, side effects may continue on for a substantial amount of time. Generally once treatment has ceased, unwanted effects settle down⁵⁰⁸.

Multiple ingredients in Professor Yoland Lim Health Care's **KNC** preparation have been shown to

help with pain and swelling which may be associated with oncology conditions⁵⁰⁹, immune and nervous system effects⁵¹⁰, reducing toxicity and side effects, improving biological effects, changing properties or functions, preserving active ingredients and correcting an unpleasant taste⁵¹¹.

Chronic Lymphocytic Leukaemia

Chronic lymphocytic leukaemia is a type of cancer affecting blood-forming cells in adults. Unlike other types of leukaemia, chronic lymphocytic leukaemia progresses more slowly⁵¹². In our body, there are three types of blood-forming cells that serve different functions:

- Red blood cells that serve to carry oxygen around the body
- White blood cells that fight disease and infection
- Platelets that help to stop bleeding

In healthy individuals, the number of red blood cells, white blood cells and platelets are kept in balance. In people with leukaemia, the bone marrow produces too many abnormal white blood cells. This becomes a problem not only for the balance of our blood pool but as white blood cells function to help fight infection, in individuals with leukaemia, getting rid of infections are problematic⁵¹³. Other symptoms include⁵¹⁴:

- Breathlessness and tiredness as a result of low red blood cells (anaemia)
- Weight loss
- Bruising easily
- Abdominal discomfort
- Bleeding easily
- Bleeding from the gums and nose

It is thought that the cause of chronic lymphocytic leukaemia is due to changes to one or more of the genes that control the growth and development of blood cells. When treating chronic lymphocytic leukaemia, it is important to consider what stage the patient is in. Typically there are five types of treatments used: watchful waiting, radiation therapy, chemotherapy, targeted therapy and immunotherapy⁵¹⁵.

Professor Yoland Lim Health Care works in conjunction with your medical specialists such as haematologists and oncologists.

OPHTHALMOLOGY

Blepharitis

Blepharitis is an inflammatory condition of the eyelids most commonly caused by a bacterial infection, usually *Staphylococcus*⁵¹⁶. However, in some individuals' blepharitis may arise due to skin conditions such as dandruff on the scalp or rosacea.

Inflammation is typically found at the base of the eyelashes or in the glands of the eyelids. Common symptoms consist of:

- Itchiness
- watery eyes
- burning sensation in the eyes
- enhanced sensitivity to light
- crusty or sticky eyelashes
- feeling that something is in your eye, and
- redness on the eyelids.

When treating blepharitis, it is vital to ensure eyelid hygiene is maintained.

Common strategies to ensure eyelid hygiene typically involve three steps⁵¹⁷:

1. Softening of the crusts around the eyelid and eyelashes using a warm face towel
2. Massaging the eyelid towards the lashes using either your pinky finger or a cotton bud
3. Cleaning the upper and lower eyelid edge with a cotton bud and baby shampoo

Treatments include 'artificial tear' eye drops/gels and antibiotic ointments and or tablets⁵¹⁸. Additionally, it is important to cease using eye makeup such as eye-shadow and eyeliner during treatment. If you are experiencing any changes to vision, or your eye do not seem to be ok, you must seek the assistance of you GP or ophthalmologist.



Conjunctivitis

Conjunctivitis or pink eye is a highly contagious eye condition that affects everyone but predominantly children under the age of five⁵¹⁹. This is where the sclera (the white part of the eye) becomes pink due to inflammation⁵²⁰. Conjunctivitis is spread through two ways:

1. Direct contact with eye secretions or
2. Indirectly by contact with towels, handkerchiefs or any other objects contaminated⁵²¹

Common symptoms include:

- eye irritation and redness
- discharge with pus swelling of the eyelids,
- excessive tears in the eye, and photophobia (sensitivity to light)⁵²².

As conjunctivitis can be caused by virus or by bacteria, treatment varies with bacterial infections



requiring antibiotic eye drops or ointments. However, regardless of the cause, people with conjunctivitis should wash their hands regularly and avoid touching the eyes². This will ensure not only a speedy recovery but also prevent spreading of the virus or bacteria.

Diabetic retinopathy

Diabetic retinopathy is an eye condition characterised by damage to blood vessels in the retina, which is the light-sensitive tissue at the back of the eye. When this is due to high blood sugar levels in diabetics⁵²³, the term diabetic retinopathy is used by medical practitioners.

The high blood sugar levels in the blood causes the vessels in the retina to swell and leak or closes and stops blood from passing through causing vision loss and blindness⁵²⁴. There are three main types of diabetic retinopathy⁵²⁵:

1. Non-proliferative retinopathy or the early form of the condition
2. Macular oedema where the macula swells causing leakage of fluid from the blood vessels having potential consequence for central vision
3. Proliferative retinopathy. This is the advanced form of the disease where new fragile blood vessels replace previous blood vessels.

Examples of symptoms of diabetic retinopathy include⁵²⁶:

- Blurred, distorted or patchy vision
- Problems with balance, reading, watching television and recognising people
- Difficulty seeing at night

- Being overly sensitive to glare

The prevalence of being affected by diabetic retinopathy depends on how long you have had diabetes for. The longer you have had diabetes, the more likely it is that you will be affected by diabetic retinopathy¹. It is important to seek regular eye checks (at least once a year) to detect early signs of the condition⁵²⁷. Furthermore, as individuals with diabetes are 25 times more likely to experience vision loss than people without diabetes³, it is important to control blood sugar levels to slow down the onset and progression of diabetic retinopathy. Strategies to help with this include⁵²⁸:

- Exercising regularly
- Avoiding alcohol and smoking
- Adhering to your diet
- Taking your prescribed medication

Treatment of diabetic retinopathy varies depending on the stage of the condition. For example, early stages of diabetic retinopathy involve regular monitoring whereas in more advanced stages ophthalmologists may use laser treatment to stop the leakage of blood and fluid into the retina⁶.

Dry eyes

Dry eyes is a common condition caused when there is a low level of production of tears (lubricating the eye). Some of the most common signs and symptoms include:

- stinging or scratchy sensation
- mucus
- redness
- eye fatigue,
- uncomfortable sensation in the eyes, and
- blurred vision⁵²⁹.

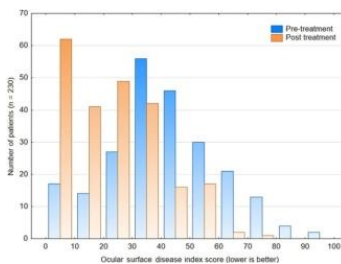
Factors and conditions which can cause or contribute to dry eye include infrequent or incomplete blinking, arthritis, climate conditions, medications, trauma to the eye and irritants in the air (including smoke, dust and chemical exposure) ⁵³⁰ . More recently the greater use of mobile phones and tablets has lead to more younger people being affected by dry eyes.

Although there is no cure for dry eye, there are effective management strategies to

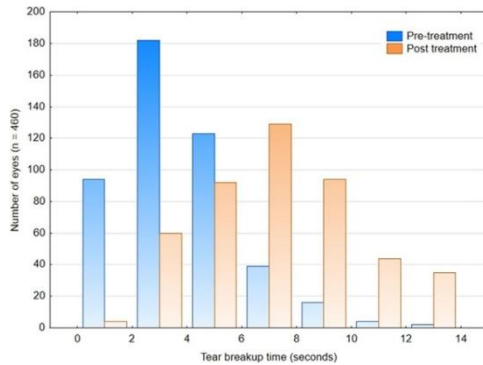
increase tear production and prevent the loss of excess tears. These include gentle eye massages, medication to increase tear production, adding artificial tears and warm compresses to the eye ⁵³¹ . To reduce the symptoms of dry eyes, health care professionals suggest blinking regularly, wearing sunglasses outdoors, increasing the humidity in the air and drinking plenty of water each day⁵³².

Professor Yoland Lim Health Care uses JUVEFACE® management program utilizing Low Level Laser Therapy (LLLT) ⁵³³ which has “photobiomodulation effects on the lids and periorbital area”⁵³⁴. It is said to be a “strong metabolic enhancer that increases cellular action which emphasizes cell activity” ⁵³⁵ of the meibomian glands.”

70% of patients had severe eye disease before treatment, compared with only 30% after⁵³⁶.



After treatment the mean Tear Break Up Time (TBUT) increases to an additional 3 sec in 60% of patients⁵³⁷, meaning it takes longer for tears to disappear from eyes, keeping the eyes lubricated for longer.



The index below demonstrates sensitivity and specificity in distinguishing between normal subjects and patients with dry eye disease⁵³⁸. This shows:

- i) OSDI decreasing from 42 to 24 (the lower the better), and
- ii) TBUT increasing from 4 seconds to 8 seconds on average (the higher the better).

Measure	n	Pre treatment	Post treatment
OSDI Score	230	42.2±18.8 (6 to 93)	24.2±15.9 (0 to 75)
MGD Grade*	460		
0			6
1			34
2		9	181
3		175	179
4		276	60
TBUT (seconds)	460	4.4±2.1 (0 to 14)	8.0±3.0 (1 to 17)

Abbreviations: OSDI, Ocular Surface Disease Index; TBUT, tear breakup time; MGD, Meibomian Gland Dysfunction.

Dry eyes Questionnaire

Ocular Surface Disease Index (OSDI⁵³⁹) is a way to check how much effect dry eyes have on your daily life. Please answer the following 12 questions by circling the number in the box that best represents each answer, and add up the sub totals.

Have you experienced any of the following during the last week:

	None of the time	Some of the time	Half of the time	Most of the time	All of the time
Eyes that are sensitive to light?	0	1	2	3	4
Eyes that feel gritty?	0	1	2	3	4
Painful or sore eyes?	0	1	2	3	4
Blurred vision?	0	1	2	3	4
Poor vision?	0	1	2	3	4

Subtotal score: _____

Have problems with your eyes limited you in performing any of the following during the last week:

	None of the time	Some of the time	Half of the time	Most of the time	All of the time
Reading?	0	1	2	3	4
Driving at night?	0	1	2	3	4
Working with any screen?	0	1	2	3	4
Watching TV?	0	1	2	3	4

Subtotal score: _____

Have your eyes felt uncomfortable in any of the following situations during the last week:

	None of the time	Some of the time	Half of the time	Most of the time	All of the time
Windy conditions?	0	1	2	3	4
Areas in low humidity (very dry)?	0	1	2	3	4
Areas that are air conditioned?	0	1	2	3	4

Subtotal: _____

GRAND TOTAL: _____

OSDI⁵⁴⁰: < 12: Normal. 13 to 22: mild dry eye disease. 23 to 32: moderate dry eye disease. > 33: severe dry eye disease. **If your score is above 13, please see your medical practitioner.**

Macular degeneration

Macular degeneration or age related macular degeneration (AMD) is a condition affecting the eye causing loss of eyesight, often with the vision in the middle of your visual field being blurred and darkened. Responsible for 50% of all cases of blindness, AMD is caused by damage to the nerves in the eye⁵⁴¹.

Although susceptible to all individuals, risk factors include⁵⁴²:

- family history of AMD
- age over 75 years
- smoking.

Typically as AMD causes blurred vision in the centre of your field of vision, individuals affected find difficulty in driving, reading and seeing people's faces⁵⁴³. There are two types of AMD⁵⁴⁴:

1. Dry AMD. Dry AMD is the most common kind which

develops slowly and causes gradual vision loss.

2. Wet AMD. Wet AMD develops more rapidly and occurs when abnormal blood vessels grow under the macular.

Currently there is no cure for AMD.

Treatment strategies are directed at maintaining the central vision for as long as possible. These efforts are primarily targeted at wet AMD cases and include⁵⁴⁵:

- Pharmaceutical drugs that are injected into the cavity of the eye to reduce leakage from blood vessels
- Photodynamic Therapy (PDT). A combination of laser therapy and drug therapy
- Laser Photocoagulation or a high energy laser light used to seal leaky blood vessels.

Tired Eyes

Many people spend long hours at a time using a computer, smartphones or watching television. These acts can result in your eyes becoming tired and your vision blurred. In medical terms, this is known as asthenopia or eye strain⁵⁴⁶. Symptoms of asthenopia can include⁵⁴⁷:

- Sensitivity to light
- Headache
- Dry or watery eyes
- Burning, sore or tired eyes
- Difficulty keeping your eyes open
- Pain around the eyes

In many cases asthenopia isn't serious and resolves itself once you rest your eyes. Asthenopia can be treated and managed through changes in environment and lifestyle. These can consist of⁵⁴⁸:

- Positioning your screen about an arm's length away
- Finding the right light
- Using eye drops
- Checking the air
- Reduce the time spent on a single activity

ORTHOAEDICS

Back Pain

Back pain affects up to 90% of us at some stage of our life, with nearly 4 million Australians suffering from this every year. There are many various causes of this, and we recommend that this get checked out by you medical doctor. This must be assessed thoroughly, and investigations may be required. As Professor Yoland Lim Health Care doctors have worked in the Emergency Departments in major Australian and European Hospitals he understands the importance of ensuring that this is not caused by a major critical condition such as a Myocardial infarction (MI) or an Abdominal Aortic Aneurysm (AAA). Only after assessing the cause, can we then consider the optimal treatment program for you.

Professor Yoland Lim Health Care's Back Pain program is a natural form of treatment aimed at getting you back to more functioning of activities of daily living. We have worked closely with medical specialists such as neurosurgeons, orthopaedic

surgeons and anaesthetic pain specialists, to reduce the requirement of potentially addictive prescription only opioid medication, which also have possible severe side effects for some patients.

Fong Yang Therapy, a special form of acupuncture is used, which Harvard Medical School⁵⁴⁹ stated in 2012 a medical study



involving approximately 18,000 patients over 23 high-quality randomized controlled trials showed that acupuncture is beneficial low back pain, in addition to headache and osteoarthritis.

Additionally, the safety profile of acupuncture is excellent, without drugs, without side effects. Other potential benefits include lowering blood pressure to long-lasting improvements in brain function. Acupuncture has emerged as an important nondrug option that can help chronic pain patients avoid the use of potentially harmful medications, especially opiates with their serious risk of substance use disorder.

DeQuervains Tenosynovitis

De Quervain's tenosynovitis⁵⁵⁰ or De Quervain's syndrome is characterised by the inflammation of the tendons on the thumb side of the wrist. Tendons are connective tissue found throughout the body connecting muscle to bone⁵⁵¹. De Quervain's tenosynovitis occurs throughout working age predominately affecting individuals at the age of 40 – 60 year olds². Plausible theories as to the onset of De Quervain's tenosynovitis include:

1. Acute injuries
2. Inflammatory diseases
3. Forceful repetitions of the wrist and
4. Thumb and anatomical variations⁵⁵².

Treatment of De Quervain's tenosynovitis varies depending on the severity of the condition. For milder cases, more conservative approaches are utilised with the aim of management. These include occupational therapy, hand therapy including a splint,

corticosteroid injections and intake of non-steroidal anti-inflammatory drugs. There may be potential side effects with these which is important to discuss with your medical practitioner. For cases that are resistant to more severe and have shown no improvement, we may refer you for surgical review where surgery may be considered².



Frozen Shoulder

Frozen shoulder, also known as adhesive capsulitis, is a condition characterized by:

1. Stiffness and
2. Pain

in your shoulder joint⁵⁵³. It may take two to nine months to develop. Although the pain may slowly improve, stiffness continues, and range of motion remains limited⁵⁵⁴.

What Causes Frozen Shoulder?

The bones, ligaments and tendons that make up your shoulder joint are encased in a capsule of connective tissue. Frozen shoulder occurs when the normal capsule (of bones, ligament and tendons of the shoulder) thickens and tightens around the shoulder joint, restricting its movement^{555,556}.

The exact cause is unknown, but patients with diabetes or those who have had a period of immobility for a long period, such

as after surgery or an arm fracture. Risk factors⁵⁵⁷ are:

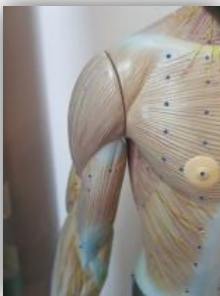
- Diabetes
- Overactive thyroid (hyperthyroidism)
- Underactive thyroid (hypothyroidism)
- Cardiovascular disease
- Tuberculosis
- Parkinson's disease

Management

We may arrange for imaging or other tests to further investigate,

Treatment

Frozen shoulder may be treated with various specific exercises. Professor Yoland Lim Health Care may advise on Fong Yang exercises to enhance management. According to The National Centre for Biotechnology Information (NCBI), acupuncture is an effective treatment for treating chronic pain⁵⁵⁸, like that of shoulder pain.



Hip Pain

The hip is one of the few ball and socket joints in the body allowing for a wide range of motion. Because of the versatility in movement, the hip is susceptible to pain and injury particularly as a consequence of over exercise/training. Locating where the pain is is crucial in hip injury diagnosis. For example, if there is pain in the hip or groin, it is most likely due to a direct injury to the hip. Whereas, if there is pain on the outer buttock, outer thigh, or outside the hip, it is likely due to problems associated with the muscles, ligaments and tendons surrounding the hip⁵⁵⁹. Although hip pain can affect everyone, it has been shown that in the ageing population, hip pain is generally associated with age-related conditions such as arthritis, bursitis and greater trochanteric pain syndrome (GTPS)⁵⁶⁰.

Despite hip pain arising from various causes, there are effective strategies for the management of hip pain. These include^{561,562}:

- Losing weight to lighten the load on sore joints
- Low impact exercise such as swimming, strengthening exercises around the hip and tai chi
- Medications such as pain killers
- Reducing the strain on the hips



Knee Pain

Knee pain is a common problem in people of all ages and can occur suddenly or over a period of time⁵⁶³.



The knee is a large joint comprised of four main structures: bones, ligaments, cartilage and tendons - each being susceptible to injury⁵⁶⁴.

Common knee problems as a result of aging and continual wear and stress on the knee joint include⁵⁶⁵:

- Sprained or strained knee ligaments (more commonly the anterior cruciate ligament or ACL) as a result of a blow to the knee or a sudden twist of the knee
- Cartilage (menisci) tears.
- Tendon tears
- Patello-femoral pain syndrome or pain felt behind the kneecap

Although knee pain can affect all, it is more prevalent in individuals

who are overweight, have history of arthritis or those who engage in certain sports such as basketball and skiing⁵⁶⁶. Along with pain, other symptoms may include¹:

- Swelling, redness or heat in the knee
- Locking or clicking
- Inability to straighten your knee
- Bruising around the knee



In many cases, knee pain can be treated conservatively. These strategies include putting as little weight as possible on the knee, using an ice pack and ensuring adequate analgesic management. However, if the pain is persistent, seeking medical attention may be required. In these cases, treatment options can include aspiration (releasing pressure by removing some of the fluid in the knee joint), physiotherapy to reduce pain and in more severe cases arthroscopic surgery and open surgery⁵⁶⁷.

Neck Pain

Neck pain affects approximately 80% of the population at some stage of lives⁵⁶⁸. The pain typically spreads from the neck towards the shoulders or upper back often causing headaches.

The neck supports the head and consists of seven bones (vertebrae) stacked one on top of the other. They are connected by two facets joints and a disc as well as ligaments. Muscles provide movement for the neck. A fully functioning neck provides movement, allowing us to see all directions. It is often debilitating for those affected because of the restriction of movement experienced due to pain.

There are many various causes of neck pain, such as poor posture, prolonged use of computers, bad

sleeping positions, injuries such as a muscle strain, arthritis as well as wear and tear in the bones of the neck which is a normal part of ageing.

According to a study by Harvard University, an acute episode of neck pain with conservative management typically resolves in approximately 6-8 weeks. While the majority of those affected see improvement, the study showed that chronic neck pain persists in 10-34% of those affected⁵⁶⁹.

The National Centre for Biotechnology Information (NCBI) claims acupuncture to be “a well-accepted and widely used complementary therapy for the management of neck pain caused by cervical spondylosis (CS)”^{.570}



Post fracture analgesic management

Fractures are breaks or cracks in a bone and generally occur when the force exerted against a bone is stronger than the bone can structurally withstand⁵⁷¹. Fractures may occur as a result from traumatic incidents such as sporting injuries, vehicle accidents or increased risk as a consequence of underlying medical conditions such as osteoporosis or some types of cancers that cause bones to fracture more easily¹.

Common sites for bone fractures include the wrist, ankle and hip and are typically treated by immobilising the bone with plaster cast as broken bones heal by themselves. There are three stages of pain from a fracture⁵⁷²:

1. Acute pain- pain which occurs immediately after the fracture when the bone has broken
2. Sub-acute pain- pain occurring the first few weeks during the healing process
3. Chronic pain- pain which persists after the fracture has finished healing

Pain management post fractures includes self help strategies such as reducing movement of the limb and ensuring plenty of rest as

well as administration of pain relief medicines such as opioids, paracetamol and anti-inflammatory drugs⁵⁷³. In addition to these measures, acupuncture has been found to be effective for enhancing pain reduction⁵⁷⁴. More so, one study found acupuncture showed a greater pain relief effect compared to individuals who did not receive acupuncture⁵⁷⁵. Although acupuncture has proven to show some benefit in management of pain as a consequence of fractures⁵⁷⁶, more research around the world is currently underway investigating the analgesic effect of acupuncture in patients with fractures⁵⁷⁷.



Rotator Cuff Injuries

The rotator cuff consists of four muscles and their tendons found at the shoulder joint that is responsible for shoulder movement and rotation⁵⁷⁸. The shoulder is made up of three bones:

1. Humerus: the upper arm bone
2. Scapula: the shoulder blade, and the
3. Clavicle (collarbone).

Like the hip joint, the shoulder is a ball and socket joint where the humerus fits into a shallow socket in the scapula⁵⁷⁹. Along with the unique anatomy of the shoulder and the rotator cuff muscles, rotation of the shoulder is possible with the presence of a lubricating fluid known as bursa.

Like all joints in our body, injuries can occur. Unnatural shoulder movements are the prime using pain killers and inflammatory drugs and receiving

suspect of rotator cuff injuries. These include⁵⁸⁰:

- Pushing off with arms such as when rising from a chair.
- Repetitive reaching including swimming, push ups, house painting, auto mechanic work and pitching a baseball.
- Forceful/abrupt overhead movements such as in throwing sports, racquet sports, wrestling and pulling to start a lawn mower

These can then lead to symptoms of:

- severe pain
- weakness in the arm
- crackling sensation upon moving the shoulder and
- swelling and tenderness⁵⁸¹

There are effective strategies to relieve pain and manage the injury such as refraining from engaging in repetitive tasks, managing pain treatment from a physiotherapist⁵⁸².

Scoliosis

Scoliosis is a common type of abnormal spinal curvature whereby the spine has a sideways curve. The exact cause of scoliosis is unknown with current theories suggesting genetic, hormonal and connective/nervous system abnormalities are possible causes⁵⁸³. However, most cases



of scoliosis are idiopathic, that is, not associated with any other disease or condition. For this reason, medical professionals have classified idiopathic scoliosis in three categories:

1. Infantile (before a child is 2 years old)
2. Juvenile (aged between 2-10 years) and
3. Adolescent (during early adolescence)⁵⁸⁴.

Diagnosis of scoliosis includes a physical examination involving the forward bending test, observing shoulder and shoulder blade height, hip location and positioning of lower back upon bending⁵⁸⁵. Treatment varies on the severity of the curvature with all treatments aiming to straighten the spine. This can include wearing a brace or surgery for severe to very severe cases or frequent monitoring for mild cases⁵⁸⁶.

Shoulder Pain

Shoulder pain is a common condition which frequently becomes chronic. Chronic shoulder pain (CSP) is a common disease causing both pain and functional limitation which has substantial effects on quality of life. According to The Royal Australian College of General Practitioners (RACGP), shoulder pain is the third most common reason for patients to seek medical care. It is reported that approximately 10% of medical consultations with GPs are for musculoskeletal related problems⁵⁸⁷.

Some of the common symptoms associated with shoulder pain, stiffness and weakness. People affected commonly experience a combination of these symptoms. There are many various causes such as general wear and tear with increasing age, arthritis, overuse and poor posture. In serious cases, the cause of the pain could be a result of injuries such as bone fractures, shoulder dislocation or shoulder impingement syndrome.

According to The National Centre for Biotechnology Information (NCBI), acupuncture is an effective treatment for treating chronic pain[2].



OTOLARYNGOLOGY (EAR NOSE THROAT)

Dry Mouth

Xerostomia (dry mouth) is a condition characterised by not having enough saliva to keep the mouth wet and moisturised. Saliva plays an important role in ensuring bacteria is kept under control in the mouth, aiding in digestion, helping defend against tooth decay and acts as a vehicle in strengthening tooth enamel⁵⁸⁸. Although everyone experiences a dry mouth from time to time, persistent feelings of dry mouth may be a sign of xerostomia.

Symptoms which persist in this condition include⁵⁸⁹:

- A sticky and dry feeling in the mouth
- Cracked lips
- Bad breath
- Trouble chewing, swallowing or speaking
- More frequent tooth decay
- Gum irritation

There are a number of factors thought to cause dry mouth such as⁵⁹⁰:

- Prescription medications
- Autoimmune disorders such as Sjogren's syndrome
- Chemotherapy in cancer treatment
- Anxiety and stress

Fortunately, there are treatments and strategies in place to reduce the discomfort from dry mouth. As dry mouth increases the chances of tooth decay, it is crucial to protect your teeth by visiting the dentist regularly, using a soft toothbrush and mouth rinse and avoiding sugary or acidic foods. Furthermore, staying hydrated and avoiding foods that irritate the mouth have been found to ease the discomfort of dry mouth⁵⁹¹.

Epistaxis

Epistaxis (nosebleeds) are very common, particularly in children and are caused by a multitude of factors, including:

- certain medications
- foreign objects in the nasal passage
- minor trauma from nose picking
- coughing
- sneezing or rubbing
- sinus and nasal infections
- vascular problems⁵⁹².

Nosebleeds occur when a small blood vessel inside the nose lining bursts and bleeds⁵⁹³.

There are two types of nosebleeds:

1. Anterior nosebleeds- more common and less serious

(accounting for 90% of all nosebleed episodes)

2. Posterior nosebleeds which are more serious and generally require medical attention⁵⁹⁴.

In most cases nosebleeds will stop on their own. One important step in treating nosebleeds is to apply direct pressure by pinching the nose for a few minutes⁵⁹⁵. In some severe and/or persistent cases they can be life threatening due to the significant amounts of blood loss, in which case even blood transfusions may be indicated.

Excessive Cerumen (ear wax)

Cerumen (ear wax) or is made up of sebum (a body secretion mostly made up of fat), skin cells, sweat and dirt ⁵⁹⁶. Earwax is produced by the ear to act as a natural cleanser gathering dead skin cells, hair and dirt from the inside of the ear canal to the outward ⁵⁹⁷. Typically, ear wax can come in two forms: wet and dry. Wet earwax is more common among Caucasians and African people whereas dry and flaky earwax is more prominent in East Asian or Native American ancestry¹.



In some cases, individuals may produce more ear wax than others. Build-up of ear wax may be contributed to⁵⁹⁸:

- Wearing headphones or hearing aids regularly
- Incorrect cleaning of the ear causing earwax to be pushed further in the ear
- Having narrow or very hair ear canals

- Working in dirty or dusty places



A simple ear examination will show whether you have ear wax build-up. However, signs and symptoms of ear wax build-up include⁵⁹⁹:

- A feeling that an object is in the ear (caused by ear wax becoming dry and hard)
- Complete blockage or plugging of the ear canal causing more symptoms such as decreased or muffled hearing
- Rubbing of the ear or poking in the canal
- Tinnitus or ringing in the ear

In most cases, the build-up of wax loosens and falls out by itself without the need for intervention. However, in some cases medical intervention is required. Treatment may include⁶⁰⁰:

- Withdrawal of the wax by a doctor using a suction

device or forceps/special hook

- Using an ear syringe to squirt warm water to float out the wax plug
- Using drops to soften the ear wax to help it fall out on its own

If these treatment strategies are not effective or if there is a large amount of hardened wax, referral to an ear specialist should be considered.



Labyrinthitis

Labyrinthitis is an inner ear infection causing the labyrinth (the balancing centre) to be inflamed. Generally, labyrinthitis is caused by a viral infection from a cold, the flu or the herpes group of viruses⁶⁰¹. Common symptoms of labyrinthitis include:

- Various amounts of hearing loss
- mild headaches
- ear pain
- tinnitus (ringing in the ears)
- vertigo
- blurred vision⁶⁰²

Treatment varies depending on the cause. Commonly, labyrinthitis resolves without treatment in a few weeks but if symptoms persist, a vestibular rehabilitation exercises may be required. These exercises involve retraining the brain to interpret the distorted balance messaged from the labyrinth⁶⁰³. In addition to this, management of symptoms can include:

- avoiding alcohol
- drinking plenty of water
- avoiding bright lights
- creating a low-noise
- low-stress environment ⁶⁰⁴ .



Tinnitus

Tinnitus is an annoying, often constant, 'ringing' noise in the ears. It may be high pitched and of varying nature, such as 'rustling, train like, or whistling'. It may result from a side effect of prescribed medication and may be associated with excessive noise, headache, sleeping problems, and loss of energy.

Our doctors will firstly take a full history and examination and determine the cause.

Commonest causes of tinnitus include:

- Hearing loss, from noise exposure (eg From work machinery, loud music in night clubs, listening to loud music)
- Aging
- Head trauma
- Side effects from prescribed drugs

It can also be due to

- Ear infection
- Hypertension (high bloodpressure)



Our treatment program is based on the Fong Yang system (Please refer to Professor Yoland Lim Health Care's *Health Without Drugs* book):

- Helps to restore your physiological and physical body to be healthier, so that your inner ear is rejuvenated.
- Controlling the symptoms by balancing and rejuvenating your brain to function to a more effective and efficient way (in conjunction with Professor Yoland Lim's Chanting CD's).
- Stimulates your body to produce endogenous substances (the exact constituency of these is of ongoing research) to balance your internal organs to function alleviating the symptoms as well as rejuvenating your body physically and mentally without artificial chemical and hormones.
- Calms your nerves to help healing

Treatment Course: In the Fong Yang System, the inner ear is 'controlled' by the kidney 'chi' (energy). Hence you will be given the specific phytomolecular (herbal) KI KIDNEY drops, in combination with Fong Yang Shi Luo Dou (a specialized form of acupuncture by Professor Yoland Lim Health Care). Initially you will need to have between 4 to 8

treatments, however some patients report improvement after just one treatment, depending on the severity of your condition(s). The Electronic Acupuncture Machine may be advised for you to begin using soon. This works in conjunction with needle/laser acupuncture to enhance your body's' response.

Depending on severity, Professor Yoland Lim Health Care's designed and developed **JUVEBRAIN®** program machine may also compose part of your treatment regime.

Commence 15 drops of KI KIDNEY drops, 3 times a day in HMIX. After your condition has improved, you

can lead a normal and rejuvenated life. Following improvement, you may elect to reduce your KI KIDNEY drops by down to 15 drops twice, then once a day. We recommend a daily maintenance dose thereafter to keep you rejuvenated.

In the unlikely event that you may get some of the symptoms coming back, immediately resume taking 15 drops, 3 times a day. If the symptoms persist for more than 3 days, a booster treatment of needle/laser acupuncture is advised. Regardless we recommend maintenance treatments at least once a month for full ongoing benefit and prevention of relapse.

Vertigo

Vertigo is a type of dizziness that commonly presents as a sensation of spinning, movement, tilting or swaying. It is often described as feeling as though you and the world are spinning when you are not⁶⁰⁵.

There are multiple causes of vertigo with the most common cause resulting from an inner ear problem known as benign paroxysmal positional vertigo (BPPV). In BPPV, there is an accumulation of calcium particles in the inner ear coming loose within the ear canals⁶⁰⁶, which alters how the brain controls balance¹. It is thought BPPV occurs due to sudden movement activities such as bending over quickly, looking up, lying on one ear and getting out of bed².

Other causes of vertigo include Meniere's disease and vestibular neuritis⁶⁰⁷.

Common symptoms of vertigo are similar to motion sickness and include⁶⁰⁸:

- Difficulty hearing
- Feeling faint
- Headache
- Light-headedness
- Nausea
- Stumbling while walking
- Unsteadiness
- Vomiting³

Depending on the cause of your vertigo, the type of treatment recommended for you may vary⁶⁰⁹. For example, if BPPV was causing vertigo, a potential treatment may include otolith positioning procedures to move the inner ear 'crystals'. If vestibular neuritis were causing vertigo, balancing exercises may be a suitable strategy in aim to 'retrain' the nervous system.

In a percentage of patients vertigo may persist. Regular general practice may advise medicines such as motion sickness medication⁴.

PAEDIATRICS

Attention Deficit Hyperactivity Disorder (ADHD)

Attention Deficit Hyperactivity Disorder (ADHD) is a neurodevelopmental disorder that affects the brain. In Australia, 1 in 20 children have ADHD with a greater prevalence in males than females ⁶¹⁰. There are three common symptoms in ADHD:

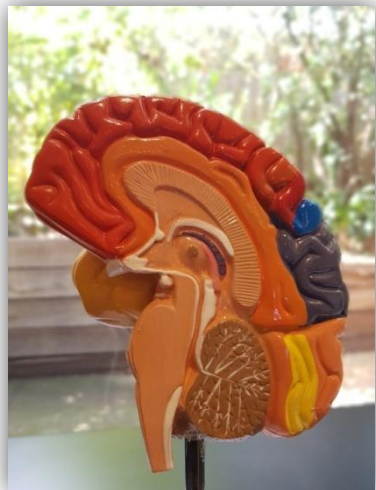
1. Inattention
2. Hyperactivity and
3. Impulsivity.

As ADHD predominantly affects children, it is crucial there is careful consideration prior to diagnosis as young children undiagnosed with ADHD are likely to show behaviours similar to the symptoms exhibited in ADHD patients⁶¹¹. Given the sensitivity in diagnosis, there are now three kinds of ADHD:

- predominantly hyperactive-impulsive type
- predominantly inattentive type and
- combined type⁶¹².

As ADHD is a complex disorder, there are multiple causes of ADHD. These can include drug exposure during pregnancy, genetics, exposure to lead and lack of early attachment⁴. Treatment of ADHD commonly

involves pharmacological approaches along with behavioural therapies such as cognitive therapy, social training or family counselling⁶¹³. Professor Yoland Lim Health Care has known about the potential benefits of effective management of this and other conditions for many years and it is only more recently where promising scientific results show the effect of acupuncture on the management of ADHD in children alongside pharmacological and behavioural approaches ^{614 615}.



Autism Spectrum Disorder (ASD)

Autism spectrum disorder (ASD) is a neurodevelopmental disorder affecting 1 in 70 Australians with males being 3 times more likely to be affected than females⁶¹⁶. It is thought ASD is caused by neurological or genetic factors with two main areas of difficulty⁶¹⁷:

- 1) Social communication and
- 2) Abnormal behaviours and interests.

However, it is important to note that no two people affected by ASD are alike.

The treatment of ASD is dependent on the severity of the

symptoms and characteristics. Because of this, each treatment is tailored towards the need of each child. For example, some children affected by ASD may require behavioural therapy or others may require speech therapy, prescription medication or occupational therapy⁶¹⁸. Along with pharmacological approaches as well as behavioural strategies, application of acupuncture has shown improvement in children with ASD suggesting another promising approach in treatment of ASD ⁶¹⁹ .

Constipation

Constipation in children is a common occurrence particularly around the time of toilet training or starting solids⁶²⁰. Constipation occurs when there is difficulty in passing stool rather than the frequency⁶²¹. This is because bowel movement varies between individuals. Therefore, it is important to observe for consistent bowel motion patterns, hardness of stool and whether or not there is pain during the passing of stool.

Signs of constipation in children can include⁶²²:

- stomach pain which comes and goes
- decreased appetite
- becoming irritable, upset or refusing to sit on the toilet
- 'holding-on' behaviour such as squatting and crossing legs

Common causes of constipation in children consist of not having enough fibre in the diet, holding back bowel movements, not eating enough solid foods and taking certain medications such as some cough medications³.

To prevent and manage constipation in children it is important to ensure proper toileting behaviour and education at a young age. These can include:

- encouraging children to sit on the toilet for five minutes after meals
- encouraging and supporting the child for toilet sitting such as using a star chart and
- ensuring feet are supported with their knees just above the hips when sitting on the toilet⁶²³.

Furthermore, implementing a diet high in fibre and fruit (particularly prune or pear juice) and encouraging the intake of plenty of fluids may help with resolving problems with constipation⁶²⁴

In some cases where changing of the diet and modifying behaviour involving a toileting program are not effective, stool softeners and laxatives may be advised by your medical practitioner or paediatrician, to ensure for appropriate dose and number of doses per day is advised⁶²⁵.

Diarrhoea (Paediatrics)

Diarrhoea is a common occurrence in babies and young children whereby stools are more loose, watery and unformed⁶²⁶. The exact cause of diarrhoea can only be diagnosed by laboratory tests of faecal specimens with common causes including:

- Viral infections in the gut
- A stomach bug – typically gastroenteritis
- Food poisoning
- Eating something they may have an allergy to.

Along with runny, frequent and watery stools, other symptoms typically include stomach cramps and headaches⁶²⁷. In children

with diarrhoea, it is vital to keep a close watch on your child as loss of fluids from the body can quickly lead to dehydration. Due to this it is important to ensure your child is regularly drinking fluids throughout the day.

In many cases, diarrhoea resolves on its own but if any of the following are present, seeking a review of medical doctors is recommended⁶²⁸:

- Losing weight
- Blood in the stool
- Unable to keep fluids down and has severe stomach pain
- Signs of dehydration.

Difficulty feeding

Difficulty feeding is an umbrella term encompassing a variety of feeding or mealtime behaviours perceived as problematic for a child or family⁶²⁹. These behaviours may include⁶³⁰:

- Falling asleep when feeding
- Refusing to eat or drink
- Eating only certain textures, such as soft food or crunchy food
- Problems chewing
- Cries or fusses when feeding
- Spitting up or throwing up a lot
- Trouble breathing while eating and drinking

Although these behaviours can be considered to be part of a

typical feeding development¹, there are effective approaches to help tackle feeding difficulties⁶³¹. For example, if your child is not eating whole meals, reducing the amount of food given at mealtimes may be effective. Additionally, creating a positive eating environment, serving new foods and following your child's lead may all serve to combat difficulties in feeding. However, if your child is consistently refusing to eat, only eating a very small range of foods or you are concerned about growth and overall nutrition, seeking a review from a medical practitioner should be considered.

Gastroenteritis (Paediatric)

Often incorrectly termed as “stomach flu”, gastroenteritis is a serious digestive disorder which when left untreated causes a dangerous imbalance of electrolytes⁶³².

Many children are prone to this condition which could last for a several days or even longer. Children may experience more than a few episodes a year. An estimated 5 billion cases of gastroenteritis in children under the age of 5 years are reported worldwide⁶³³.

Some of the most common symptoms include diarrhoea, cramps and nausea. For this

reason, children under 6 months old must seek medical attention when gastroenteritis is suspected to be given adequate treatment.

There are various known causes of this disease, namely viruses, bacteria and parasites. However, the main cause of complications is believed to be due to dehydration caused by fluid leakage into the bowel⁶³⁴.

While there are no known medications to treat viral gastroenteritis, treatment can assist with management of symptoms as well as prevention of complications.

Reflux (Gastro-Oesophageal Reflux)

Reflux or gastro-oesophageal reflux (GOR) is common in young children and is characterised by the contents of the stomach being brought up back (regurgitated) either into the oesophagus or the mouth. As the valve at the top of the stomach is quite loose in babies, GOR typically occurs around 2 to 3 weeks of life and peaking between 4 to 5 months.

It is during growth where the valve usually becomes stronger resulting in the reflux getting better⁶³⁵. Signs and symptoms of reflux include⁶³⁶:

- Frequent regurgitation or vomiting especially after meals
- Wet burps or wet hiccups
- Failure to gain weight
- Choking or wheezing

While in many babies and young children, GOR resolves on its own

without treatment or medication, it can be very worrying for parents. Following scientific evidence, there are key strategies to consider⁶³⁷:

- Using a feed thickener or thickened formula
- During bottle feed, keeping your baby upright if possible
- Eliminating environmental tobacco smoke from your baby (i.e. not smoking around your baby or allowing other people to smoke around your baby)

Furthermore, there is little to no evidence to suggest that starting solid feeds early will help with reflux. Therefore, it is vital to continue to adhere to the Australian Infant Feeding Guidelines and introduce solids at around 6 months of age³.

Nocturnal Enuresis (Bed Wetting)

Nocturnal enuresis, commonly known as bed wetting, is a very common problem for many school-age children with almost a third of four-year-olds wetting the bed during the night⁶³⁸. In most cases, children who wet the bed are usually healthy, do not have underlying behavioural problems and are developing as expected⁶³⁹.

While the cause for bed wetting varies between children, some plausible factors include⁶⁴⁰:

- A smallish bladder capacity
- The child is a deep sleeper
- Kidney problems (the child's kidneys continue to produce a lot of urine at night)
- Constipation
- A genetic tendency
- Emotional problems for example stressful events

Although most children grow out of bed wetting there are some strategies to consider especially if your child is feeling ashamed about their bedwetting⁶⁴¹⁶⁴²:

- The pad and alarm strategy. The pad senses when your child starts to wet the bed and sounds an alarm to wake up your child. The child is then required to get up and turn the alarm off, go to the toilet and then go back to bed to re-set the alarm.
- Taking a synthetic form of ADH under advice of a medical practitioner to help concentrate urine overnight
- Reducing the amount of fluids your child drinks 1-2 hours before bed
- Creating a schedule for bathroom use
- Keeping a record chart of wet and dry nights to help with motivation
- Ensuring family members of children who wet the bed are supportive and not critical.

Dr Justin Lim has had case studies of nocturnal enuresis published in the Royal Australian College of General Practitioners Integrative Medicine publication.

PSYCHIATRY

Anxiety

Anxiety is the most common mental health condition in Australia with 1 in 3 women and 1 in 5 men experiencing anxiety at some stage in their life⁶⁴³. Anxiety is the condition whereby there are intense feelings of worry that are not easy to control and can ultimately interfere with everyday living⁶⁴⁴. There are different kinds of anxiety disorders each having their own specific set of symptoms.

Examples of different kinds of anxiety disorders include:

- Generalised Anxiety Disorder (GAD)
- Social Phobia
- Specific phobias
- Obsessive Compulsive Disorder (OCD)
- Panic disorder

- Separation anxiety disorder, and
- Agoraphobia

Common signs and symptoms of anxiety include being:

- panicky
- irritable
- agitated
- feeling nervous or scared, and
- feeling afraid most of the time

Anxiety disorders are thought to be caused by a multitude of factors such as personality traits, life events or even genetic factors⁶⁴⁵. In western medicine there are two common forms of treatment for anxiety disorders: psychological therapy and medication.

Bipolar

Bipolar disorder formally referred as manic-depressive illness or manic depression is a mental health disorder that comprises of:

- unusual shifts in mood
- energy
- activity levels
- concentration, and
- the ability to carry out day-to-day tasks⁶⁴⁶.

While the exact cause of bipolar disorder is unknown, it is thought a combination of genetic and environmental factors are associated with its development⁶⁴⁷. Typically, people with bipolar disorder experience episodes of extreme lows ('depression') or extreme highs ('mania').

Signs and symptoms of a *manic* state include:

- Increased energy
- Irritability
- Increased sex drive
- Increased spending
- Decreased sleep
- Racing thoughts

Whereas signs and symptoms of a *depressed* state include:

- Low mood
- Low self-esteem
- Loss or change of appetite
- Irritability
- Suicidal thoughts
- Sleep disturbances

Commonly, bipolar disorder is treated with medications that stabilise mood or anti-depressants⁶⁴⁸. Other strategies to help manage living with bipolar disorder may include:

- Keeping a record of mood through mood charts
- Involving those around you to monitor your mood
- Engaging in support groups or online networks
- Understanding and learning about your disorder
- Psychological counselling such as cognitive behavioural therapy
- Avoiding alcohol and illicit drugs.

Depression

While feeling sad and low are normal healthy emotions occasionally, depression is defined as the persistent feelings of sadness and hopelessness⁶⁴⁹. In Australia, depression is the third highest burden of all diseases⁶⁵⁰. Depression is commonly characterised as a mental health condition with signs and symptoms including:

- changes in behaviour like withdrawing from friends and family
- disengagement in usual enjoyable activities and
- not going out.

Changes in feelings can include feelings of being overwhelmed, disappointment, frustration and lacking in confidence. Although a mental health condition, depression can also affect your physical health with symptoms

such as chronic pain and digestive issues⁶⁵¹.

There are different types of depressive disorders each with their own symptoms and conditions. Post-partum blues or postnatal depression is a common condition that affects up to 80% of women immediately in the year after birth³. As there are different types of depression, it is important to ensure the correct treatment is being provided. Currently, there are three broad categories of western medical treatment: psychological, physical and self-help/alternative therapies². Complementary to these treatments, studies have demonstrated an effective role of acupuncture treatment in management of depression^{652,653}.

Eating disorders

Eating disorders are serious mental illnesses characterised by problems with the way a person eats. Consequences such as negative impact on a person's health, emotions and relationships can arise as a result of eating disorders⁶⁵⁴.

Affecting up to 9% of the population, it is thought both genetic and environmental factors play a role in the development of eating disorders⁶⁵⁵.

There are four broad categories of eating disorders:

1. Anorexia nervosa. This is characterised by an obsessive drive to lose weight through food restriction or excessive exercise.
2. Atypical anorexia nervosa. A young person has lost a significant amount of weight and has all the features of anorexia nervosa but they

have a healthy body weight or are overweight

3. Bulimia nervosa. Bulimia nervosa is distinguished by recurrent episodes of binge eating associated with a feeling of loss of control around eating. Commonly, behaviours such as vomiting (purging), laxative misuse or over-exercising are seen in bulimia nervosa cases.
4. Avoidant restrictive food intake disorder (ARFID). ARFID is characterised by avoiding certain foods due to appearance, taste, smell, uncomfortable sensations leading to a failure to gain weight.

As eating disorders have very serious physical and psychological consequences, treatment involves both psychological and medical interventions.

Low Mood

Everyone may get slightly moody once in a while. This is 'normal'. However when a low mood pervades all aspects of our lives, then this requires medical attention. Typically triggered by an event or experience, moods are part of our emotional rhythm and are less intense than emotions⁶⁵⁶.

Understanding and managing our moods is important as moods can shape how we choose to behave and think. As moods are less intense than emotions, they typically disappear within a couple days.

It is thought that moods are created through three factors:

1. Biology (hormones)
2. Psychology (personality and learned responses), and
3. Environment (stress)

It is important to take notice of a negative mood or low mood as low moods which do not pass within a couple days or are significantly disrupting your life, may increase the risk of depression. Common strategies aimed to combat frequent low mood episodes are cognitive behaviour therapy (CBT) or mindfulness¹. Mindfulness is a popular approach to manage low mood where it practices accepting what comes without judgement.

Commonly, a low mood can include feelings of⁶⁵⁷:

- Anger
- Anxiousness
- Frustration
- Low self-esteem
- Sadness
- Tiredness
- Worry.

Obsessive Compulsive Disorder (OCD)

Focused thoughts or repeated behaviours are common in day to day life but when these behaviours cause difficulty in daily functioning, you may be affected by a chronic mental health condition known as obsessive compulsive disorder or OCD.

Affecting all ages with most individuals diagnosed by age 19, it is thought OCD is caused by a combination of factors including genetics, environment and brain structure and function⁶⁵⁸.

OCD is a type of anxiety disorder defined as having recurring, unwanted thoughts, ideas or sensations (obsessions) causing individuals to be driven to do something repetitive (compulsions) in order to alleviate or neutralise the distress⁶⁵⁹. For example, obsessively thinking 'I haven't locked the front door' can lead to repeated checking which impacts and adversely affects one's day to day life.

Typically, individuals with OCD understand the irrationality of their thoughts and behaviours but are often unable to stop them

and generally last for more than an hour each day⁶⁶⁰.

Common obsessions and compulsions individuals with OCD can show include⁶⁶¹:

- Washing hands often
- Constant intrusive, unwanted thoughts or mental images
- Putting things in a particular order
- Feeling you have to do things over and over again
- Constantly asking people for reassurance
- Cleaning clothes, house or belongings excessively.

In some cases, individuals with OCD feel intense shame and these feelings can exacerbate the problem causing a delay in diagnosis and treatment⁶⁶². However, it is important if you or someone is experiencing symptoms of OCD to visit your medical practitioner or contact professional services online such as Beyond Blue or Head to Health. Treatment of OCD is typically treated with a combination of medications and psychotherapy such as cognitive behavioural therapy (CBT)⁶⁶³.

Schizophrenia

Schizophrenia is a complex brain disorder that affects the functioning of the human mind including thoughts, perceptions and behaviour⁶⁶⁴. Affecting 1 in 100 people worldwide, the main symptom of schizophrenia are:

- 1) Hallucinations (hearing, seeing, tasting, feeling or smelling things that do not exist) and
- 2) Delusions collectively termed as psychosis⁶⁶⁵.

Other common symptoms include:

- thought disorder
- lack of motivation
- 'blunted' emotions
- inappropriate responses
- lack of insight
- sleep problems
- social withdrawal⁶⁶⁶



Symptoms usually start between the age of 16 and 30 years.

There are different treatment options potentially available for schizophrenia. This may include antipsychotic medications, psycho-social treatments or a combination of both⁶⁶⁷.

For families trying to cope with a family member with schizophrenia, strategies which may help include⁶⁶⁸:

- Understand that the person is experiencing symptoms beyond his/her control. These experiences are like real perceptions and can be very puzzling and frightening.
- Show love and support to try and help the person to feel safe.
- Encourage the person to describe their experiences. What is it like? These may account for feelings and emotions.
- Discuss with the person what they are good at to overcome the distress associated with their symptoms.
- Spend time together, relax, do fun things.
- Encourage the person to meet other people who have schizophrenia.
- Encourage people to attend support groups.

Stress

Throughout our lives, we experience many challenges, situations or circumstances which can result in the response of stress. This generally is caused by an imbalance between the demands being made on us and our resources to meet those demands⁶⁶⁹. However, the level or extent to which we experience stress depends on a wide range of factors such as lifestyle, attitude, past experiences, social circumstances and cultural background⁶⁷⁰.

It may manifest itself as abnormal intense yelling, feeling as if we want to pull our hair out, bang our head against the wall, or even more dangerous actions like self harming or harming others.

As stress activates the 'flight or fight' response, hormones such as cortisol and adrenaline in the body are released causing breathing, heart rate and metabolism to speed up⁶⁷¹. When experiencing stress, it is important to handle stress in a positive way⁶⁷². Positive strategies to help manage stress include: meditating, taking deep breaths, ensuring enough sleep, writing a journal, exercise, seeking help from a health care professional, talking to friends and family and sketching. If you have any concerns about you or anyone else, please consult your medical practitioner immediately.

RESPIRATORY

Allergic Rhinitis (Hay fever)

Allergic rhinitis, also known as hay fever is a common condition affecting around 18% of individuals in Australia during spring and summer⁶⁷³. Despite its name, hay fever is not caused by hay and does not result in a fever. Instead it is caused by the noses and or eyes coming into contact with environmental allergens such as pollen, dust mites and animal dander.

Hay fever symptoms vary between individuals and symptoms may be worse some years than others.

Common symptoms include⁶⁷⁴:

- Runny or blocked nose
- Cough
- Fatigue

- An itchy throat
- Frequent sneezing
- Itchy, red or watery eyes

Although hay fever cannot be cured by conventional western medicine, there are effective methods to improve the symptoms and provide some relief. Treatment of hay fever can include medications such as⁶⁷⁵:

- Saline nasal sprays to help clear nasal congestion
- Non-sedating antihistamines
- Intranasal corticosteroid sprays
- Decongestant tablets or nasal sprays

Please see your medical practitioner.

Allergies

Allergies are the body's reaction to substances in the environment which are not harmless. That is, the body overreacting or being hyperactive to an allergen or 'trigger' that is 'typically' harmless.

Allergies are very common with 1 in 5 people in Australia experiencing an allergy⁶⁷⁶. Typical allergens include foods such as:

- nuts
- eggs and shellfish
- animals, and
- other materials such as grass and dust mites⁶⁷⁷.

Symptoms of allergies depend on the allergy but may include the following⁶⁷⁸:

- Swelling of the lips, face and eyes
- Sneezing
- Runny nose
- Skin rash
- Wheezing or a persistent cough
- Stomach pains
- Red, watery and itchy eyes

Regular western medical treatment of allergies typically involves medications such as antihistamines, intranasal corticosteroid nasal sprays (INCS) or a combination of both⁶⁷⁹. In cases where symptoms are not relieved, referral to a clinical immunology/allergy specialist may be useful for further investigation and advice.

Asthma

Asthma is a common and chronic medical inflammatory condition affecting the airways, in some people from time to time, while more frequently in others. It is relatively common in children⁶⁸⁰. Due to the inflammation of the airways, it results in narrow airways causing periods of:

- wheezing
- chest tightness
- shortness of breath and
- coughing⁶⁸¹

The precise cause of asthma is unknown but the strongest risk factors for developing asthma are thought to be from a combination of genetic and environmental factors⁶⁸². These

environmental factors can include:

- tobacco smoke
- air pollution
- pollen
- chemical irritants and
- dust mites⁶⁸³

Although there is no cure for asthma, it can be well controlled with prescription medication⁶⁸⁴. There are two main types of asthma medications:

1. Relievers. This acts to quickly relax the muscles around the airways causing the airways to open up to make it easier to breathe
2. Preventers. Taken daily and acts to reduce inflammation inside the airways.

Bronchitis

Bronchitis refers to the inflammation in the major airways (the bronchial tubes) of the lungs. Bronchitis commonly affects both males and females and is predominant during winter seasons (particularly during influenza ("flu") outbreaks⁶⁸⁵. The most common cause of bronchitis is through a viral infection but it can also be caused by environmental factors such as smoke and air pollution, bacterial infections or originate from other lung conditions such as asthma.

Symptoms of bronchitis include⁶⁸⁶:

- coughing,

- aches and pains
- fever
- feeling short of breath
- chest tightness and
- wheezing.

As most bronchitis cases are caused by a virus, medicines such as antibiotics are not needed. Furthermore, as it is generally a viral infection, there are no specific conventional

medical treatments for bronchitis. Medical professionals recommend drinking plenty of fluids, rest and may advise to take pain relievers to ease the symptoms⁶⁸⁷.

Cystic Fibrosis

Cystic Fibrosis (CF) is a genetic condition primarily affecting the lungs and digestive system. Due to a malfunction in the exocrine system (the system responsible for producing sweat, tears, saliva and mucus), people affected with CF produce abnormal amounts of thick and sticky mucus within the lungs, airways and digestive system⁶⁸⁸.

This leads to common symptoms such as:

- difficulty breathing
- wheezing
- poor appetite
- salty sweat
- frequent lung infections

- tiredness
- persistent cough²

In Australia, a baby is born with CF every four days⁶⁸⁹.

Although there is currently no cure for cystic fibrosis, therapies available focus on improving the quality of life as well as managing symptoms³. This includes salt and vitamin supplements, exercise, daily physiotherapy, enzyme replacement to aid with digestion, aerosol mist inhalations to help open the airways and inhaled medications to help breakdown and clear the mucus in the lungs⁶⁹⁰.

Influenza and Respiratory Tract Infections

Our bodies produce a certain amount of energy each day to enable normal cellular body functions to be carried out. One critical function performed is by the immune system in fighting off 'foreign invaders' such as viral, bacteria, fungal and yeast infections.

Multiple external influences, such as rapid and dramatic temperature changes may affect our immune systems. This can weaken the body and make us more susceptible to colds and flus. External chemicals and pollution of our modern society, can weaken the immune system because vital body energy is used to metabolize and process these toxins that we inhale, eat, drink and in some cases, inject.

Influenza 'Flu' viruses are prevented (in theory) by

vaccination. This often fails as the virus which we are currently dealing with have morphed and the vaccinations are for last seasons' influenza virus. Overall, only less than 30% of all people vaccinated have some protection each season.

Antibiotics are not helpful in these cases as they only act against bacterial infections, and the overuse of antibiotics causes an increase in the strength of the viruses, making it dangerous for our entire society if there is increase antibiotic resistance of infections.

Influenza and respiratory tract infections may be treated by your medical practitioner with conservative and supportive management.

Pleuritis

Pleuritis (also known as pleurisy) is a chest pain condition caused by inflammation of the tissues that separate your lungs from your chest wall. Our lungs are covered by a thin membrane called the visceral *pleura* and our inner wall of the chest is lined by the parietal *pleura*⁶⁹¹. Between the visceral and parietal *pleura*, there is a thin layer of fluid which allows the lungs to slide across one another in order to expand and contract during breathing.

In pleurisy, where there is inflammation of the *pleura*, there is a loss of this smooth sliding movement, resulting in a sharp chest pain that is worse with deep breathing and coughing⁶⁹². Common signs and symptoms of pleurisy may include⁶⁹³:

- Chest pain that worsens when you breathe, cough or sneeze
- Shortness of breath
- Cough
- Fever

Typically, viral infections cause pleurisy via infection in the lungs but other causes may include⁶⁹⁴:

- Bacterial pneumonia
- Chest wounds
- Bronchitis
- Chest or lung tumors
- Rib fractures
- Heart surgery complications
- Blunt trauma to the chest wall
- Immune system disorders such as lupus and rheumatoid arthritis

It is important your health care professional identifies the source of inflammation in order to determine the correct and most suitable treatment. Over-the-counter medicines may be taken under advice from your medical practitioner to relieve pain and reduce inflammation. In cases where bacterial infections are causing pleurisy, antibiotics may be prescribed.

Sarcoidosis

Sarcoidosis is a condition in which abnormal formulation of cells appear in the body causing lumps. The most commonly affected areas are the:

- lungs
- skin
- eyes
- lymph nodes

Symptoms vary greatly depending on the organ. However, if you do have symptoms you may experience:

- fatigue
- swollen lymph nodes
- higher body temperature than usual
- swelling in the joints.

Although the exact cause of this disease is unknown, it is believed that exposure to an infection, chemicals or dust may be possible triggers. In some cases, it may be hereditary⁶⁹⁵

While most people recover within 1-3 years from the first onset of the disease, in some cases the disease could last for years leading to serious problems such as organ damage.⁶⁹⁶

Sarcoidosis can be a difficult disease to diagnose and are usually detected when X-ray or check-ups are performed for other reasons. If suspected, Professor Yoland Lim Health Care doctors will be able to arrange for relevant tests. Although there is no known cure, some treatments are proven to relieve the symptoms associated with this disease. According to research performed by The Institute for Traditional Medicine, acupuncture assists in resolving inflammation through drainage of excess phlegm⁶⁹⁷.

Sinus Conditions

Sinuses are hollow cavities found behind the eyes, in the forehead and cheeks that connect with the nasal cavities (via narrow channels known as ostia) to help moisturise the inside of the nose by producing mucus. Sinuses also function to warm and filter the air in the nasal cavity as well as help vocalise certain sounds⁶⁹⁸.

Problems can occur when there is production of too much mucus or when there is swelling of the lining of the sinuses. In these cases, often due to allergy, colds or polyps, the sinuses become blocked and the environment becomes favourable for bacteria growth⁶⁹⁹. This can then lead to what is known as sinusitis (inflammation of the sinuses).

Sinusitis or sinus infection is a common condition typically confused with and mistaken as a cold⁷⁰⁰. This is because many of the symptoms in sinusitis and a cold overlap.

Symptoms of sinusitis include⁷⁰¹:

- Pain, swelling and tenderness around your cheeks, eyes or forehead
- Reduced sense of smell
- Green or yellow mucus from your nose
- Sinus headache
- Bad breath
- Blocked nose
- High temperature

It is important to note that sinusitis is commonly caused by bacteria whereas colds are caused by viral infections⁷⁰². Regular medical treatment will vary between the two conditions. As sinusitis is classified by how long it lasts (acute and chronic), treatment typically begins with simple remedies such as bathing nasal passages daily, drinking lots of water, inhaling steam and sleeping with your head elevated. Antibiotics may be prescribed if preventive drainage strategies are not helping. If symptoms persist or linger, evaluation by an ear, nose and throat (ENT) specialist is recommended⁵.

Snoring

Snoring is common with around 20% of the population snoring at night ⁷⁰³. With a greater prevalence in men than women, snoring isn't physically harmful to the person but may be irritating to anyone kept awake by the noise. However it may be a sign, or related to underlying medical conditions.

Snoring occurs when the pharynx (part of your throat) vibrates due to the muscles holding the pharynx open relaxing when you sleep⁷⁰⁴.

Some factors that contribute to snoring are⁷⁰⁵:

- Body weight. The extra fat tissue in the neck and throat can narrow the airways
- Medications that relax muscle
- Alcohol. Alcohol is a muscle relaxant and can result in the tissues of the throat relaxing
- Nasal congestion
- Sleep position

- Smoking

There are multiple strategies to treat snoring. Self help strategies and lifestyle changes can include avoiding alcohol closer to sleeping, treating allergies, losing weight, increasing exercise and sleeping on your side⁷⁰⁶. If self help solutions are not effective, there are medical options available. One type of treatment is called Mandibular Advancement Splint², post review by a registered specialist orthodontist.

Management aims to widen the airways by pushing the lower jaw forward.

Other procedures recommended by health care professionals may include⁷⁰⁷:

- Continuous Positive Airway Pressure (CPAP)
- Laser-assisted uvulopalatoplasty
- Palatal implants
- Somnoplasty
- Surgical procedures.

Sore throat

A common symptom we all have experienced throughout our lives is a sore throat (medically termed as pharyngitis). Sore throats can be categorised as itchy, painful, feelings of burning and scratchiness⁷⁰⁸.

There are a variety of causes that can result in a sore throat, but the most common cause of a sore throat is due to viral infections⁷⁰⁹. Other causes include⁷¹⁰:

- Bacterial infections (accounts for 20% of sore throats)
- Infectious Mononucleosis (Glandular Fever)
- Post-nasal drip due to sinus infections
- Mouth breathing
- Infection of the tonsils

Typically, there are two options for treatment of a sore throat:

- 1) Letting the infection get better by itself, or
- 2) Taking antibiotics⁷¹¹.

It is important to see your medical practitioner to discuss these symptoms and performs a thorough physical examinations (such as assessing your glands or taking a throat swab) to correctly diagnose the cause.

Taking antibiotics unnecessarily. However, as the majority of sore throats are caused by viral infections and antibiotics may not help and may lead to very serious health problems such as antibiotic-resistant infections. Your doctor may prescribe other medicines or provide tips to help ease symptoms and make you feel better. These can include⁷¹²:

- Pain relief medications
- Cough and cold medicines
- Using a humidifier
- Regular saltwater gargles
- Drinking warm beverages such as Herbal Mix tea with lemon
- Sucking on ice cubes

RHEUMATOLOGY

Ankylosing Spondylitis



Ankylosing Spondylitis (AS) is an inflammatory autoimmune spinal condition whereby our immune system is defective and attacks healthy tissue around the spine⁷¹³.

Because of this, people affected with AS commonly present with inflammation of the neck, back and pelvis joints causing pain and stiffness, pain in tendons and ligaments and reduced spinal mobility⁷¹⁴. AS affects 1 in 200 individuals and there is a stronger prevalence in males compared to females⁷¹⁵.

Currently medical practitioners and researchers do not know the exact cause of AS but it is thought to be due to genetic factors and not by strenuous activity⁷¹⁶. Furthermore, there is currently no cure for AS and no current regular western medical treatment options have been shown to induce remission⁷¹⁷.

Despite this, it is important to seek help as early as possible if any symptoms are present as there are many effective treatments to help manage the pain and improve quality of life⁴.

Management may include both physiotherapy including hydrotherapy (exercises in water) and medical treatments such as analgesics (pain relief), non-steroidal anti-inflammation drugs and anti-rheumatic drugs. However before one takes these medications, it is important to be fully aware of the potential side effects of these. Additionally to these two treatment strategies, research has shown the successful effect of acupuncture in relieving pain and preventing future relapses in people affected with AS⁷¹⁸.

Arthritis

The word arthritis means 'inflammation of the joints' - a condition involving pain, swelling, heat, stiffness and sometimes redness of a joint. Arthritis is so widespread that an entire chapter in Professor Yoland Lim's book 'Your Body is Your Doctor' is dedicated to this non-discriminatory and ancient chronic crippling disease. It affects multiple levels of society, traditionally including Egyptian pharaohs, through to others in their, and our society.

Professor Yoland Lim states that whilst climatic conditions of 'dampness' and changing weather in the world may be contributing to the high incidence of arthritis, in his opinion diet is a greater cause. The optimal diet for arthritis should be curated to avoid obesity whilst maintaining good healthy nutrition. Professor Yoland Lim's management program has treated a number of patients over the last nearly 50 years.

This program consists of three steps:

1. Elimination and cleansing process
2. Building up process
3. Exercise

The elimination and cleansing process is the most important. The

body becomes a storehouse of junk which has been deposited in the cells. It is vital that your body has a 'clean' foundation to build on. Through time, whether it be from dietary factors, or chronic overuse, or a genetic component, just like a building, our foundations must be strong. The cleansing process initially involves a calm mental approach.

The building up process may incorporate physical and breathing exercises, which are known to improve circulation, increase oxygen intake thereby bringing more nutrients to the cells for repair and dissipate unwanted metabolites. The building up process involves a positive physical and mental approach to health. A nutritious fresh food diet may be prescribed along with other medications.

Professor Yoland Lim Health Care's medical approach (Fong Yang Therapy) is to work in conjunction with fellow medical practitioners and specialists with a general medical holistic patient centered approach to help co-ordinate and integrate care of the patient, including wellbeing, stress, and mental health in addition to acupuncture.

Doctors who are up to date with medical research in the benefits of acupuncture, know there is a famous and well-respected Vickers Trial from Europe, which was a "Systematic review...with a total of 17,922 patients analysed. Conclusions: Acupuncture is effective for the treatment of chronic pain"⁷¹⁹.

Diet and Arthritis

There are no 'miracle diets' for arthritis. A balanced, nourishing diet is advised and designed to keep the body strong and at its proper weight. Certain kinds of arthritis may involve special dietary considerations. Some people with rheumatoid arthritis may feel ill, stop eating and lose weight.

People with osteoarthritis tend to become inactive because of joint pain and thus gain weight. A sensible reducing diet (not a sudden crash program) may be required. Patients with gout may have to cut back their intake of certain meats, shellfish or alcohol.

Does Exercise Help?

It depends on the kind of exercise, and the kind of arthritis.

In active rheumatoid arthritis, the painful stiff joints tend to freeze up. They must not be allowed to do so. Each affected joint should

be mobilised and if possible, through its complete range of motion, at least twice a day – with the aid of another person if necessary.



Professor Yoland Lim Health Care has developed gentle exercises which will be tailored for your treatment. Walking and swimming also may form an important part of the treatment. Application of mild warmth may make movement easier for osteoarthritis to combat the cold and damp which exacerbates symptoms.

Isometric exercises won't overload stiff joints and may help keep the adjacent muscles strong and in tone. Swimming is excellent as it usually does not cause undue stress on the joints.

Heavy, vigorous exercise, such as jogging or hiking up hills, can increase pain, joint damage, excessive exercise may do further damage.

Relieving the joints of unnecessary work is an important part of treatment, but these joints must not be allowed to be totally immobile.

Treatment Program

Arthritis treatment program may involve:

Fong Yang Shi Luo Dou, Professor Yoland Lim Health Care's form of Acupuncture Treatment
Professor Yoland Lim Health Care's binaural therapy:
Meditation Music (Chanting) originating from Professor Yoland Lim's forefathers.

Fong Yang Chi Kong exercise
Diet based on 5 elements

Professor Yoland Lim Health Care also recommends:

- i) Balanced fresh food diet
- ii) Eliminating sugar, flour, chicken and tinned and pre-packaged food from the diet while
- iii) Increasing daily consumption of fresh vegetables.

A positive calm mental approach, exercises, and physical and breathing exercises may be advised to improve circulation and increase oxygen distribution.

CREST

CREST syndrome is a condition comprised of several ongoing medical issues. It is also known as limited scleroderma and is a widespread connective tissue disease characterised by changes in the skin, blood vessels, skeletal muscles and internal organs⁷²⁰.

As an autoimmune disorder it is understood that in CREST syndrome the immune system is producing too much collagen ultimately impairing the function of the skin and internal organs¹. CREST is an acronym for the clinical features that are seen in affected patients and at least two of the five features must be present to be diagnosed with CREST syndrome⁷²¹:

C – Calcinosis- formation of calcium deposits under the skin on the fingers

R – Raynaud's phenomenon- the spasm of blood vessels in the fingers or toes in response to cold or stress

E – Esophageal dysmotility- difficulty in swallowing

S – Sclerodactyly- the tightening of the skin

T –Telangiectasia- the dilation of vessels on the skin

There is currently no cure for CREST syndrome and current treatments and strategies are aimed to relieve signs and symptoms and prevent complications¹.

Gout

Gout, also known as Gouty Arthritis, is an abnormality of monosodium urate (Uric Acid) crystals which abnormally deposit in joints. With proper treatment, good symptomatic control of the disease can occur although the underlying condition is incurable. Uric Acid is a natural chemical waste product in our body.

It may be caused by too much alcohol, starvation and certain prescription medications (such as diuretics). When predisposed patients consume too much

seafood, cheese, beer and wine, the precursor for uric acid, purines are in excess. When uric acid can't be metabolised sufficiently in our body nor excreted in our urine (some people have 'inborn metabolic errors' preventing this) it results in excruciatingly painful joints, predominantly, but not limited to the big toe of our feet. Up to 8% of men get this, and are usually in their 40s-50s. Treatment of gout requires medicines to fight inflammation and get rid of the excess uric acid.

Osteoarthritis

Osteoarthritis (OA) is the commonest arthritis and is a degenerative joint disease occurring in 10% of the adult population with 50% of over 60 yearolds having it. Sooner or later, if you live long enough, you are likely to encounter this. It affects both men and women equally. For some it is only a minor, occasionally disabling irritation but for others it may be a continual source of distress.

Unlike RA, OA joint involvement is not necessarily symmetrical. Pain and stiffness gets worse by the end of the day and worse with activity. It feels better after resting and worse in cold and damp conditions.

Professor Yoland Lim Health Care may advise on daily range-of-motion exercise, such as its Fong Yang Therapy Exercises but vigorous exercise is cautioned against as this may do more harm to already damaged joints. Since many people with OA simply can't engage in regular exercise, weight control becomes even more important. But a 'crash diet' that may harm the rest of the body is not advisable. What is needed is a balanced nutritional diet including fresh fruits and vegetables, lean meat or other protein and some non-sugary cereal foods and dairy products in small enough quantities to achieve a gradual consistent weight loss.

Osteoporosis

Osteoporosis (meaning 'porous bones') is a common condition that causes bones to become thin, weak and fragile resulting in a greater risk of breaks and fractures. There is a myth that some people think it causes discomfort- this is not true, it does not directly cause pain, but rather the more fragile bones result in this greater fracture risk, which if it does happen, then will cause pain.



The cause of thinning of the bone is primarily due to an imbalance in the amount of minerals in bones – that is, the bones lose more minerals such as calcium more quickly than the body can replace them⁷²².

Like much of the human body, bone is constantly being broken down and renewed. During the early years of life, more bone is made than broken down and by about 25 to 30 years of age, peak bone mass is achieved⁷²³.

Although affecting anyone, osteoporosis is more prevalent in women and even more common in older women with 1 in 4 women aged 75 years and older⁷²⁴. This is because sex hormones such as oestrogen and testosterone have a fundamental role in maintaining bone strength and the reduction in oestrogen during menopause results in accelerated bone loss¹.

Key risk factors for osteoporosis are:

- low vitamin D levels
- lack of physical activity
- long-term use of corticosteroids
- cigarette smoking
- early menopause, and
- loss of menstrual period

In almost all cases, osteoporosis is asymptomatic meaning there are usually no signs or symptoms of the condition. Because of this, many individuals do not realise they have osteoporosis until a fracture happens, typically as a result of a minor fall. Most

common fractures occur at the spine, wrist and hip⁷²⁵.

Strategies which can be implemented into lifestyle choices to prevent weakened bones include⁷²⁶:

- Eating foods that are rich in calcium
- Regular involvement in weight-bearing exercise such as weight training, walking, climbing stairs, tennis

- Avoiding activities that involve twisting the spine or bending forward from the waist
- Correct exercise techniques

If a substantial amount of bone density has been lost, medications are available to help slow down bone loss or assist in rebuilding bone ⁷²⁷ .



Other Arthritis

Although the 'big three' – rheumatoid arthritis, osteoarthritis and gouty arthritis account for the vast preponderance of arthritis, there are also other forms. An example is that there are several forms of juvenile (child) arthritis, different from the adult form, which can commence from infancy through to late adolescence, and beyond.

Other conditions that mimic Arthritis

- Bursitis: inflammation of bursa, a protective fluid-filled pouch overlaying the shoulder, elbow, knee or other joint or bony prominence. Includes housemaid knee, bunion.
- Tennis Elbow: strain of forearm muscles on the outer side of the elbow.
- From overuse: hammering, tennis, driving, etc.
- Tendonitis and tenosynovitis: inflammation of tendons and/or tendon sheaths of the shoulder, wrist, hip or heel.
- Torticollis (Stiff Neck): spasm of the neck muscles causing turning and tilting of the head.
- Fibromyositis: inflammation of muscle and connective tissue due to acute strain, includes lumbago.
- Carpal Tunnel Syndrome: wrist pain; pain, tingling, weakness of palm and thumb due to tightening of wrist ligaments and consequent pressure on median nerve in hand.

Polymyalgia rheumatica (PMR)

Polymyalgia rheumatica (PMR) is a relatively common disorder in individuals over 65 years old⁷²⁸. With preponderance in females, PMR is characterised by:

1. Widespread aching
2. Stiffness, and
3. Flu-like symptoms⁷²⁹.

Symptoms usually begin fairly abruptly with the shoulders, hip and neck being common areas to be affected. Additional symptoms of PMR include⁷³⁰:

- Loss of appetite
- Fatigue
- Muscle weakness and tenderness
- A general feeling of ill health and or depression

The exact cause of PMR is as yet unknown and there is substantial research to suggest PMR is not a

result from side effects of medication⁷³¹. As the symptoms of PMR are typically abrupt there is reason to believe the aetiology may arise from an infection. Furthermore, genetics as well as the aging process are thought to play a role in the onset of PMR.

Patients who are not treated often feel unwell and have an impaired quality of life⁷³². For this reason, management typically involves medications to help ease signs and symptoms. For example, it may consist of low doses of an oral corticosteroid combined with physical therapy to reduce and relieve muscle stiffness. As PMR is hard to diagnose, visiting your medical practitioner is strongly encouraged.

Raynauds phenomenon

Raynaud's phenomenon is a condition induced by the cold and stress where there is a short-term interruption of blood flow to our extremities (fingers and toes) as the body redirects blood from the extremities to the internal organs⁷³³.

Raynaud's phenomenon can also affect other body parts, such as the nose, lips and ears. There are two kinds of Raynaud's phenomenon:

1. Primary Raynaud's phenomenon- whereby the underlying cause is unknown and generally happens sporadically
2. Secondary Raynaud's phenomenon- arises as a product of other medical conditions, typically autoimmune disorders⁷³⁴.

Due to the narrowing of blood vessels as a result of the redirection of blood, the most common symptom is the extremities turning a white, then blue colour leading to a stinging/tingling pain and numbness ⁷³⁵, followed by a change to a red hue.

Treatment includes keeping your body and extremities warm and avoiding exposure to the cold. In more severe cases, prescribed medication can be issued to improve circulation and widen the blood vessels ⁷³⁶. Alongside these treatments, a study published in the *Journal of Internal Medicine* has highlighted the positive effects of acupuncture in treating patients with Raynaud's syndrome with all treated patients showing a decreased in the frequency of Raynaud attacks⁷³⁷.

Rheumatoid Arthritis

Rheumatoid Arthritis (RA) is considered the most serious form because of its long, chronic course and the severe disability it may cause. It affects three times as many women as men. Usually worse in the morning and has stiffness lasting up to several hours, but gets slightly improved with movement.

Typically RA progresses slowly affecting similar joints on both sides of the body simultaneously namely Metacarpophalangeal (knuckles) and Distal Interphalangeal (outer) finger joints, wrists and elbows. In the early stages, the joints grow puffy, painful and stiff. The inflammation soon begins to damage cartilage in the joints. Initially flare-ups of joint pain may quieten down for weeks at a time, but the inflammation usually always returns and finally becomes chronic.

After several months to years, it moves into a second stage. Hard nodules form under the skin near the affected joints. The acute inflammation may quieten down but joint damage may become

progressively more sinister. Continuing muscle spasm may dislocate and twist the finger joints. Typical signs include ulnar deviation (outward) displacement of fingers, 'Z deformity' of the thumb and boutonniere and swan neck deformity of the fingers. Knees or hips (delayed in 50%) can become so crippled that they can't bear weight or even be moved without extreme pain.

The disease may start immediately after some severe physical or emotional shock, such as an internal infection or a significant emotional event.

RA is an auto-immune reaction where the patient's own natural immune defences attack the linings of the joints as if they were a threatening foreign body. Professor Yoland Lim Health Care may order pathology tests looking for 'rheumatoid factor' which is positive in 70-80% of patients and 'anti-cyclic citrullinated peptide (anti-CCP)' which is very specific for RA (positive in 96% of patients).

Scleroderma

Scleroderma or systemic sclerosis is a chronic autoimmune connective tissue disease that affects many parts of the body and involves the thickening or hardening of skin and tissue⁷³⁸. Patients with scleroderma commonly suffer from internal organ complications such as:

- gastrointestinal disease
- renal crisis
- lung disease
- pericarditis and
- heart defects⁷³⁹.

There are two major types of Scleroderma:

1. Localised scleroderma (affecting only the skin and sometimes muscle) and
2. Systemic sclerosis (affecting blood vessels, joints, the digestive system and internal organs)⁷⁴⁰

The severity of scleroderma varies from patient to patient but common symptoms include:

- Raynaud's phenomenon
- stiffness and pain in joints and muscles
- thickening and hardening of the skin and
- if internal organs are affected, indigestion, heartburn, constipation and diarrhoea⁷⁴¹.

Although there are various drugs used in the treatment of scleroderma, a study from 2015 published by the US National Library of Medicine National Institutes of Health's investigated the effects of acupuncture as a treatment and found beneficial results in patients who were not responsive to medication⁷⁴².

Sjögren's syndrome

Sjögren's (pronounces "show grins") syndrome is an autoimmune condition affecting the eyes and the salivary glands. Due to a malfunctioning immune system, instead of attacking 'bad' bacteria and viruses to keep the body healthy, the immune system attacks and damages the salivary and tear glands preventing them from working properly⁷⁴³. As a result of this common symptoms of Sjögren's syndrome include⁷⁴⁴:

- Irritated or painful eyes as a consequence of dry eyes
- Dry mouth
- Difficulty eating dry foods
- Swelling of the glands around the face and neck

Commonly, Sjögren's syndrome is diagnosed from assessing the symptoms as well as other medical tests (such as blood tests, Schirmer's test and biopsies).

It is categorised as either:

- 1) Primary Sjögren's syndrome, or
- 2) Secondary Sjögren's syndrome⁷⁴⁵.

In primary Sjögren's syndrome, although typically more aggressive, there are no other autoimmune diseases present. Secondary Sjögren's syndrome on the other hand typically presents when an individual has

another autoimmune disease such as rheumatoid arthritis or lupus.

More prevalent in females than males, Sjögren's syndrome is thought to be caused by a combination of genetic factors as well as possibly viral infections⁷⁴⁶. Currently, treatment is designed to reduce the severity of symptoms and may include⁷⁴⁷:

- Lubricating ointments and artificial tears for the eyes
- Moisturising lotion for the skin
- Mouth rinses and lozenges
- Non-steroidal anti-inflammatory drugs (NSAIDS) to help control inflammation and provide pain relief
- Artificial saliva
- Immunosuppressive medications

In addition to medical treatments, environmental and lifestyle changes are beneficial in preventing symptoms from worsening ⁷⁴⁸. For instance, avoiding dry and dusty environments and wearing protective glasses when outside in the wind and sun. Furthermore, avoiding drinks such as caffeinated beverages and alcohol may also be beneficial as these drinks can increase dryness of the mouth. As tooth decay and cavities are a common complication of Sjögren's

syndrome, regularly chewing
sugar free gum can help
stimulate saliva production to

help prevent the risk of dental
caries.

Systemic Lupus Erythematosus (SLE)

Systemic Lupus Erythematosus (SLE) is a chronic autoimmune condition affecting almost any organ or system in the body. The normal role of the body's immune system is to fight off infections and diseases. In autoimmune conditions such as SLE our immune system mistakes healthy tissue as foreign bodies (such as bacteria and viruses) causing healthy tissue to be attacked⁷⁴⁹.

SLE is more predominant in women and is more commonly seen and severe in:

- Indigenous Australians
- Polynesians and
- South East Asian backgrounds⁷⁵⁰.

The exact cause of SLE is unknown but it is thought a combination of genetic, environmental and hormonal factors may play a role in the onset of SLE⁷⁵¹.

Common symptoms of SLE include⁷⁵²:

- Extreme fatigue
- A vague feeling of discomfort or illness

- Fever
- Loss of appetite
- Weight loss
- Joint pain (typically the same joint on both sides of the body)
- Muscle pain and weakness

Moreover, individuals affected by SLE typically present with skin problems⁴. The most typical being a flat red rash across the cheeks and bridge of the nose, called a "butterfly rash" but other skin problems that may occur include calcium deposits under the skin, damaged blood vessels and petechiae (tiny red spots on the skin).

There is currently no cure for SLE but different medications are available to help control and manage an overactive immune system⁷⁵³. Medical practitioner led management involving lifestyle changes can help manage lupus, such as understanding what causes your skin flare ups, managing exposure to UV light and regular exercise.

SPORTS

Cramps

Muscle cramps is a condition which can affect most of us at some stage of our lives. The cause of cramps is not always very clear as it is largely associated with the patient's physical as well as emotional condition.

Cramps related to sport are common occurrences during and after physical exercise in both non-athletes and professional athletes. This is where there is uncontrollable spasms and pain in single or numerous multijoint muscles. The exact cause of cramps secondary to sport and exercise are unknown. However, there are plausible theories to suggest the causation of cramps to be attributed to:

- Electrolyte imbalance
- Dehydration
- Muscle fatigue
- Neuromuscular causes⁷⁵⁴
- Poor blood circulation⁷⁵⁵

In some cases, a medical condition is known to cause this condition such as pregnancy, kidney failure or low thyroid gland function⁷⁵⁶.

Muscle cramps can affect people of all ages in different areas of the body. However it is most commonly seen in middle-aged and the elderly during rest, post exercise or at night during sleep. The symptoms are usually painful and uncontrollable spasms of muscles ⁷⁵⁷. Commonly affected

areas include abdominal wall, lower leg, thighs and arms. Some people experience difficulty walking due to intense pain.

As the duration and onset of muscle cramps varies in individuals, conventional western treatment can consist of a variety of components such as gentle massages and stretches, application of an icepack or medications to control the spasms. Effective prevention strategies to minimise the onset of cramps include frequent exercise, hydration before and after exercise, incorporation of stretching and nutritionally adequate diet⁷⁵⁸.

According to data provided by The National Centre for Biotechnology Information (NCBI), acupuncture can be an effective treatment for patients with cramps by improving muscle metabolism through the release of energy⁷⁵⁹.

Although they are generally harmless, it is important to note that regular occurrences of cramps that last longer than a few minutes should be consulted by a medical doctor as they could be a symptom of an underlying medical disorder such as atherosclerosis (narrowing of the arteries) or spinal nerve compression⁷⁶⁰

Epicondylitis

Lateral Epicondylitis (Tennis Elbow) and Medial Epicondylitis (Golfer's Elbow) do not only affect professional athletes. In fact most of the cases of these actually happen in non elite athletes. A range of factors may contribute especially repetitive or awkward motion of the arm, elbow or forearm, and excessive keyboard and mouse use with a non-ergonomic, uncomfortable setup.



Lateral Epicondylitis is the inflammation of the lateral epicondyle (outside of the elbow) which causes pain and tenderness, especially on twisting door knobs, or holding the steering wheel. Medial Epicondylitis can cause

discomfort on the inside of the elbow in pulling and flexing of the elbow⁷⁶¹.

Dr Justin Lim has worked in the Emergency Departments in major Australian and European Hospitals and understands the importance of ensuring and confirming the diagnosis and instituting the optimal treatment program for you.

Professor Yoland Lim Health Care's program is a natural form of treatment aimed at getting you back to being able to participate in everyday activities. Patients referred by Sports Physicians and Orthopaedic doctors may have had cortisone injections with limited benefit.

Fong Yang Therapy, a special form of acupuncture is used at Professor Yoland Lim Health Care, without drugs, without side effects.

We are absolutely delighted for patients who are happy and tell us that they are able to return to their daily activities, work, type and play sport without pain again and regain their life back.

Plantar Fasciitis

Plantar fasciitis is a common condition in which the thick fibrous plantar fascia tissue that connect the calcaneus (heel bone) to the toe are inflamed often causing severe pain. Although it is seen equally in both active and sedentary people, plantar fasciitis is particularly known to affect those between the ages of 45 to 65 years old. Studies have shown that women are almost 2 and a half times more likely to be affected by this Condition than men⁷⁶².

It is actually a degenerative process so should actually be termed 'plantar fasciosis' ⁷⁶³ , although some patients have

swelling and oedema associated with this.

Common symptoms include sharp pain, swelling and tenderness in the foot and heel area. The pain could be worse in the morning and in severe cases can cause limping. However, it is important to note that not all people with this condition experience pain. Some have heel spurs with just numbness⁷⁶⁴.

Studies have shown that a substance called adenosine which is released during acupuncture is believed to have an anti-inflammatory effect⁷⁶⁵.



Post workout recovery

Incorporating exercise into our daily lives is important for our physical wellbeing as well as our mental and emotional health. Whether just starting back doing exercise after some time off, or due to vigorous training, muscle fatigue and soreness may occur.

Muscle fatigue is defined as your muscles feeling weaker and tired over time and after repeated movements. It decreases the ability of your muscles to perform⁷⁶⁶. Muscle soreness is another normal side effect which can occur post exercise. Typically referred to as delayed onset muscle soreness (DOMS), this can last up to 24-48 hours after exercise and is due to inflammation within the muscle⁷⁶⁷.

As exercising physically breaks down the muscle fibres cells, and affects our immune system and

connective tissues, it is vital to ensure proper recovery post workout or exercise⁷⁶⁸. Skipping recovery can lead to symptoms of overtraining like decreased performance, elevated blood pressure, poor sleep, a general irritability and decreased immune strength⁷⁶⁹.

Post workout recovery typically involves three pillars⁴:

1. Nutrition – ensuring ample protein and high-quality carbohydrates are part of your diet
2. Hydration
3. Sleep

Professor Yoland Lim Health Care teaches elite athletes and recreational exercises, the concept of in depth mindfulness and its positive effect on wellbeing and training.

Sport injuries

Sport injuries are common occurrences and are typically caused by overuse, trauma or direct impact of muscles and joints⁷⁷⁰. In 2011-12, the Australian Institute of Health and Welfare reported 8% of all injury hospitalisations during that year were due to injury sustained while playing sport⁷⁷¹.

There are two kinds of sports injuries: acute and chronic. An injury that occurs suddenly such as a sprained ankle is known as an acute injury whereas sport injuries caused by repeated overuse of muscle groups or joints are known as chronic injuries⁷⁷².

Common types of sport injuries include³:

- Contusions (bruises). These are often caused by blunt force such as a kick, fall or blow
- Stress fractures
- Dental damage
- Hamstring strain
- Groin strain
- Ankle sprains
- Cuts and abrasions
- Dehydration



As the type and severity of sports injuries varies between individuals, treatment varies between individuals. It is important to see a medical practitioner if pain persists after a couple of days. Strategies to prevent and reduce the risk of sports injuries include³:

- Thorough warm up
- Wearing appropriate footwear
- Using good form and technique
- Allowing adequate recovery time
- Drinking plenty of fluids, before, during and after

UROLOGY

Prostate Conditions

The prostate is a small walnut-shaped gland found in males that help produce semen. The prostate is located just below the bladder and wraps around the urethra (the tube that carries urine and semen out of the body). Active surveillance of the prostate is important as it has a tendency to grow as you age

and if too large, can cause a number of health issues⁷⁷³.

Prostate conditions include:

1. Benign Prostatic Hypertrophy (BPH)- ie prostate enlargement
2. Prostatitis (inflammation of the prostate gland)
3. Prostate cancer

Benign Prostatic Hypertrophy (BPH)

Benign Prostatic Hypertrophy (BPH) or non-cancerous prostate enlargement is the most common benign tumour in males above the age of 40⁷⁷⁴. Research has found the prevalence of BPH increases with age ⁷⁷⁵ . The prostate or prostate gland is an important part of the male reproductive system secreting fluid keeping sperm healthy and alive.

In BPH, over time the prostate enlarges slowly causing increasing pressure on the urethra (the tube connecting the urinary bladder to the penis) and the base of the bladder⁷⁷⁶.

Common symptoms of BPH are⁷⁷⁷:

1. 'Urinary frequency' (the increase of urination during the day)

2. 'Terminal dribbling' (urine dribbling after urination) and
3. 'Urinary urgency' (the sensation of needing to go again soon after urinating).

The treatment of BPH depends on the severity of the symptoms with management ranging from observation to medical therapy to more invasive options such as endoscopic or open surgery⁷⁷⁸.



Lower Urinary Tract Syndrome (LUTS)

Lower urinary tract syndrome or LUTS is a nonspecific condition in males related to problems with the lower urinary tract⁷⁷⁹. This includes the bladder, the prostate and the urethra. LUTS becomes more common in older males but is not exclusive and can occur in younger individuals.

Symptoms of LUTS are associated with storing or passing urine and include⁷⁸⁰:

- Dribbling after urination has finished
- Urine stream that stops and starts
- Hesitancy
- Sudden and intense urge to urinate
- Increased frequency to urinate especially during the night
- A weak stream

LUTS have many causes and are often multifactorial. LUTS may be caused by:

- Urinary tract infection
- Infection and inflammation of the prostate gland (prostatitis)
- Overactive bladder
- Underlying chronic medical condition such as obesity, diabetes, high blood pressure or obstructive sleep apnoea
- Enlarged prostate gland (Benign Prostatic Hypertrophy)
- Some medications

Treatment for LUTS typically begins with a change in diet, behaviour and lifestyle. For example, being more active, managing weight and reducing the amount of refined carbohydrates². In other instances, pharmacological therapy as well as surgery may be considered under guidance from a medical practitioner⁷⁸¹.

Prostate Cancer

Prostate cancer is the most commonly diagnosed cancer in Australian men². As the risk of developing prostate cancer increases with age, the Prostate Cancer Foundation of Australia recommends all men over 50 to discuss prostate testing with your GP. More importantly, as the symptoms of prostate cancer are very similar to those in BPH and prostatitis, it is important to visit

your medical practitioner if you notice any changes or symptoms.

Common symptoms include⁷⁸²:

- Problems with passing urine including a slow or weak stream
- Needing to urinate frequently especially throughout the night
- Difficulty getting an erection or having a painful erection
- Problems with holding back urine/loss of bladder control
- Pain in hips, lower back and chest

Prognosis of prostate cancer is generally good if the cancer is detected early with treatment including removing the prostate, hormone therapy and radiotherapy to kill the cancerous cells⁷⁸³.



Prostatitis

Prostatitis (inflammation of the prostate gland) is caused by bacteria and can affect men of any age. Typically prostatitis is characterised by the prostate becoming swollen, tender or inflamed.

Symptoms of prostatitis can include⁷⁸⁴:

- Lower back pain
- Blood in urine
- Pain when urinating or after ejaculation
- A feeling of heaviness behind the scrotum

- Needing to urinate more frequently

There are two broad categories of prostatitis: chronic and bacterial⁷⁸⁵. In the cases of bacterial prostatitis, treatment primarily involves a course of antibiotics to kill the bacteria causing prostatitis. In chronic prostatitis as the exact cause is unknown, treatment involves strategies to lessen pain, discomfort and inflammation such as medications called alpha-blockers aimed to relax the muscles in the prostate.

Renal stones

Renal stones, also known as kidney stones, are solid deposits that form in the kidney over time due to high concentrations of substances such as calcium, oxalate, cystine or uric acid found in urine⁷⁸⁶. However, kidney stones can still form if not enough urine is being produced. The risk of developing kidney stones is quite high with 4-8% of the Australian population being affected with a higher prevalence in females than males⁷⁸⁷. Furthermore, not only is there a genetic and ageing predisposition but studies have highlighted approximately 30-50% of people will develop a second kidney stone within five years of their first⁷⁸⁸.

Applying effective strategies is crucial for prevention and consists of lifestyle changes such as reducing coffee intake, staying hydrated, reducing salt and processed food intake and reducing the intake of drinks containing phosphoric acid such as carbonated drinks¹.

Detection and diagnosis of kidney stones may include urine tests, ultrasounds, CT scans and blood tests ordered by Professor Yoland Lim Health Care doctors.

Common symptoms as a result of the formation of kidney stones includes:

- pain just below the ribs
- blood in the urine
- shivers
- sweating
- fever
- nausea
- vomiting and
- urgent feeling of needing to urinate²



In the majority of cases, kidney stones do not require medical treatment (with the exception of analgesia to alleviate pain) and will pass by themselves. However, in some cases where kidney stones do not pass by themselves or is causing severe infection or bleeding, medical treatment is required. These can include invasive techniques such as endoscopy and percutaneous nephrolithotomy or non-invasive techniques like extracorporeal shockwave lithotripsy¹.

Urinary tract infection (UTI)

Urinary tract infection (UTI) is an infection caused by bacteria entering the urinary system. The urinary system consists of the kidneys, the ureters (the tubes connecting the kidney to the bladder), the bladder and the urethra (the tube where urine exits the body). UTIs can occur in any one of these locations or a combination of both ⁷⁸⁹. The urinary system is an important system of the body helping to minimise the risk of infection in the kidneys by preventing urine from flowing back up into the kidneys from the bladder⁷⁹⁰.

Although UTIs are very common and can affect anyone, UTIs are more prevalent in females with around 1 in 2 females and 1 in 20 males being affected². This is primarily due to females having shorter urethras than men resulting in a shorter distance for bacteria to travel from outside the body to inside.

Common symptoms of UTIs include⁷⁹¹:

- Feeling pain or a burning sensation when urinating
- Passing urine more frequently than usual and with urgency
- Feeling the bladder is still full after urination
- Urine that is cloudy, bloody or dark

Broadly, it is thought there are two types of UTIs: simple and complicated⁷⁹². In the case of simple UTIs, treatment typically consists of a short course of antibiotic medications. If the UTI is complicated, generally a longer course of antibiotics is prescribed but in more severe cases, intravenous (IV) antibiotic therapy in the hospital may be required. It is important to treat UTIs as if untreated; UTIs can lead to kidney infection.

VASCULAR

Chilblains

Chilblains is a condition that affects the blood vessels that occur as a reaction to the cold. Also known as perniosis, chilblains are characterised by discolouration (typically red, blue or white), swollen and itchy skin⁷⁹³.

Thought to be caused by a combination of poor peripheral circulation and cold weather, common sites for chilblains include⁷⁹⁴:

- Backs and sides of the fingers and toes
- Nose
- Ears
- Lower legs
- Heels

Despite the discomfort, in many cases chilblains do not cause any

permanent damage to tissue. Chilblains usually resolve on their own and symptoms may reduce as you warm up⁷⁹⁵. However, if symptoms or pain do not resolve on their own, your healthcare practitioner may prescribe topical cortisone creams to reduce the swelling and itching or medications to expand the blood vessels and increase blood flow to the affected areas⁷⁹⁶.

While wearing warm clothes and preparing for cold weather is usually sufficient in preserving core body temperature and thus reducing the risk of chilblains, individuals who suffer repeated bouts of chilblains may benefit from medical treatments that dilate the blood vessels ⁷⁹⁷.



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Junnan Ma,¹ Seok Yong Kang,¹ Xianglong Meng,¹ An Na Kang,¹ Jong Hun Park,^{1,2} Yong-Ki Park,^{1,2} and Hyo Won Jung^{1,2,*}

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Francesco Maione,1,† Paola Minosi,2,† Amalia Di Giannuario,2 Federica Raucci,1 Maria Giovanna Chini,3 Simona De Vita,3 Giuseppe Bifulco,3 Nicola Mascolo,1 and Stefano Pieretti2,*

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