

## **Acupuncture and Chinese Herbal Medicine Case Study: Hyperthyroidism and Alopecia Areata (Hair Loss)**

**Dr. Ning Ma, practitioner, from [Cornerstone Acupuncture](#)**

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For the past 20 years, Kathy, a middle-aged female, was suffering from hyperthyroidism. Although she was under the care of an endocrinologist and took medications, unfortunately her thyroid failed to function normally. To make matters worse, her hair began to thin and she acquired large bald patches in the past 3 years. Her dermatologist injected varying amounts of cortisone into her scalp, yet again no positive results were rendered. She felt her two medical conditions, thyroid and hair loss were perhaps related, but both physicians deemed otherwise. Kathy was solely advised, at each doctor's visit, that she should remove her thyroid via surgery or radioactive iodine. In addition, to Kathy's despair, she learned that she would probably have to rely on another medication, synthroid – a synthetic thyroid, for the rest her life.

One of her relatives, who suffered from hyperthyroid as well, told Kathy of Dr. Ning Ma, from Cornerstone Acupuncture, and how he helps her manage this same chronic illness through acupuncture and Chinese herbal medicine. As a last resort, Kathy decided to pay Dr. Ma a visit.

Even though Kathy's T3 and T4 levels were almost at normal range, her TSH level, the golden evaluation standard of thyroid functionality, was extremely low. At the time of her initial visit, it was around 0.039. Not to mention, Kathy suffered from extreme fatigue, severe insomnia, and excessive heart palpitation.

Dr. Ma informed her that he could help normalize her TSH level and that she should start seeing results after 10 months of treatment. In addition, her symptoms of fatigue, insomnia and palpitation will improve in just a few months. Dr. Ma made it clear that in order to get better, she must be committed to the entire treatment process. They both planned for her to have an office visit once a week for 4 months, then afterwards, once every 2 weeks for another 8 months. Kathy did go to all her sessions. After one year of acupuncture and Chinese herbal medicine, Kathy's TSH level had stabled around 0.24 (which was half way to the normal range). Additionally, after two months of treatment, she was close to being symptom free. Kathy even stopped taking a beta blocker, a medicine she took for the past 17 years to treat a significant tremor.

After the year long treatment, Kathy's TSH level has been up and down, due to strengthening her treatments to every other week, yet having her condition affected by other factors such as high stress levels and menopause. Since seeing Dr. Ma, Kathy is significantly healthier and has indulged in a more active and well-balanced style. She is full of energy and engages in various work efforts which she wasn't able to engage in before. For example, Kathy now rides her bike 50 miles every week. Similarly so,

her bald areas have recovered. The majority of her hair has grown back in. Even her hairdresser has commented that her hair has not been this healthy in so many years.

Kathy still to this day sees Dr. Ma. She still travels over 150 miles round-trip, for her monthly visit. Kathy has made a promise to herself to see Dr. Ma on a regular base for the rest of her life.

Dr. Ma strongly believes that hyperthyroidism is a complex systemic problem. The changes of serum T3, T4 and TSH are solely a pathophysiological manifestation. Such a theory has been easily confirmed by real clinical results from modern allopathic medical treatments. The results indicate that the T3 and T4 levels can be managed, but the TSH level is difficult to manage. Dr. Ma believes in the hypothesis that toxic protein is the cause of thyroid conditions. As a result, Dr. Ma has been successful in managing practically all of his thyroid patients.

If you suffer from a **thyroid** condition contact please contact [Cornerstone Acupuncture](#) at 212 448 9898 especially before you go through a radiation procedure or take any pharmaceutical thyroid medication.

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