

An M.D. With a Difference...

My integrative medicine practice blends the latest in Western medicine with the wisdom of Eastern medicine I received my training in acupuncture in the U.S. and in Guanzhou, China. I studied herbs at the Midwest Center for the Study of Oriental Medicine and at the Chicago College of Healing Arts. I received my training in hypnosis from the American Society for Clinical Hypnosis.

I have been practicing integrative medicine since 1982 and am not aware of any other physician with all my qualifications and training. Thus, the treatments that you receive from me will be different. These differences reflect my knowledge, experience, dedication, convictions and beliefs.

Your office visit may consist of completing a typical medical history as well as answering additional enquiries. During a physical examination I also study your tongue, nails, skin and pulses. I will confirm your Western diagnosis and give you an Eastern diagnosis. I may perform a Gua Sha Stone Massage, which detoxifies the body and allows me to assess your body's energy, toxin status and the blockage of Qi (the body's life force). The Gua Sha Massage may cause discomfort where Qi is blocked. There also may be discoloration of the skin, which lets you know that toxins are being released from your body.

I may follow the Gua Sha with acupuncture and/or needles acupuncture. I also may use electromagnetic heat, a Qi Massager, moxa (an herb that warms the meridians), electro-acupuncture massage, a spinal exerciser and an ion cleanser (which detoxifies the body by the exchange of ions). I may suggest herbs for cleansing your digestive, respiratory and nervous system, improving your memory, increasing your energy and balancing your hormones. I am the only physician in the area who blends my own herbal extracts.

Speaking of hormones, we all need them. As we get older, our hormone levels decrease. It is like having a dimmer switch on the lights in your house. During your youth, your hormones are like daylight--the beauty, strength and true color of life. But as the lights dim with age, your energy plummets and things go south. These are events of life as you age naturally. Nevertheless, with natural hormones your house can once again be bright, giving you the chance to enjoy the full pleasure of your life.

You should know that my office visits take longer than 8 to 15 minutes. I may not be able to give details on what I am going to do next. I must wait for your body to tell me to give me directions.

James O. Lowry, M.D.

The physician who dares to be different!