

Interesting Pain Management Program at Mandala Center
By Lori Kelsey DOM

Dr. Daniel Marez DOM practiced Acupuncture and Oriental medicine in Raton for over 20 years. Regional residents, who benefited from his treatments in the past, are wondering what he has been up to lately. Dr. Marez says he is currently focused on teaching, lecturing, and consulting to health professionals and the general public. He says that Chinese Medicine is complex. However, important to the healing process is empowering patients to help themselves in simple ways.

Along these lines, Dr. Marez recently gave a presentation on pain management at the Mandala Center in De Moines, NM. The attendees were taught how to apply simple acupressure to select acupuncture points to ameliorate aches & pains in various parts of the body. He explained the common types of pain according to Chinese medical theory:

“*Hot*” pain is burning or presents with obvious redness to a joint or body part. “*Damp*” pain is characterized by heaviness, and numbness. “*Cold*” pain is severe and stays in one place, usually affecting the lower back and limbs. “*Wind*” pain moves around to different locations, or has an affinity for the neck and shoulders. Each type of pain is treated in a different manner.

Individuals should pay attention to the dietary, lifestyle, and environmental factors that make their pain better or worse. Then make changes accordingly. For example warm, cold, sour, salty or pungent foods will make certain types of pain worse, while benefiting another type of pain. Individuals whose pain is worse during cold-damp weather should guard against drafts from air conditioners *that mimic this climactic trigger*. Windy weather exacerbates pain through dehydration- *stressing the need to hydrate before actually feeling thirsty*. Also discussed were herbal formulas for low back, knee, and neck pain; as well as stress-induced pain.

Dr. Marez began his career as a medic in the army before studying Chinese Medicine. He has a wealth of experience in both Eastern and Western-based modes of health & wellbeing. *Welcome Back!*