

A to Z English

Quick Chat 33: Alternative Medicine

Website: <http://atozenglishpodcast.com>

Every country has their own traditional medicine. Today, Jack, Kevin, and Xochitl talk about the types of medicine in Korea or Mexico. What do you use in your country? Does it work?

Transcript: <https://atozenglishpodcast.com/?p=2152>

Share your thoughts in our WhatsApp group chat! <https://forms.gle/zKCS8y1t9jwv2KTn7>

Full Transcript

00:00:00 Kevin

Welcome to an A-Z English quick chat. We're going to surprise each other with the topic for the day and see where the conversation goes.

00:00:06 Kevin

Remember to check our website For more information, as well as links to our WhatsApp, Facebook and other social media pages so you can join in the conversation.

00:00:14 Kevin

Tell us what you think.

00:00:15 Kevin

And Jack, you wanted to talk about something kind of kind of different today, yeah?

00:00:19 Jack

Yeah, I I had.

00:00:20 Jack

A new experience this last week and same same for my daughter actually come.

00:00:26 Jack

As you as you know that my daughter is a dancer, she's a ballet dancer and she had some pain.

00:00:32 Kevin

A quite good one from what I understand.

00:00:34 Jack

Yeah, she's quite good.

00:00:35 Jack

She's she's going to a ballet school soon in a couple months.

00:00:39 Jack

Uhm, she injured her foot that she had some pain in the top of her foot.

00:00:43 Jack

It actually was bothering her quite a bit and.

00:00:48 Jack

She went to.

00:00:48 Jack

A you know normal regular doctor, an orthopedic doctor.

00:00:54 Jack

And she, the doctor, took an X-ray and said everything was fine. There's no reason for your foot to be in pain and.

00:01:04 Jack

So my wife recommended.

00:01:07 Jack

Going to a an eastern medicine doctor.

00:01:12 Jack

Oriental medicine doctor in Korean.

00:01:16 Jack

It's called what I think is that right, Kev.

00:01:18 Jack

Did I say that right?

00:01:20 Jack

OK.

00:01:20 Kevin

I'm young, right?

00:01:21 Kevin

It's basically yeah Korean medicine.

00:01:23 Jack

Korean medicine right? And?

00:01:25 Kevin

Or if that doesn't, same thing.

00:01:27 Jack

Anyone that knows me or talks to me longer than 5 minutes, we'll probably hear me complain about my back problems.

00:01:33 Jack

So I've had multiple back surgeries and I have just a really bad disc problems.

00:01:40 Kevin

I know.

00:01:41 Jack

So yeah, I've had surgery twice and and and I've been having a lot of back pain.

00:01:46 Jack

In the last.

00:01:47 Jack

A few months so.

00:01:48 Jack

So my wife said, why don't you go with your daughter and you guys can both get some treatment and I've never done acupuncture before and acupuncture is, yeah, it's where they've stick some needles into pressure points on your back or your leg or whatever.

00:01:59 Kevin

I haven't either, actually.

00:02:08 Jack

And I think I'm not really sure exactly what the purpose of it is, but I.

00:02:12 Jack

Think it's to stimulate circle.

00:02:14 Jack

Nation in that area so.

00:02:17 Kevin

Sounds about right, but I don't really know.

00:02:19 Kevin

Either example fix.

00:02:19 Jack

Yeah, I'm just.

00:02:20 Jack

Kind of guessing if if some of you out.

00:02:22 Jack

There know what?

00:02:23 Jack

The purpose of acupuncture is exactly send us some information in e-mail or chat, but.

00:02:30 Jack

They they stick a bunch.

00:02:31 Jack

Of needles in your in your back where you have the pain.

00:02:34 Jack

Or your foot where you have pain and, uh?

00:02:37 Jack

They also do.

00:02:38 Jack

Do some really interesting things, so I'll I'll start at the beginning.

00:02:42 Jack

So the first thing I went there, the they asked me do you?

00:02:45 Jack

Want to do the?

00:02:46 Jack

Cups and I didn't really.

00:02:48 Jack

I've seen the cups before, but I've never.

00:02:51 Jack

I've never, you know, experienced it and what they do is they they poke some holes.

00:02:58 Jack

In the skin of your back and then they put some cups on there and then the cups make us suction.

00:03:05 Jack

It pulls the blood.

00:03:07 Jack

Out, yeah, like a vacuum and either use heat or I'm not sure if it's like heat or I think they used to use the old traditional style as they would light a candle on top and the and the smoke would pull all the oxygen out of it and make a suction on it.

00:03:07 Kevin

Like a vacuum.

00:03:24 발표자

Right?

00:03:24 Jack

But now I think they just have a machine that they flip on and it just.

00:03:27 Jack

Pulls the it's just a vacuum and so that was really interesting because it it doesn't.

00:03:34 Jack

I don't know with the medical benefit of like you know.

00:03:38 Jack

Pulling blood blood out of your skin, but.

00:03:41 Jack

There you know it was.

00:03:43 Jack

I'll try anything at this point.

00:03:45 Jack

And so that was really interesting.

00:03:45 Kevin

Yeah, if it works, it's.

00:03:46 Jack

Yeah, yeah.

00:03:46 Kevin

Interesting and did did.

00:03:48 Kevin

Did they work?

00:03:48 Kevin

Does that help as your how?

00:03:50 Kevin

Was how was.

00:03:50 Kevin

Your daughter foot and how's your back?

00:03:52 Jack

OK, so that was the step one.

00:03:54 Jack

Then they did the acupuncture, which was the needles after that and the.

00:03:58 Jack

Next day when I was.

00:04:00 Jack

Woke up I had a little bit which was yesterday.

00:04:03 Jack

I had a little bit of pain from the just.

00:04:07 Jack

From the procedure.

00:04:08 Jack

From where they poked the halls and where they were doing the cups and the doctor said yes.

00:04:13 Jack

You're going to have.

00:04:13 Jack

A little bit of pain tomorrow and maybe the next day.

00:04:16 Jack

However, after that it's going to improve quite a bit.

00:04:20 Jack

And I have to say that this morning.

00:04:21 Jack

When I woke.

00:04:22 Jack

Up my back is feeling a lot better, so I'm.

00:04:27 Jack

I'm thinking that this there must be some, you know, medical benefit to this practice of acupuncture and using those cups.

00:04:35 Jack

And I think if you think about medicine.

00:04:39 Jack

Western medicine only goes back like several 100 years, but eastern medicine goes back thousands of years, so you know these. These acupuncture's is much much older and so they've had a lot longer time to study the human body and and to you.

00:04:57 Jack

Understand and learn these methods, so I definitely think there's some good science there.

00:05:03 Jack

I just don't know exactly where the science.

00:05:08 Jack

Cuts off and the more kind of mystical elements begin, so that's that's the.

00:05:14 Jack

Interesting thing about.

00:05:14 Kevin

Yeah, for me, I've never done it.

00:05:15 발표자 3

It yeah.

00:05:17 Kevin

I'm not opposed to it, but some of the Orient or alternative medicine.

00:05:21 Kevin

I'm very skeptical of pretty much all of it because yes.

00:05:28 Kevin

As you said, it's been going on for longer, but I would think that modern medicine, Western medicine, for lack of a better word, would have tested it.

00:05:38 Kevin

And if it was real, it wouldn't be alternative medicine anymore.

00:05:43 Kevin

It would just be medicine.

00:05:45 Kevin

If there was scientific.

00:05:46Kevin

Proof for it, it would be.

00:05:48Kevin

Be medicine.

00:05:50Kevin

But I have heard some amazing things about it.

00:05:52Kevin

I haven't tried it myself, but I have heard some really good things so.

00:05:56Xochitl

So that's one thing that I recently learned that seems kind of obvious when I think about it now, and this might be common knowledge for you guys, but a lot of the pharmaceuticals that we use, can you get sorry if you have to cut this.

00:06:08Xochitl

Out can you hear those fireworks?

00:06:10Jack

No, no, no we can't.

00:06:11Jack

Hear it, yeah.

00:06:12Xochitl

A lot of the pharmaceuticals that we used today in modern medicine actually are derived from herbs.

00:06:20Xochitl

Like but the the research behind that came from knowing that those herbs worked and then just isolated.

00:06:28Kevin

So that exactly proves my point is that we started with that traditional medicine and then the actual doctors researched it and then they turned it into real medicine today and so now we have the medicine which is medicine no longer alternative anymore.

00:06:42Kevin

We've got the scientific.

00:06:43Kevin

Proof for them.

00:06:44Xochitl

Yeah, we could go into like the I have a story about something that all I had to research and it helped me.

00:06:53Xochitl

Essentially, I do think that like big thing, not to get into conspiracies, but I know the doctors do get kickbacks for things they.

00:07:02Xochitl

Prescribe in the States and.

00:07:04Xochitl

I think that was a big thing for Women's Health, because when I was growing up in the States, I always had a really painful administration and the doctor in the States would.

00:07:13Xochitl

And say they were going to prescribe me birthday.

00:07:16Xochitl

Control, but it didn't seem like that was going to help and I went through years of my life with really debilitating pain and by chance I downloaded one of those period tracker apps and I was it like gave me some alert.

00:07:36Xochitl

Help a health article. I was reading about it and I would read into all these alternative diets that you could do or you cut out things that produce pro. So Brendan's which are.

00:07:45Xochitl

Or what causes bloating cramps and all that kind of pain?

00:07:50Xochitl

And I did.

00:07:51Xochitl

I cut that out of my diet for.

00:07:52Xochitl

A year and I was cured.

00:07:54Xochitl

Like fully cared and like so shocked.

00:07:59Xochitl

Uhm, that they could have done this since I since, you know, I was a kid for years and took until I was like 24.

00:08:09Xochitl

Uh, for me.

00:08:10Xochitl

To do my own research and figure that out so I.

00:08:14Xochitl

Didn't think you have to be.

00:08:15Xochitl

Careful, but yeah, a lot of that has roots in traditional medicine.

00:08:20Xochitl

I mean, I I grew up using traditional pre Hispanic medicine because my mom is a my great grandmother.

00:08:28Xochitl

My grandmother and mom are all practitioners or.

00:08:30Xochitl

Crews panic meds.

00:08:32Xochitl

So yeah, I would say I think there's a line just like Jack said between like.

00:08:37Xochitl

What's the real stuff?

00:08:38Xochitl

And that's the kind.

00:08:38Xochitl

Of rule like second.

00:08:40Xochitl

But I do think I do think it's worth exploring, especially if you're not having success with traditional medicines.

00:08:46Jack

What's an example of the medicine that your mom and your grandmother practice like what's something that you do?

00:08:53Xochitl

Teams for all kinds of stuff.

00:08:55Xochitl

When I used to get sick.

00:08:57Xochitl

And there's this herb called Contra yoga.

00:08:59Xochitl

My mom would just pull this dry root out of a sack that she had still had the Sackville these roots and she grind it down and made the paste out of it with water and lewd.

00:09:10Xochitl

Eat it, and you it does induce.

00:09:15Xochitl

You throw up sometimes, doesn't necessarily induce vomiting.

00:09:19Xochitl

But you it?

00:09:21Xochitl

Does really know out your stomach?

00:09:22Xochitl

Maybe like an hour or so after you're feeling good?

00:09:25 Xochitl

And so that was there, and we would also take different kinds of teas.

00:09:30 Xochitl

One that does induce vomiting is a rule that I don't know what kind of verb it's an herbal chocolate.

00:09:36 Xochitl

And if you get sick, you eat like food poisoning or something.

00:09:40 Xochitl

You drink this tea.

00:09:41 Xochitl

And you throw up, but you feel so great after you do.

00:09:45 Xochitl

Like totally cleans your system out.

00:09:48 Xochitl

So yeah, just all kinds of teams that we would take.

00:09:51 Xochitl

I knew arnica tea, for example, if you will be careful 'cause it does seem they have to take a little small.

00:09:56 Xochitl

Dose, but that's really good for pain.

00:10:00 Xochitl

Yeah, so we used to do all kinds of stuff like that.

00:10:04 Jack

Yeah, it's interesting how yeah, I mean there's just.

00:10:06 Jack

Uh, it's using a lot of the natural.

00:10:09 Jack

Roots and herbs from the environment around you, and each region has their own.

00:10:16 Jack

So in in China, in Chinese medicine, there's so many different kinds of like herbs and medicines, and things like that.

00:10:24 Jack

Yeah, it's really fascinating.

00:10:25 Jack

It's it's interesting.

00:10:27 Jack

So so, have you ever had anything like?

00:10:28 Kevin

I would just love to.

00:10:29Kevin

See more research scientific research done.

00:10:34Kevin

These traditional cures or medicines, because I think they're, I think they're interesting.

00:10:41Kevin

I think there's something there for it, but I'd like to see the actual research.

00:10:44Jack

Yeah, there is something called the placebo effect as well, and that is the placebo effect is like if I believe that this is going to work then.

00:10:54Jack

It actually works.

00:10:56Jack

And it's just in my mind that's making my mind is making it work and it's not really anything to.

00:11:03Jack

Do with the.

00:11:04Jack

The medicine or the procedure you know?

00:11:07Xochitl

Yeah yeah yeah, for example, there are things you can look up yourself like.

00:11:13Xochitl

A A friend of my mom's gave me avocado leaf tea for menstrual cramps and it worked and I was looking it up and it turns out that it has a lot of magnesium in it and then I need really good for cramps so you can look up these different things.

00:11:28Xochitl

But there are other things that.

00:11:29Xochitl

We believe in that I don't.

00:11:30Xochitl

Like traditional medicine in Mexico like say if I was.

00:11:34Xochitl

If I had some traumatic experiences growing up, then they cure cure you from it, but it's kind of like a weird process.

00:11:40Xochitl

And I feel.

00:11:41Xochitl

Like that's blue, so I don't go to be cured from.

00:11:45 Xochitl

Like traumatic experiences, for example, but.

00:11:47 Kevin

Yeah, there's definitely some some traditional medicines which are.

00:11:52 Kevin

Hard to hard to buy into, but some of them have some interesting things, yeah?

00:11:57 Jack

Alright, well thanks guys come.

00:12:00 Jack

Check do you want to?

00:12:00 Kevin

Right, so that's that's a big topic.

00:12:00 Jack

Take us out here yeah, yeah.

00:12:02 Kevin

We could talk about this for for quite.

00:12:03 Kevin

A while and we got to try and keep it simple.

00:12:06 Jack

There you go.

00:12:08 Jack

Alright well thanks everybody yeah.

00:12:08 Kevin

Right so.

00:12:09 Kevin

Had come out there and tell us what are your experiences and what about traditional medicine in your country?

00:12:14 Kevin

Are there any interesting cures or or things that you do there that maybe other people, other countries don't?

00:12:20 Kevin

?

?

So come and join us in our our chats and WhatsApp or Facebook or send us an e-mail and we'll talk about those later.

00:12:27 Kevin

Have a good week.

00:12:28 Jack

OK bye bye.

00:12:40 발표자

A to C.