



Ian Dunsmuir is an expert in eliminating pain. He has **17 years of experience** treating over 3000 people with over 20,000 treatments. He focuses on sports injuries and acute and chronic pain such as headaches, shoulder, neck, back, hip, knee and leg pain. A **competitive athlete** himself, Ian faced his own set of health and fitness challenges. In his early years of childhood, he developed a condition with his right hip. It was felt that the best course of action was to have surgery. In 1982 he had corrective surgery. Years

later, while training for Ironman Canada Triathlon, he developed chronic hip and low back pain. Ian decided to seek out treatment from an acupuncturist. The acupuncture treatment was amazing and really helped to reduce the pain. Ian has chosen a specialized career that comes naturally, which enhances his compassion and understanding for his patients. He is an **expert** who is able to provide patients with a combination of advanced sports acupuncture training and injection therapies to treat pain.

- **Sports Medicine Acupuncture® certification** – by Matt Callison, a leading international expert in the field of Sports Medicine.
- **Pain Management certification** – by the Blatman International Myofascial Academy
- **Instructor, Sports Medicine Acupuncture® Foundational Seminars (Canada)**, (2013-present)
- **Medical Managers Team**, 2010 Olympic and Paralympic Winter Games
- **Vancouver Stealth, National Lacrosse League**, (2013-present), Team Acupuncturist
- **BC Lions, Canadian Football League**, (2010-present), Volunteer Acupuncturist
- **Vancouver Whitecaps, Major League Soccer**, (2013 season), Volunteer Acupuncturist
- **Vancouver Ravens, National Lacrosse League**, (2001-2003), Team Acupuncturist
- **Coquitlam Senior A Adanacs, Western Lacrosse Association**, (2000-2003), Team Acupuncturist



Located in the offices of Advanced Healing Arts
201-2615 St. Johns Street, Port Moody

Tel: 604.939.4325

www.iandunsmuir.com



How healthy are you really?



... are you "out of balance?"

2 Minute Test →

Traditional Chinese Medicine ("TCM") believes that all aspects of a person must be **in balance** to achieve happiness and good health. Since **symptoms signify an imbalance, and imbalances lead to disease**, these symptoms should be resolved. The earlier these imbalances are treated, the easier they are to resolve. This is the best way to prevent disease and ensure a happy and healthy life.

The first two patterns listed inside generally represent the onset of disease in TCM.
As you progress down the list, the potential for a Western Medical disease diagnosis increases.

Pattern Diagnosis is the "hallmark" of TCM, the world's oldest, continually practiced, literate, professional medicine, serving one-fourth of the world's population. A "pattern" is a constellation of signs and symptoms that are generally found to exist simultaneously. In other words, various symptoms tend to occur together, that is, they form a "pattern." There are many types of patterns within TCM.

Western Medical disease diagnosis is similarly addressed in TCM with Pattern Diagnosis. The symptoms are grouped together into their TCM "Patterns" and then addressed with acupuncture and injection therapies to resolve the patterns and therefore the Western Medical disease. A person usually does not have all the symptoms in a particular "pattern," but having 2 or 3 symptoms is enough to indicate the presence of that pattern. On the next page is a list of common patterns and their corresponding symptoms.

Take the test and see if you have any patterns of imbalance.

Most Frequently Diagnosed Patterns Of Imbalance

Spleen Qi Deficiency-

- | | | |
|--|-----|----|
| • Fatigue, especially after eating meals or eating sweets. | Yes | No |
| • Abdominal bloating after eating. | Yes | No |
| • A tendency to loose stools, but possibly constipation. | Yes | No |
| • Cold hands and feet. | Yes | No |
| • A lack of strength in the four extremities. | Yes | No |
| • Dizziness when standing up. | Yes | No |
| • Easy bruising. | Yes | No |
| • A swollen tongue with teeth marks on its edges. | Yes | No |

Liver Depression Qi Stagnation-

- | | | |
|--|-----|----|
| • Abdominal, rib-side, or breast distention and/or pain. | Yes | No |
| • Irritability and/or frustration. | Yes | No |
| • Emotional depression | Yes | No |
| • Premenstrual or perimenstrual aggravation of these symptoms. | Yes | No |

Stomach Heat-

- | | | |
|---------------------------------|-----|----|
| • Increased or rapid hungering. | Yes | No |
| • Mouth and/or tongue sores. | Yes | No |
| • Bleeding gums. | Yes | No |
| • Bad breath. | Yes | No |
| • Yellow coat on the tongue. | Yes | No |

Blood Deficiency-

- | | | |
|-------------------------------------|-----|----|
| • Pale or dry, brittle nails. | Yes | No |
| • Dry skin. | Yes | No |
| • Decreased visual acuity at night. | Yes | No |
| • Pale undersides of the eyelids. | Yes | No |
| • Pale lips. | Yes | No |
| • Pale or sallow yellow complexion. | Yes | No |

Heart Qi and Blood Deficiency-

- | | | |
|---|-----|----|
| • Insomnia. | Yes | No |
| • Disquieted emotions or sense of being. | Yes | No |
| • Vexation and agitation | Yes | No |
| • Impaired memory. | Yes | No |
| • Lack of mental vigor and physical strength. | Yes | No |
| • Heart palpitations, rapid heart rate. | Yes | No |
| • A swollen tongue, with a crack or crease down its center reaching to the tip. | Yes | No |

More Serious Patterns of Imbalance...

Kidney Yin Deficiency with Deficiency Heat-

- | | | |
|--|-----|----|
| • Night sweats | Yes | No |
| • Hot flashes or heat sensation in palms, soles of feet, and/or chest. | Yes | No |
| • Ear ringing and/or dizziness. | Yes | No |
| • Low back soreness. | Yes | No |
| • Thirst or a dry mouth but no desire to drink. | Yes | No |

Kidney Yang Deficiency-

- | | | |
|--|-----|----|
| • Low back and/or knee soreness, pain, and/or weakness | Yes | No |
| • Nocturia (night-time urination) | Yes | No |
| • Cold feet | Yes | No |
| • Decreased sexual desire | Yes | No |