



*Renowned Physician Sun Si Miao (孫思邈)
Performing Pulse Diagnosis on a Western Physician*

Welcome

Healing can be messy work. Sometimes you feel like you've made a breakthrough, and you're "in the clear," but then symptoms seem to mysteriously come back. Other times, healing is pretty straight forward, and you make progress every month. Most often, it's something in between.

Chinese medicine is unique in the world of healing. Because it is indeed a *healing system* and not just about symptom management, the fundamental healing process is called 扶正, which means "supporting the vitality." The longer we work together, the more I can help bring your base state of resources back up to a level where symptoms are managed, alleviated, or disappear entirely. Illness becomes something you no longer have to fear, and a life of faith and excitement replaces one of anxiety and worry.

Ultimately, as the Swiss physician Paracelsus said, "The art of healing comes from nature, not the physician," and ultimately, it is you that heals yourself. This is true *alchemy*.

Remember that this is a trusted and proven process — there are countless thousands of others with conditions just like yours at all levels of severity, who have resumed living normal lives, without the burden of fear. Trust the process. Do the work. Change something about how you live every single day. Miraculous healing is always possible.

Welcome to the beginning,



Dr. Alex Heyne

P.S. Your life doesn't get better by *chance*, it gets better by *change*. The quickest way to heal, and to change your life, is to change something about your daily habits and rituals. If any questions come up in the process, just reach out to the clinic team at DrHeyne@Alexheyne.com.

Taking Your Herbal Formula

The formula you've been given has been custom written and filled in my clinic. This powdered formula should be combined with hot water, dissolved, and stirred, and generally taken 30 minutes before meals. If you are more sensitive or have a sensitive stomach, start with a lower dose - 2 scoops, twice a day, then work up to the dosage I have recommended for you.

[For instructions on how to take your formula, watch this video here.
\(www.Alexheyne.com/formula\)](http://www.Alexheyne.com/formula)

How Long Will I Need Treatment?

Chinese medicine is unlike visiting your regular doctor. My goal as a Chinese medicine doctor is to give you a formula that not only can ease your symptoms, but can restore normal physiology to your body, so that you do not need to take anything ever again (including the formula).

A mentor of mine, Dr. Heiner Fruehauf, recommends about one month of formula for every year an issue has been chronic. So if you've had reflux for ten years, that's almost a year's worth of formula. If you've been suffering from IBS or gut problems for the last four or five years, that's about half a year of treatment. For anxiety, depression, or cancer, the treatment can be longer, but with infrequent visits after our initial assessments. Most often, I will need to see you weekly for a few months, and then we'll move to a "maintenance" or "as needed" phase if symptoms come up. Most often, I recommend seeing me weekly for 4-12 weeks; then I'll only need to see you every 3-4 weeks, and inbetween you'll continue the formula.

I've tried my best to provide some baseline benchmarks below for common conditions:

Your Recovery Roadmap

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Digestive Disorders

Conditions commonly treated:
GERD, Reflux, Indigestion,
Candida, SIBO, Ulcerative
Colitis/Crohn's, IBS, Ulcers,
Celiac, Constipation, Diarrhea,
Hemorrhoids, Diverticulitis,
Gallstones

Recovery Roadmap

- **Diagnostic Phase:** 4 weeks
- **Treatment Phase:** 4-12 weeks
- **Maintenance Phase:** Return every 3-4 weeks, if symptoms are stable, return once per season (every 3 months)

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Musculoskeletal Pain

Conditions commonly treated:
Headaches, Back pain, Neck
pain, Arthritis, Fibromyalgia,
Joint pain

Recovery Roadmap

- **Diagnostic & Treatment Phase:** 12 weeks
- **Maintenance Phase:** As needed, when pain flares

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Anxiety, Depression, Insomnia & Stress

Conditions commonly treated:
Panic disorder, Generalized
Anxiety Disorder, Depression,
OCD, Insomnia, PTSD

Recovery Roadmap

- **Diagnostic Phase:** 4-6 weeks
- **Treatment Phase:** 3 months - 1 year (for anxiety and depression)

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Sexual, Menstrual & Reproductive Disorders

Conditions commonly treated:
Erectile Dysfunction/
Impotence, Menopause,
Dysmenorrhea, Amenorrhea,
Endometriosis, Fibroids, PCOS

Recovery Roadmap

- **Diagnostic Phase:** 4 weeks
- **Treatment Phase:** 4-12 weeks (3 menstrual cycles, or 3 months for men)
- **Maintenance Phase:** Check-in once every 3-4 weeks

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Autoimmune Disease & Related Conditions

Conditions commonly treated:
Autoimmune Disease, Chronic
Fatigue, Fibromyalgia, Mystery
Symptoms, Multiple Sclerosis,
Rheumatoid Arthritis,
Inflammatory Bowel Disease

Recovery Roadmap

- **Diagnostic Phase:** 4-6 weeks
- **Treatment Phase:** 3 months - 1 year (or more)
- **Maintenance Phase:** Once per season (every 3 months) or as needed for flare management. Treatment continues indefinitely to manage symptoms

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Fertility Preparation

Conditions commonly treated:
Infertility (Male factor Fertility
as well)

Recovery Roadmap

- **Diagnostic Phase:** 4-6 weeks
- **Treatment Phase:** 1 year. Within 1 year, a majority of patients can get pregnant or will have further complications that need addressing
- **Maintenance Phase:** Once per season (or as needed, if still not pregnant within 1 year)

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General Internal Medicine (Headaches, urinary dysfunction, low immunity, motion sickness, etc.)

Conditions commonly treated:
Urinary dysfunction, Acute
Respiratory infections,
Asthma, Bronchitis, Diabetes,
High blood cholesterol,
Hypertension, Fatigue,
Hypothyroid, Migraines,
Anemia

Recovery Roadmap

- **Diagnostic Phase:** 1 week - 6 weeks. Depending on chronicity.
- **Treatment Phase:** Varies. More acute issues like motion sickness or the flu can take just a few days to a few weeks
- **Maintenance Phase:** For chronic conditions like Anemia, Hypothyroid, Diabetes, Migraines, treatment is usually at least 3 months

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Other Conditions

Conditions commonly treated:
Adjunct cancer care, acute
UTIs, post COVID syndrome,
etc

Recovery Roadmap

- **Diagnostic Phase:** 3-12 weeks
- **Treatment & Maintenance Phase:** In regards to adjunct cancer care, we generally recommend patients stay on Chinese formulas to manage side effects of chemotherapy and to work with it. Post-conventional care, we focus on building the patient's resources and strength back up. Treatment is usually indefinite and ongoing (lifelong)