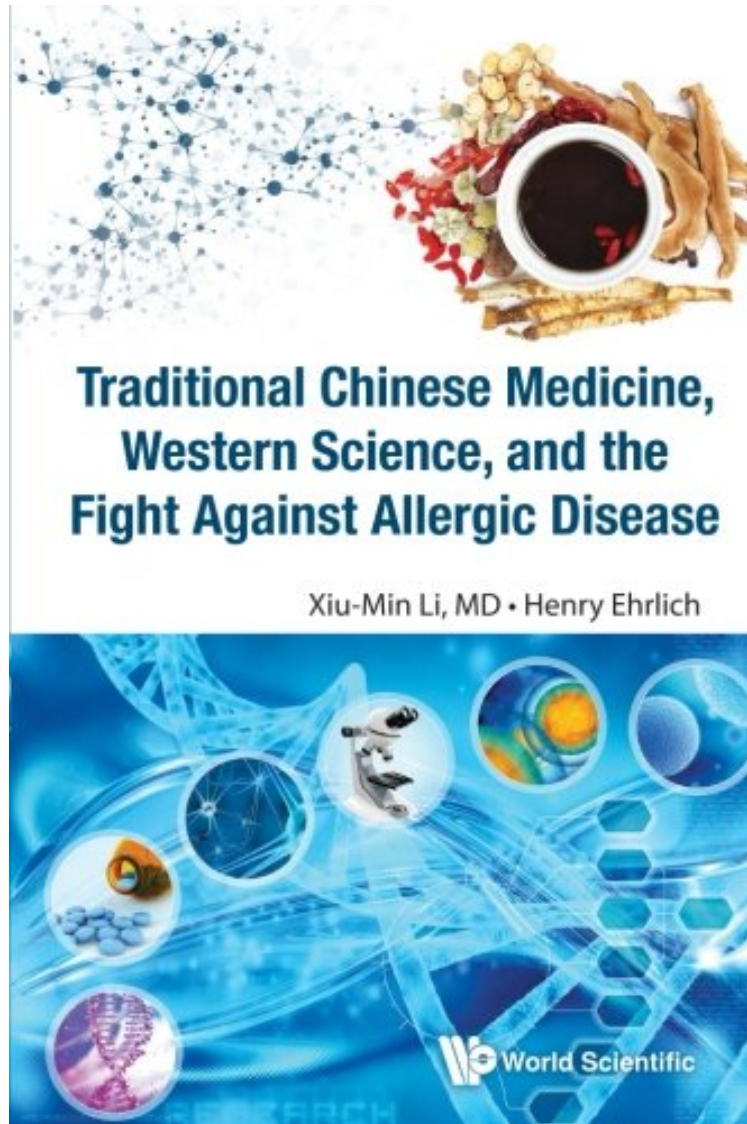


(Free download) Traditional Chinese Medicine, Western Science, and the Fight Against Allergic Disease

Traditional Chinese Medicine, Western Science, and the Fight Against Allergic Disease

Xiu-Min Li

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Xiu-Min Li : Traditional Chinese Medicine, Western Science, and the Fight Against Allergic Disease before purchasing it in order to gage whether or not it would be worth my time, and all praised Traditional Chinese Medicine, Western Science, and the Fight Against Allergic Disease:

5 of 5 people found the following review helpful. Great resource and en eye-opening book for anyone battling food ...By ARGreat resource and en eye-opening book for anyone battling food allergies. The science behind it is very

important. The book is great in terms of bringing the real life examples of children with various severity of food allergies with the science behind the Traditional Chinese Medicine (TCM) together and the way TCM is helping save lives but also improving quality of life. I will be re-reading certain sections and I feel that this holistic approach to treating the immune system is very important and has a huge place in the allergy world. Great and easy read and a fantastic scientific book! I will be using it all the time as a primer for TCM and for understanding how TCM works. The book is a must read for anyone considering TCM for food allergies or asthma with dr. Li! Kudos to all the amazing work she is doing to help children with food allergies, asthma, or other immune disorders. She really cares for her patients. The QA at the end of the book is extremely helpful as well. 2 of 2 people found the following review helpful. A fascinating (though technical) introduction to treating allergies with TCM By Elizabeth When I first learned my kids had severe (anaphylactic) food allergies, I thought that the only option was to completely re-think our lives in order to keep them safe. There could be no more birthday parties for my severely milk-allergic toddler (frosting gets absolutely everywhere at toddler birthday parties), and instead of enrolling him in the preschool of my choice, I would have to look for one that had the strictest food allergy policies. It was only by chance that I stumbled upon another parent, who mentioned in passing that her daughter was being treated for her severe allergies by Dr. Xiu Min Li. Dr. Li's work, while developed from traditional Chinese medicine, is grounded in western science, with double blind, placebo controlled, peer-reviewed studies to back up her research. And amazingly, she offers this treatment to the public through her private practice in New York. My kids have now been in treatment with Dr. Li for almost two years, and both have made incredible progress. We combined Dr. Li's treatment with other treatments available (such as oral immunotherapy and sub-lingual immunotherapy), but this is not required - many people have seen tremendous progress with Dr. Li's treatment alone. My 6-year-old daughter can now free eat all of her allergens (peanuts, tree nuts, buckwheat, and fish), and my 3 year old has introduced many of his allergens into his diet, including milk, peanuts, almonds, green peas, and more. He had pizza and store-bought cake at his own 3rd birthday party, and is now enrolled in a preschool that I picked for its curriculum and the quality of the teaching, not for its food allergy policy. This was unthinkable prior to treatment. In this book, Henry Ehrlich and Dr. Li explain the mechanisms for Dr. Li's groundbreaking treatment. It is a technical book, but useful also for those who may not follow the details of the science. The book covers Dr. Li's food allergy treatment, but also her treatments for asthma, eczema, IBD, and MCAD. Highly recommended! 2 of 2 people found the following review helpful. Excellent By James An excellent, and in my opinion, essential book for anyone with allergic disease. I am also purchasing this book for my medical specialists. This book describes in detail both the biochemistry behind allergic disease and the biochemistry of immunologist Dr. Li's work integrating Traditional Chinese Medicine with Western scientific understanding. Her work stands apart because she has been studying specific biochemical and immunological processes involved in allergic disease and matching it up with the herbal constituents that she knows offer the countering biochemistry. Dr. Li's protocols offer a desired alternative to the mainstream Western medical approaches that have too often fallen short and simply suppress symptoms vs. getting at the root of allergic disease. I myself am on one of her formulas (ASHMI). It is keeping me out of the hospital and allowing me to taper safely off the harmful steroids. There IS hope for non-steroidal treatment in allergic disease, and a cure!

This book represents a new and hopeful paradigm for treatment of diseases that are spreading globally as countries adopt Western lifestyles and standards of living. It describes the phenomenal science and clinical efficacy of the work of Dr Xiu-Min Li across a broad array of immune and inflammatory diseases. These include food allergies, asthma, eczema, "new" diseases such as mast cell disorders, obesity, and mental health problems that are part of a worldwide "epidemic of progress". The most allergic people are caught in a cycle of medication, steroid dependency, emergency hospitalization, and curtailing their activities and diets to avoid triggers. Children are "losing their childhoods." They are fighting a battle against diet, climate change, and environmental degradation. Dr Li offers them hope by healing the entire immune system, not just address symptoms. In her practice Dr Li treats complex combinations of allergic diseases for all ages, from infancy through adulthood, bringing relief to people who have suffered terribly from oozing, bleeding skin, desperate breathing disorders, and life-threatening food allergies. She uses her vast knowledge of biochemistry to improve on the traditional decoctions to create refined versions suitable for modern tastes and lifestyles. In contrast with Western pharmaceuticals, which are the study of "one molecule's effects on one other molecule" Dr Li's work shows the effects of multiple molecules on multiple other molecules. Increasing numbers of scientists are beginning to see the possibilities for their own research, with the prospects for more collaborations with prestigious institutions around the world.

An amazing book of hope, insight, progress and promise for those suffering from so many serious and common ailments. And at its core is the story of Dr. Xiu-Min Li, a visionary pioneer, an astute scientist, and a compassionate healer who is transforming medical care by bridging East and West with remarkable results.