

## A natural way to restore your health

**D**r. Fei Yang draws loyal patients from as far as Vancouver and Duncan to her beautiful office in her waterfront home in Sooke. While she listens carefully to her patients' symptoms, she seeks the deeper nature of the illness or pain. "The pulse and tongue tell me a deeper story," explains Dr. Yang. "They tell me about the mental state, energy level, where the spirit sits. Patients finally realize someone understands them—what their body and soul needs, the weight they are carrying. It fascinates both of us and sets them on a journey that relieves symptoms but also heals them at a deeper level."

As a sixth generation Doctor of Traditional Chinese Medicine (her mother, at age 81, still practices in China), Dr. Yang is trained in herbs, nutrition and acupuncture. (She is also trained in Western medicine though no longer practices it.)

Tracking diet is something all patients are asked to do. Often certain foods are serving a purpose—comforting a psychic wound—other than supplying nutrition. Bringing awareness of this helps patients clear the tension and make better choices.

Sometimes a simple adjustment makes all the difference. One patient told Dr. Yang that she was eating lots of vegetables and other healthy food but unable to lose weight. When Dr. Yang investigated further, it turned out the patient had had only one hot meal in two weeks—all her food was cold. This, explains Dr. Yang, slowed her metabolism—much of her food was stuck in her stomach. She needed to eat more warm, cooked food to boost her metabolism to lose weight. "If patients cooperate with me on food," says Dr. Yang, "It can save a lot of time and money."

Kerri Anne Williams originally went to Dr. Yang to get off antibiotics; after 3 months of herbs all her symptoms went away, and years later they've still not come back. Then she tried acupuncture for her sciatica. "I was very pleased that it only took 2 acupuncture treatments and 3 sets of herbs to be pain free, and walking without a limp. "I feel very fortunate to have met such an exceptional healer," says Kerri Anne. Others have successfully dealt with fibromyalgia, depression, opiate addiction, chronic pain, autoimmune diseases, hormonal imbalances, and diabetes. Read the encouraging testimonials on Dr. Yang's website.

During the spring season Dr. Yang helps many clients do an internal cleanse. This boosts your energy and mental clarity—which helps patients deal with other aspects of their lives. "There's lots of energy shifting in Spring," says Dr. Yang.

A spring cleanse program starts with a full assessment and a customized herb formula. Every two weeks you meet with Dr. Yang so she can assess your progress. "The body guides me to what to address



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in the next two weeks. It might be more cleansing but with added nourishment. However, if an infection is present, we need to address that first."

She explains everything as she goes, including what symptoms of the cleanse to watch for—sometimes you will feel worse for a bit (with flu or a sore throat, for instance) as toxins are broken down and released—and what to do about it.

Her herbal formularies are based on thousands of years of experience (and all approved in Canada). During the cleanse, her aim is to "get everything working properly—your metabolism speeds up, you have no more constipation and water retention. People notice changes very quickly," says Dr. Yang.

Always without judgement, Dr. Yang helps us view each of our symptoms as a gift we can learn from. "Then you can say I don't need that symptom anymore; it has helped me towards wisdom."

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