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新丰聚焦新總統
海外華人述心聲



强曉梅：妙手又回幾度春

自從强曉梅醫生成功地治療中風后病人和神經系統病人的文章在美國通雜誌八月刊和 Chinese21.com (全球華人風雲榜) 刊登后，引起廣大讀者的反響和踴躍投票。梅醫生也獲得了全球華人風雲榜頒發的 2008 年度醫學貢獻獎。最近本刊對梅醫生進行了追訪。

梅醫生仍然每周一天在聖雲仙醫院治療住院部的病人。奇迹仍然不斷出現。中風后和腦損傷的病人常常經她治療后恢復了肢體的感覺和運動功能，增進了講話和吞嚥能力。梅醫生出診治療的腦損傷病人們的狀況也都有不同程度的改善。

以下是梅醫生的幾個新的典型病例。

有一位 50 多歲的中年男患者一年前突發腦中風，經過多種治療包括物理治療，職業治療，和講話功能恢復治療，仍然沒有康復。他第一次來到梅醫生診所求診是在他中風一年之后。初診時症狀有：右臉面癱，吐舌時舌體偏向一側，發音模糊，吐字不清。除了右側肢體肌力弱之外，右膝僵硬感，右手腕手指屈伸不完全，右上肢上舉受限，動作不利。這些身體功能的障礙使患者一年來不能上班，又因講話不清不能正常表達自己的意思和感情而非常抑鬱。30 分鐘以后，當梅醫生一邊拔針一邊誘導他講話時，病人的第一個反應是：“我的天啊！我能發出聲音來了！”梅醫生說：“現在你站起來到鏡子前看看你的臉。”當病人面對鏡子時，梅醫生說：“你笑一下。”病人笑了一下，立刻用手捂住臉說：“噢，我的天啊！我真不敢相信這是真的！”他的臉基本上兩邊對稱了，吐舌時舌

體基本不偏了，他說話時吐字清楚多了，而且聲音宏亮了。病人臨走前，梅醫生對他說：“我會讓你盡快回去上班，讓我們共同努力。”自此病人開始了每周兩次的治療。兩次治療以后，病人右膝不再僵硬且下肢肌力和功能正常。他不再憂郁了，因為他說他可以比較清楚地講話，也可以比較快地用右手寫字了。之后隨着每次治療，他的講話及右上肢活動功能和肌力繼續穩步提高。八次治療以后病人的講話和右側肢體功能全部恢復正常，通過了上班前必須通過的體檢。繼而又有兩次療效鞏固治療。經十次治療，也就是五周后，他重返原公司上班，不再需要治療了。

一位 87 歲患有帕金森氏綜合症的男患者，初診時彎腰弓背，行走緩慢，頸背部肌肉僵硬疼痛，雙膝疼痛，雙腿膝蓋以下血液循環不良呈黑紫色，經常因為小腿持續抽筋而夜不能寐或夜間痛醒。在他由女兒陪同從三藩市到紐約探訪兒子和兒媳的一個月之內，經梅醫生治療四次，病情大為改觀，頸背膝的疼痛消失，背部和胸部挺直了，小腿的顏色呈暗紅而且不再夜裏抽筋了。患者行動靈便，走路也快了。那天，當第四次治療結束後，老人對兒女、媳婦和梅醫生說，他覺得自己英俊了。通過兒女的翻譯，他用西班牙語對梅醫生說：“我經受過許許多多醫生的治療，你是唯一對我如此盡心認真，又有如此不可思議的療效的一位。我欣賞你的醫德和醫術，我從由衷地感激你對我所做的一切。”並且遞上了他用西班牙語寫的感謝卡。近一個月的紐約之行使老人對自己的健康有了希望和信心，回三藩市后，他按梅醫生的囑咐繼續服用中成藥配合自我保健鍛煉，每天可以自己外出散步，狀況良好。之后，老人的兒媳代表他的兒子給梅醫生寫了感謝信，同時感謝梅醫生多年來對她本人的治療。她在信中寫道：

This is the time to put in words all you have done for me through all the years. When I was going through a very difficult time because I was sick, with a very severe back muscle spasm pain and neck pain, I couldn't do much—not even the house chores and walking. I went to many doctors and acupuncturists with no result. When I met you for the first time in January 2005, you did the first acupuncture treatment and I went home feeling better and continued going every week for acupuncture treatments. I knew that our friendly God had sent me an angel name Mei—a wonderful doctor, and a special, unique human being, I knew I was going to feel better and have my health back, which, I'm happy to say, I did. I'm feeling very good.

I am so lucky and grateful to you for your caring and kindness.



I will cherish you for the rest of my life. I know your satisfaction is to help the patients get better. I know for a fact how many wonderful things you do for the patients, including me. I could write a book. ... I am blessed because I have you in my life. Every time I have pain and I go to see you, you do the acupuncture treatments and I come out of the office a new person with no pain and feeling a lot of energy. I always say, "You have magic hands."

... My husband had back pain and leg pain, and after a few treatments, he is feeling good. Thank you again. I am fortunate in many ways. I admire you for your integrity and your generosity. You are an inspiration to all the people who know you. I am proud to say you are my doctor and friend. You are a gift from God.

Last month you did the treatments for my father-in-law who is suffering from Parkinson's, poor circulation, and very painful leg cramps. He used to wake up with terrific pain. He lives in California, and we knew that you were able to help him. He came to New York, you did four treatments, and he feels much, much better. Before, he didn't do much walking. Now he walks every day and he feels independent again because he walks by himself. All my family members are grateful to you...

Xiao Mei Qiang, More Miracles Under Her Magic Hands

Since "30 Years of Traditional Chinese Medicine, No Regrets, --An interview with Xiao Mei Qiang, A Traditional Chinese Medicine Doctor" was published in the August volume of HOWUS2 in 2008 and on the website of Chinese21.com, there has been a good response and many votes from readers. Recently, Dr. Xiao Mei Qiang also received the Contribution Award of 2008 by All Chinese Award. In response to all this interest, we contacted her for an update and to hear more reports of her success stories.

Dr. Mei still treats hospitalized patients at St. Vincent's Hospital Manhattan once a week. She continues to perform miracles there; patients suffering from stroke and brain injury often regain sensation and function of their affected limbs after being treated by Dr. Mei and her colleague. Their impaired speech and swallowing function also improve with acupuncture treatments.

梅醫生治療其它疾病的療效也很顯著。所有經她治療的頑固頭痛的病人，包括近期連續疼痛和持續多年的階段性疼痛，兩到三次治療后，全部根除，追訪得知未再復發。幾位膝關節運動損傷或退行性病變的患者經梅醫生幾次治療后，恢復了基本的膝關節運動，避免了西醫建議的“當即必做”的手術之痛。其中一位，針灸治療四次之后，按梅醫生的囑咐服用中成藥，至今將近兩年仍然正常生活而不需要手術。另一位，第一次治療之后，不再跛行。三次治療之后，手術已變為她的選擇而不再是必須了。另一位女患者因經血量過多按西醫醫囑服用避孕藥治療。停藥三個多月后月經仍不至伴有多個大小不一的卵巢囊腫。兩次治療后月經恢復，五次針灸加中藥治療后，卵巢囊腫基本消失。許多急性腰痛或其它部位肌肉或關節疼痛的病例，一次治療后止痛，慢性痛症或關節炎經幾次治療后，疼痛也都不同程度地明顯減輕。

梅醫生的治病特點是效果好，顯效快。能用自己的醫學知識和技巧為患者解除病痛是梅醫生的欣慰，能用最少的治療次數達到最高的治療效果更是梅醫生的心力所在。特別是在目前的經濟滑坡階段，我們每一個人都在承受着不同程度的壓力，既要維持生活質量又要保持身體健康。所以梅醫生希望大家所花出去的每一分錢都值得。梅醫生祝願廣大讀者在新的一年裏健康快樂。

Additionally, all of Dr. Mei's home and nursing home patients' medical conditions have steadily improved.

The following are a few of Dr. Mei's typical cases.

A male patient over 50 years old had a stroke one year ago. Since then he has been continuously treated by physical therapists, occupational therapists and speech pathologists for his post-stroke sequelae, but he still did not fully recover. One year after his stroke, on his first visit to Dr. Mei, his signs and symptoms included: paralyzed right side of the face; deviated tongue; speech problems with unclear pronunciation and very low voice; muscle weakness of the right side of the body; stiffness of the right knee; and decreased range of motion and impaired functional movements of the right shoulder wrist, and hand. He was not able to work because of those impaired

physical functions, and he was also very mentally depressed because he couldn't speak normally to express his thoughts and feelings. After 30 minutes of acupuncture treatment, while removing the needles, Dr. Mei started pronunciation and speech exercises with the patient. Immediately after the patient answered Dr. Mei's first question, he surprisingly said: "Oh, my God, my voice came back!" Then, Dr. Mei said: "Now, get up, stand in front of the mirror and look at your face." When the patient faced the mirror, Dr. Mei asked him to smile, and he did. At seeing the right side of his paralyzed face become almost symmetrical, he was so excited, he said: "Oh, my God, I can't believe it! I like it!" So, after a year with a paralyzed face and little overall progress, only one treatment from Dr. Mei caused the patient's face to change dramatically, his pronunciation became clearer, and his voice got louder. Before the patient left the office, Dr. Mei told him, "With my help, you're going to go back to work soon. Let's make the effort together." The healing process started from there. The patient received two acupuncture treatments per week. After two treatments, his right knee became more limber, and he recovered normal leg function and muscle strength in his right leg. He was no longer depressed because he said he could "talk clearer and write with his right hand more quickly." His speech ability, functional movement and muscle strength continuously improved with each treatment. After eight treatments, he passed medical tests, which he had to take to return to work. After the tests, Dr. Mei gave two reinforcement treatments, for a total of 10 treatments over five weeks, before he returned to work fully recovered at the same company. He required no further treatments.

An 87-year-old male patient suffering from Parkinson's disease came to Dr. Mei's office with trunk-forward posture and walking very slowly. He also had neck and back pain with a large amount of muscle tightness in his neck and back. The area below the knee on both legs was dark brown because of long-term poor blood circulation. Severe and continuous leg cramps often woke him up at night or made him unable to sleep. The patient was from California, visiting his son and daughter-in-law in New York for a month. During his one-month stay, Dr. Mei treated him once a week for a total of four treatments. All his conditions greatly improved: he stood with upright posture without neck, back and

knee pain; the brown color of his legs became light and some areas turned normal in color; and he stopped having leg cramps at night. His body was more flexible, movement became quicker and easier, and he was able to walk more and at a quicker pace. On the day he finished the fourth treatment, he told his family that he felt handsome. He gave Dr. Mei an appreciation card and told her in Spanish, translated by his son and daughter: "I've been through so many treatments by different kinds of doctors, but you are the only one who treated me so sincerely and thoroughly and with such incredible results. I admire your virtue and your knowledge. I thank you very much from the bottom of my heart for everything you have done for me." The treatments he received from Dr. Mei while in New York established his confidence and gave him hope for restoring his health. After he returned to California, he continued taking Chinese herbal pills and exercising according to Dr. Mei's instruction. Now he takes a walk outside by himself everyday. He is happier, and his condition is good. His daughter-in-law wrote a letter afterwards to express the whole family's appreciation to Dr. Mei, as well as her appreciation of being treated by Dr. Mei for years. She wrote:

This is the time to put in words all you have done for me through all the years. When I was going through a very difficult time because I was sick, with a very severe back muscle spasm pain and neck pain, I couldn't do much—not even the house chores and walking. I went to many doctors and acupuncturists with no result. When I met you for the first time in January 2005, you did the first acupuncture treatment and I went home feeling better and continued going every week for acupuncture treatments. I knew that our friendly God had sent me an angel name Mei—a wonderful doctor, and a special, unique human being, I knew I was going to feel better and have my health back, which, I'm happy to say, I did. I'm feeling very good.

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Dr. Mei's treatments for other diseases and health problems are also remarkable. All the headache patients, including acute, constant headaches for days and chronic periodical headaches for years, were fully recovered after being treated by Dr. Mei only two or three times, with no recurrence afterwards. A few patients with knee problems either due to sport injury or degenerative arthritis have come to Dr. Mei for a few treatments. Their basic knee functions were restored, so they did not need immediate surgeries advised by the Western medical doctors. One of these patients was treated by Dr. Mei four times for her degenerative arthritic and deformed knee. Following the treatments, she has taken Chinese herbal medicine for almost two years and still performs normal activities on her troubled knee without need for surgery. Another patient limped in with knee pain and limited movement from a sports injury and was able to walk out of the office the same day at a normal gait without limping. Three treatments later, her doctors said that surgery was an option for her, but no longer a necessity. Another female patient was taking birth control medication for her excessive menstrual bleeding. She sought treatment from Dr. Mei because, after she stopped taking the birth control pills, her menstrual bleeding stopped for three months and she developed multiple ovarian cysts of different sizes. After two treatments her period restarted. The ovarian cysts were gone or significantly reduced in size after five acupuncture treatments combined with herbal medicine. Similarly, many patients with acute muscular or arthritis pain in different body parts were pain-free after one treatment, and

for other patients with chronic pain or arthritis, the pain was effectively reduced to different levels after a few treatments.

Effectiveness and quick results distinguish Dr. Mei's acupuncture treatments from that of others. Dr. Mei's gratification comes from reducing or eliminating patients' suffering with her skills and knowledge. It is always Dr. Mei's intention to obtain optimal results with the smallest number of treatments—especially in the current economic situation—while maintaining the quality of their lives. Dr. Mei wants her treatments not only to help people preserve health, but also to make them feel that the money they spend is worthwhile. Finally, Dr. Mei wishes everyone a happy and healthy new year.

