

Effect of Chinese Remedial Massage on Children with Autism Spectrum Disorders (ASD), Attention Deficit Hyperactivity Disorder (ADHD) and Intellectual Disabilities

Has your child tried many types of therapies which have not made much of a difference?

Are you struggling and feeling exhausted from helping your child with their special needs?

Some of the signs and symptoms of intellectual disabilities include:

- Lacks flexibility in his or her thinking and behaviour
- Gastrointestinal (GI) disorders, seizures, sleep disturbances, anxiety, and phobias
- Inattention, hyperactivity and impulsivity
- Have a hard time communicating their specific wants and needs, and usually struggle with taking care of themselves
- Difficulties functioning daily

Chinese Remedial Massage can help significantly to improve their signs and symptoms, although there is no cure is currently available.

It is important to recognize that all individuals with intellectual disabilities are capable of learning and have the ability to live a fulfilling, happy life. There are an increasing amount of reports and studies showing that Acupuncture and Chinese Remedial Massage have been successful as an intervention to improve the quality of life for children with ASD, ADHD and other Intellectual disabilities.

How Acupuncture and Chinese Remedial Massage can help Children with ASD, ADHD and Intellectual Disabilities.

Traditional Chinese Medicine (TCM) thinks the body and mind as a same circular system that includes the organs and the central nervous system. The brain and emotional functionality are strongly affected by the functioning of bodily organs. Children with ASD, ADHD and Intellectual disability are primarily ruled by three organ systems: the Heart, Spleen and Kidney. The Heart Qi holds the mind and rules the mental functions, including the emotional state of the individual and short-term memory. The Spleen Qi is linked to the mind's ability to study, memorize, and concentrate. Kidney Qi rules over long-term memory. A disturbance in these areas can lead to displays of any ASD, ADHD and Intellectual disability characteristic.

TCM also considers that main cause of Children with ASD, ADHD and Intellectual disability is the Qi (body energy) of imbalanced channels in the brain due to the

disharmony of organs. This includes deficiency of Kidney essence, Heart Qi, Spleen Qi; stagnation of liver Qi; and a disturbance of phlegm and fire. Acupuncture and Chinese Remedial Massage are used to stimulate specific acupuncture points, adjust the acupuncture channels and organs function, motivate Qi and blood to flow and nourish the brain, remove the phlegm and fire that disturb the mind, and to eventually achieve physical and mental harmony.

'Yin-yang' and 'Qi-xue' are very important concepts in TCM. In an acupuncture channel system, the main interpretation of 'yin' and 'yang' is symmetry and balance. Acupuncture and Chinese remedial massage could help keep internal yin and yang in balance. It is also believed in TCM theory that acupuncture can strengthen the vital essence or energy of the human body, which is called 'Qi' in TCM, and remove the blockage of channels. Qi can promote between yin and yang to coordinate them in harmony so as to make an amiable, stable and peaceful internal environment.

What are the benefits of Acupuncture treatment?

Among many acupuncture methods, Chinese Scalp Acupuncture has been shown to effectively improve conditions of children with ASD, ADHD and Intellectual disability. Research has found that the frontal and temporal lobes of brain of autistic children have significantly reduced blood flow. The frontal lobe of the brain is closely related to emotional activity, and the temporal lobe is close to the speech centre. Scalp Acupuncture selects specific areas at the scalp surface and delivers strong signals to more strongly stimulate the underlying brain cells. More and more clinical observations have reported that after a series of Scalp Acupuncture treatments, many children with ASD, ADHD and Intellectual disability have shown increased eye contact, enhanced awareness of environment, improved capability in language understanding, cognition and expression, reduction of anxiety, impulsive movement, abnormal behaviour such as hit himself head, and improved motor and balance function.

What is the best age to begin Acupuncture or Chinese Remedial Massage?

Early intervention means giving children diagnosed with a disability the support they need as early as possible. ASD, ADHD and Intellectual disability children who begin scalp acupuncture treatment or Chinese remedial massage at earlier ages (2 - 8 years old) usually see rapid and significant effect, because 2 - 8 years old is an important period for brain function development.

Although early intervention will give your child the best chance to progress, it is never too late to start to change things. Brain development goes on into early adulthood, so even if your child is not diagnosed until they start school, it is not too late to make a real difference in your child's development.

How long is treatment recommended?

Acupuncture or Chinese Remedial Massage for the treatment of ASD, ADHD and Intellectual disability is longer process than for the treatment of pain or other chronic

conditions. Remember, many therapies take time to make a difference. Gains that might seem small at first, add up. In many cases, parents will see improvement in 10-30 treatments. However, the longer regular treatment continues, the more benefit and improvement you will find. It is also suggested that your child may accept health and natural diet advice with their Acupuncture treatment to receive the best results.

Meanwhile, we encourage that children with ASD, ADHD and Intellectual disability accept Acupuncture or Chinese remedial massage and combine with other intervention therapy.

If you have a child suffering from ASD, ADHD or Intellectual disability, make an appointment with me by calling 0425745166 to see how I can help.