

# An Alternative Approach to the Treatment of Diarrhea and Loose Stools

By Toni Eatros, MS, Dipl Ac, AP

**T**oday, I have decided to address a topic that is not that fun to talk about, but that I find a large percentage of my patients experience, chronic diarrhea and/or loose stools. This is a condition that needs to be talked about and corrected, as it leads to severe nutrient deficiencies and chronic illnesses of all types if not addressed. For many of these people, unfortunately, this is “the norm”, meaning every single day, many times per day for months and even years.

I am here to tell you, this is NOT “the norm”. Healthy bowel movements are easy to pass, easy to clean, stay formed in large pieces, contain no blood, contain no mucous, and happen at least once per day. According to the 24 hour Qi clock, 7:00 - 9:00 am is when the energy in the Large Intestine is most active and the ideal time for a healthy bowel movement.

The beauty of traditional Chinese medicine (TCM) is that every condition has a multitude of diagnosis, which allows more focused and effective treatment. For treatment of chronic illness of unknown origins, where all lab tests are normal and a clear diagnosis cannot be made, traditional Chinese medicine is distinctly superior.

Western medicine offers few treatment options since there is not a clear diagnosis. On the other hand, traditional Chinese medicine is beneficial because it excels in maintenance and preventative therapies.

Chinese herbal medicine can also be effective in treating antibiotic resistance bacteria induced diarrhea.

The “superbugs” have not become resistant to the herbs like they have to the pharmaceutical antibiotics, therefore, making the herbal therapies effective when other treatments are not successful. Unfortunately, the use of many of these antibiotics cause more severe diarrhea and other abdominal symptoms.

There are six main TCM diagnosis for diarrhea. The diagnosis and treatment is completely different for loose, watery stools, poor appetite and weakness versus foul-smelling stools with a burning sensation, abdominal discomfort and pain, nausea, and vomiting. The ability to make these distinctions yields successful treatment results.

## Conditions Effectively Treated with Acupuncture & Chinese Herbs:

- Irritable Bowel Syndrome
- Ulcerative Colitis
- Crohn’s Disease
- Travelers Diarrhea
- Food Poisoning
- Side Effect from Chemotherapy and Radiation Treatment
- Antibiotic Resistant Bacteria Induced Diarrhea
- Moderate to Severe Cases of Infection and Inflammation
- Blood in the Stool
- Loose/Watery Stools
- Chronic, Frequent Watery Stools without Diagnosis



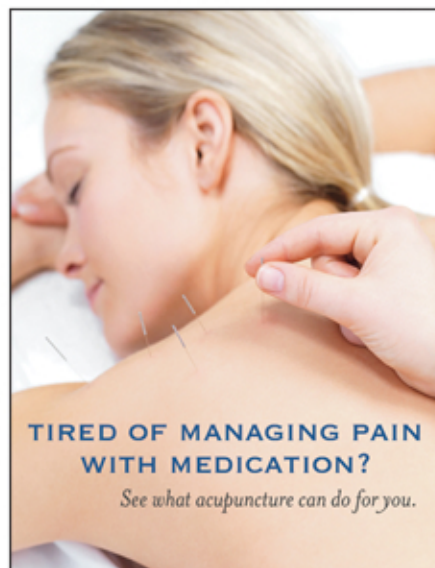
Herbs and acupuncture can be used to regulate imbalances and alleviate associated signs and symptoms. Therefore, herbal therapy should definitely be employed to prevent deterioration of this condition, and to restore optimal health.

Optimal health cannot be restored unless the underlying digestive disorders are first corrected. Without proper absorption of food and nutrients, the body simply cannot heal and recover from any illness.

The treatment strategies I offer at Acupuncture & Natural Health Solutions can be used for people of all ages, including infants, children and the elderly. There are many approaches, so treatment can be tailored to your individual needs and desires.

If this sounds like your daily experience, or the experience of someone you know, I encourage you to schedule online at, [www.AcupunctureSolutionsOnline.com](http://www.AcupunctureSolutionsOnline.com), or call 239-260-4566 to schedule an appointment. Your personalized treatment plan may include acupuncture, auricular medicine, herbs, diet and lifestyle recommendations. Results are fast and most people feel better immediately after treatment.

# AD



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