

*By Mrs Lorraine Alamartine*

Caroline has just finished her consultation. She is used to see, not only a general practitioner, but also an acupuncturist and an osteopath when she is sick. When she moved from France to Vietnam 3 years ago, she started having chronic health diseases, due to the change of environment. Despite taking tons of modern medicines, her condition didn't improve. That's how she decided to turn to alternative medicine after being encouraged by few friends.

The difference between Western modern medicine (allopathic medicine) and traditional medicine is their main purpose: the first one aimed for healing a health problem, whereas the second one go after preventing illness. For Valérie Cudelou, acupuncturist at the CMI (International Medical Center), modern and alternative medicines have their own field of application: they are unique and complementary.

Acupuncture, and alternative medicine in general, are tools, as drugs, that a doctor can prescribe to get better, as Doctor Hao, cardiologist at the Heart Institute says. But complementary medicine is not a one-shot treatment. It follows on from a healthy lifestyle.

Valérie's knowledge can helps to feel better in day-to-day life: relieving all the osteo-articular pain (back, shoulder, neck...), sleeping better, relieving stress, reducing digestives troubles, improving blood circulation...; and when it cannot help for recovery, it reduces pain.

"Acupuncture is not a miraculous solution, but it helps".



These medicines has to be used together to be more effective: your doctor and you have to figure out a balance between the two practices.



Doctor Lagüe, general practitioner at the CMI, in addition to prescribe medicines to cure diseases, often proposes to see Valérie or Nicolas Dupaux, osteopath. Regarding serious illnesses, he advises his patient for acupuncture to relieve pain and relax the body. Thus, the patient is prepared for the osteopath's manipulation so that the whole treatment is more effective and the patient feels better.

That's how Nicolas, Valérie and Dr Lagüe are used to treat their patients: working together to get the best recovery. "When I figure out that the problem doesn't come only from a mechanical cause, but also a tension one for example, I advise my patient to see Valérie to reduce the chances of recurrence. Also, when I suspect a more serious problem like an infection, I send them to see Dr Lagüe" says Nicolas Dupaux.

You doesn't choose between salt and pepper, you just use the two to get the best flavor. That's how you should deal with these medicines. Each one has its usefulness: modern medicine cure the infected part of the body, and traditional medicine reinforce the whole organism.