Acupuncture and Integrative Medicine: A Confession

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EARLY IN MY CAREER, Radiation Oncology filled my life and, later on, I ended up flirting with Aerospace Medicine. I was happy because both smiled at me and held my hand. The only trouble I had with my physician toolbox—my “little family”—was that sometimes, when I needed a helping hand, I was abandoned by my “family members.” They stood me up or appeared indifferent to my needs. Yet, I called out to them so much that they never really went away permanently. One day I encountered Acupuncture. Acupuncture calmed the pain, anxiety, and other maladies that sometimes made me very unhappy with my little family. I was not sure what to do. I did not want to leave the other two loves of my life but hoped that they would be tolerant or understanding because acupuncture had caught my eye.

Could we all live happily together? Acupuncture appeared to be very tolerant, attractive, and very accommodating to my lifestyle. Yet, I got nervous. Acupuncture was old and sometimes I could not understand her language. So, we took many trips together and Acupuncture seemed elegant in a strange way as we got to know each other. It did take a long time for me to habituate. I felt sometimes guilty for not putting more time in with my family and found myself drifting away from my previous two loves. I was not sure if they were understanding. So, we decided to be close friends as I felt this overall attraction to Acupuncture to be very overwhelming. Acupuncture was not demanding and understood my family needs. I sometimes felt guilty.

As time went on, I decided that acupuncture should move in with me and share my lifestyle. This was an important decision. So, one day I made a big move. I got counseling and decided to leap into the relationship. Acupuncture was ready to meet my needs. It was understood that I would never completely abandon my family. Acupuncture showed me how we could all play together. And I really believe this made me a better physician. I learned to handle many

medical conditions that I could not before. It was not perfect, but it gave me what I needed. I awakened every day very happy with my new significant other. Eventually I understood Acupuncture’s language. I learned how best to interact, and the relationship just grew.

It turned out that Acupuncture had many Alternative friends. Some of them seemed quite interesting and, shortly, I became their friend and invited them into my life. My little family just grew. The Alternatives were superheroes, too. What Acupuncture could not provide, the Alternatives did and, before long, our once-small family grew much larger, and we all integrated together. I learned a great deal and respected each one. Even my original family members seemed to take on a new role. If we all pulled together, we could accomplish many benefits. My patients seemed to marvel that I was happier and had more treatment solutions to offer. They seemed to share my delight, healing faster without leaving the office perplexed with their complex medical problems. It was a lot of work learning how to coordinate this family but, after a while, there appeared a natural fit.

My family members are recognized for their ability to heal. I have patients and even colleagues that come more often to visit. They now enjoy moxa, nutrition, biofeedback, electronic devices, hypnosis, and laser, magnetic, electromagnetic pulses, and other attributes of my integrative family. I no longer feel ashamed or guilty that I share my love with my family members. I feel much better going to work as a physician because I have become more broad-minded about what works for my patients. My polygamous love life appears to benefit also my patients suffering from military injuries, and integrating all the family is better than depending on one member in isolation. The idea of divorce is gone from my mind.

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Editor-in-Chief

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