

Basis of Tom Tam Healing System

Excerpts from Tom Tam Healing System, 7th Edition ~ by Tom Tam

Tom Tam's Healing System is a modern version of the old system called Huatuojiayi. Doctor Hua Tuo was a famous Chinese Medical doctor born two thousand years ago during the Three Warring Kingdoms period. Unfortunately, his Huatuojiayi philosophy and techniques have been lost over the years. Today all of the TCM schools in China teach Huatuojiayi, but the information taught is unclear. When we read acupuncture textbooks, seldom do we see the usage of the Huatuojiayi method. In my practice, I have tried to bring this system back. The Huatuojiayi is a very famous healing system in TCM history. Its fame is from its effectiveness and achievement. Because of politics, Dr. Huatuo was killed, his book burned and lost from history. Many Chinese doctors have tried to find and revive this system, yet with no success. From my last fifteen years of practice, I have treated more than ten thousand patients with different problems. I have had a lot of success developing and expanding upon this technique by experimenting with what little information remains.

The name Huatuojiayi translates as "to treat the spinal cord." Jia Ji in Chinese means "both sides of the spine." In theory it is similar to the Western chiropractic system. I have taken the Huatuojiayi system, along with acupuncture shu points or energy source points, Western anatomy and the chiropractic system and combined them to form my system. I have successfully treated many patients all over the world using this system. Many of my students use this system and have good results as well.

The West has a very good understanding of the body's anatomy, pathology and physiology. They understand the physical aspects of the body, but they do not understand the energy. They lack the knowledge of the body's energy and the experience of treatment. This is the reason the West has a hard time understanding many diseases. For example, laboratory research focuses on chemical reactions and cell division. The East has a very good understanding of the energy in the body and much experience in treatment, but they do not understand much about anatomy and physiology.

In traditional Chinese medicine, the doctors never needed to learn anatomy and physiology; they learned the meridians and energy points, and still did a good job healing. Through autopsies, the Chinese were able to see inside the body and discover that their amazing concepts were based on fact. I believe that in the future, medicine must combine Eastern and Western knowledge. In fact, in China

they are beginning to combine these two healing systems. The traditional and holistic combined will be the best possible treatment system.

In my healing system, the range of healing is wide; it is highly effective and the cure rate is high. The techniques I use are from the Eastern traditional and folk medicine, and the philosophy I use is from the West. Many patients come to see me and wonder why I did not take their pulse and look at their tongue to derive a TCM diagnosis, which are the standard examinations used by traditional acupuncturists. Nevertheless, I am effective when using my method; I am always able to show patients the location of their blockages. My method of examination and diagnosis makes more sense than examining the pulse and tongue in the traditional way.

My diagnosis of sickness is different from TCM. TCM diagnosis is based on Chi blockages detected by the pulse and tongue and not physically felt. The TCM doctor needs a lot of experience and only then can locate the Chi imbalance. Either the mind or a physical blockage may cause the Chi blockage. In my system, each blockage must be physically felt when pressed. Different diseases have different blockages. It is easy to find and touch the blockage on the patient's body.

In internal medicine, I believe all diseases involve a blockage which either causes the disease or makes the disease worse. This blockage relates to the Western autonomic nervous system. The sympathetic nerve controls the activity of the organ, which represents the Yang Chi. The parasympathetic nerve controls the inactivity of the organ, which represents the Yin Chi. When the autonomic nerve is blocked or the brain is out of balance, sickness may result. To diagnose is to find and prove that there is a blockage; to heal is to open the blockage. The body may have one blockage or it may have many blockages. Each blockage can be related or be independent of each other. When we treat the body, we require the opening all of the blockages in the body, even if they are not related. Only when the body is without any blockage can it then be free.