

Herbal assist aids acupuncture

Seeking better results, a local practitioner combines two ancient Chinese treatments.

By Doris Benavides
The Orange County Register

Acupuncture clinics abound in California.

The ancient Chinese practice is being applied to many acute and chronic problems, including infertility, back pain, diabetes, hepatitis, high blood pressure and high cholesterol.

For some problems, acupuncturists also combine their practice with herbal medicine. The results are quicker and more effective, according to Jenny Hu, a licensed acupuncturist and herbal medicine expert practicing in Costa Mesa.

The Register interviewed about her practice. This is what she had to say.

Q. Why do you combine acupuncture and herbal medicine?

A. I learned Chinese herbal medicine from my family in China. My grandfather was an herbal medicine doctor. From my clinic experience, I see that many problems get much better results when you combine both. Only with acupuncture, (the healing process) takes longer sometimes.

Q. What are the most common problems that you treat through acupuncture?

A. Most people come for pain management to be fixed immediately. Besides, I treat infertility problems, common colds, flu, asthma, yeast infections, urine tract infections, enlarged prostate, sexual dysfunction both in women and men, high blood pressure, high cholesterol, allergies, chronic fatigue, immune deficiency, etc. More singers, for example, are looking for alternative medication



AT WORK:

Jenny Hu treats a patient at her Costa Mesa office.

to help them handle the stress from their performance, because acupuncture could help with managing stress very well. I have treated many visiting artists to O.C.

Q. What do you treat with both acupuncture and herbal medicine?

A. They are both well known in the Western world, and more and more people see that they can be helped with both. We can treat a variety of conditions: anxiety, arthritis, bronchitis, eye problems, fibromyalgia and irritable bowel syndrome, digestive problems and others much more than ever before.

Both are very effective to treat post-surgery syndrome. I use acupuncture to help the healing of the cutting parts and help the body to recover from the injury. I use herbal medicine to help patients build up their immune system and gain back the energy.

Q. How many sessions would you recommend your patients to come?

A. For acute problems, one or two sessions could be enough.

For chronic diseases it takes longer, depending on age and constitution. I suggest that people should come for tune-up or health maintenance once or twice a month.

Q. Where did you receive your training?

A. In China from family members. I helped a couple to get pregnant when I was 18 years old. Here in The United States, I attended the American College of Traditional Chinese Medicine in San Francisco, where I got a master's degree in Oriental medicine.

Q. Do you prepare the herbal medicine you prescribe?

A. I sometimes prescribe raw herbs that can be purchased at Chinese stores, but that means that the patients need to prepare their own medicine. Most of my patients are American and don't like cooking their medicine at home. To address that problem I have contracted an Irvine manufacturer of herbal medicine, and I have other resources that I can reach to. Most of these medicines are powders or capsules, which are easier for patients to take.

Hu-Cares Acupuncture & Herbal Medicine

Owner:

licensed acupuncturist
Jenny Hu

Address:

3151 Airway Ave.,
Building K-105,
Costa Mesa, CA 92626

Phone:

714-708-3369

www.hu-cares.com

Cost:

initial consultation fee of \$50 for a 40-minute session; \$70 for each acupuncture session.

Patient age:

5 or older, as long as they're OK with needles. They should be referred by pediatricians. The most common problems Hu treats in younger patients are indigestion.

Insurance coverage:

provider for ASH, American Specialty Health.

Q. Do you like working with medical doctors?

A. Yes, in some cases I work together with physicians. I suggest some patients to go visit a doctor; and/or I refer them to a medical doctor. I sometimes prefer using both Western and Chinese medicine to give the best of results and choices to patients. Chinese medicine has its advantages—it's more holistic, natural—and Western medicine works very well for some problems.