

**A Letter to Parents regarding  
Pediatrics as a Specialty within the Practice of Acupuncture and Chinese Medicine**

**How I got Started**

My journey specializing in pediatrics began with the treatment of my own son, Nathan. At one year of age he was hospitalized with RSV (respiratory syncytial virus) and was discharged the next day when he was able to breathe on his own. Another attack struck four months later landing him in the ER for a round of oxygen. My wife and I received a nebulizer with prescriptions for albuterol and pulmicort. Both the ER doctor and our pediatrician recommended Nathan see a specialist in an attempt to further identify the cause of these attacks.

The pulmonologist saw Nathan a few weeks later and diagnosed him with childhood asthma. He prescribed several inhalers and two steroids including orapred. The first night we tried the steroids my son rolled around on the floor hysterically crying for nearly two hours. My wife and I looked at each other and knew this wasn't the right treatment for our child, and my opportunity to treat Nathan using Chinese medicine presented itself.

I treated Nathan using Chinese herbal formulas, tui na (Chinese pediatric massage), Shonishin (Japanese pediatric massage), moxabustion and in-and-out needling. After several months of treatment and 5 years later Nathan has never experienced an asthmatic attack and was never again diagnosed with asthma. He does not use an inhaler or nebulizer and has not gone back to the hospital for this condition.

My 2-month-old son, Max, has been receiving treatment over the last month. He has had a difficult time transitioning from breast milk to formula. I am using an herbal formula and allergy elimination to treat him for colic-like behavior, indigestion and constipation. After a week his sleep and behavior improved. Max has also returned to passing several bowel movements per day.

**History of Pediatrics within Chinese medicine**

Chinese medicine developed this specialty during the Song dynasty (960-1279). At that time, Chinese doctors recognized the differences between children and adults in diagnosis and treatment and adapted their methods to the treatment of children. Infants and children typically respond to massage, acupuncture and herbs favorably with often-immediate results.

**How will this Medicine Help My Child?**

Today, this medicine treats many conditions and illnesses affecting children including: asthma, allergies, bronchitis, chronic cough, colds & flu, vomiting, diarrhea, constipation, bed wetting, poor appetite, poor digestion, acne, anxiety, stress, autism and attention deficit disorder (ADD, ADHD), improved concentration and focus for enhanced academic, athletic and artistic performance.

While treating infants, toddlers, grade-schoolers and teens, experience continues to show me Chinese medicine and acupuncture are effective and safe for children. I encourage parents to explore this system of health care, and discover how valuable it can be to your child's integrated medical care and overall wellbeing.

In good health,

Brian Vick