

Supporting Recovery from Stroke in Atrial Fibrillation Patients

The Role of TCM Acupuncture and Bioresonance

Introduction

This article examines the recovery of a patient who suffered a stroke as a result of atrial fibrillation (AF), a condition that significantly heightens the risk of such events. Patients with AF face a five-fold higher risk of stroke, with about one-third of all stroke cases linked to this condition.

Patients with atrial fibrillation face several dangers, including:

- **Increased Risk of Stroke:** AF significantly raises the risk of stroke due to the potential for blood clots to form in the heart and travel to the brain.
- **Blood Clot Formation:** The irregular heart rhythm in AF causes poor blood flow, which increases the likelihood of blood clot formation. These clots can lead to blockages in vital organs.
- **Heart Failure:** AF can weaken the heart over time, leading to heart failure, where the heart becomes less effective in pumping blood throughout the body.
- **Hemorrhagic Stroke:** While AF increases the risk of ischemic strokes (caused by clots), anticoagulant medications used to prevent stroke may increase the risk of a hemorrhagic stroke, where bleeding occurs in the brain.
- **Chronic Fatigue and Reduced Quality of Life:** AF can cause symptoms like fatigue, dizziness, shortness of breath, and palpitations, which can significantly affect daily life and overall well-being.
- **Increased Mortality Risk:** The combination of these risks - stroke, heart failure, and other complications - can lead to a higher risk of mortality in patients with untreated or poorly managed atrial fibrillation.

Despite the severe challenges typically associated with AF-related strokes, this patient's rehabilitation was greatly enhanced through a combination of Traditional Chinese Medicine (TCM) Acupuncture and Bioresonance therapy. These treatments, along with his pre-stroke physical

strength and active lifestyle, played a key role in improving his motor function, alleviating vertigo and facial paralysis.

This case highlights the potential of integrative therapies in supporting stroke recovery and overall health.

Case Overview

A 74-year-old male developed atrial fibrillation (AF), a heart rhythm disorder that greatly increases the risk of stroke. Strokes associated with AF tend to lead to more severe disability and higher mortality rates, making their management especially challenging. The condition causes blood to pool in the heart's chambers, increasing the likelihood of clot formation.

While oral anticoagulants (OAC) are commonly prescribed to reduce this risk, they also increase the potential for bleeding, including intracerebral haemorrhage (ICH).

As a result, managing patients with AF-related strokes involves a delicate balance of mitigating stroke risk while minimising the potential for bleeding complications.

Lifestyle Background

The patient was a smoker and a heavy coffee drinker before his stroke. Despite these habits, his mobility had been comparable to that of a strong 50-year-old due to his physically demanding work, which kept him fit and active. Remarkably, the patient had no history of high blood pressure and had never required medication at any point in his life before the stroke.

His physical strength was a significant advantage during rehabilitation, making it relatively easier for him to follow physiotherapy instructions once he regained balance. This highlights the importance of maintaining physical strength and fitness through regular exercise, which can positively influence recovery outcomes after a stroke.

Treatment Approach

TCM Microsystems Acupuncture

Using auricular, scalp, hand, foot, and facial acupuncture, specific points corresponding to motor function, speech, and emotional well-being were stimulated. Auricular acupuncture targets brain regions responsible for movement and coordination, while scalp acupuncture can activate neural pathways to improve motor recovery, reduce muscle stiffness, and promote neuroplasticity.

Hand and foot acupuncture complemented these approaches by addressing systemic energy imbalances and enhancing overall recovery. Facial acupuncture specifically targeted motor points to aid in restoring facial symmetry and muscle function.

Ear Seeding

Ear seeding treatments involve the use of small, non-invasive seeds or beads applied to specific points on the ear that correspond to critical acupuncture points in Traditional Chinese Medicine (TCM).

These points have a direct connection to various body systems and can be stimulated to promote healing and restore balance. For stroke or neurological recovery, the ear points are carefully selected based on the TCM protocol for neurological health, targeting areas related to brain function, sensory recovery, motor skills and circulation.

Bioresonance Therapy

The patient underwent daily bioresonance therapy, with sessions scheduled three times per day. Bioresonance therapy utilises specific electromagnetic frequencies to help restore balance within the body's energy fields.

Rooted in the principles of quantum physics, frequency healing is based on the understanding that every cell, organ, and system in the body emits its own unique frequency. When these natural frequencies become disrupted due to illness, injury, or other health challenges, the body's ability to heal itself is impaired.

Bioresonance devices work by detecting these imbalances and transmitting corrective frequencies back to the affected areas. This process helps to restore harmony and support the body's natural healing mechanisms. By re-establishing proper frequency patterns, bioresonance therapy aids in the repair of damaged tissues, enhances cellular function, and promotes overall well-being.

In the context of stroke rehabilitation, bioresonance therapy can help accelerate recovery, alleviate symptoms, and improve energy flow, ultimately contributing to the patient's successful recovery process.

Hospital Stay

During his hospital stay, he was prescribed oral anticoagulant (OAC), a medication used to prevent blood clots from forming or growing larger.

Initial imaging, including Magnetic Resonance Imaging (MRI) and Computed Tomography (CT) scans, confirmed the presence of a blood clot in the brain. A follow-up MRI 3 days later, detected another clot, highlighting the need for continued monitoring and supportive care.

MRI uses magnetic fields and radio waves to create detailed images of soft tissues, such as the brain, while CT combines X-rays to produce cross-sectional images, useful for quick assessments of brain abnormalities. These scans are essential for diagnosing and managing brain clots.

Upon being transferred from urgent care to a regular post-stroke ward, the patient was in a severely compromised condition. He experienced intense vertigo, accompanied by severe dizziness and nausea, which rendered him unable to sit up or walk. These symptoms significantly impacted his balance and mobility, leaving him bedridden and entirely reliant on assistance.

Motor impairment on his left side was substantial, though not complete paralysis, and he was unable to use his left arm effectively. While his right side was less affected, it still exhibited considerable weakness, limiting his ability to perform coordinated actions and further complicating his mobility.

Additionally, the patient suffered from facial paralysis, which severely impaired his ability to swallow and speak, making eating and communication challenging. His left eye was also unable to close properly, leaving it vulnerable to dryness and irritation, which required protective measures such as taping to prevent further complications.

These combined physical and neurological deficits underscored the seriousness of his condition and required an intensive, multidisciplinary approach to support his recovery and rehabilitation.

Bioresonance Therapy

Initial Results

The first on-site bioresonance session was initiated 48 hours post-stroke. Three specialised programs were applied, each lasting one hour with 30-minute intervals in between.

Before the frequency treatments, the patient was unconscious, had no strength, and was unaware of anyone's presence.

- Program I - The patient did not wake up but began to show slight movements.
- Program II - About 10 minutes in, the patient's breathing pattern changed dramatically, shifting from very shallow and barely noticeable to deep, steady breaths. By the end of this session, the patient opened his eyes, greeted the practitioner with a "hello," and then fell back asleep.
- Program III - The patient was able to engage in short conversations for the first time since the stroke, although he required 10-minute rests between exchanges due to fatigue.

During the patient's three-week hospital stay, he received daily bioresonance therapy, with tailored sessions targeting circulation, inflammation, and neural repair. This approach significantly improved motor function, reduced fatigue, and enhanced emotional well-being. By discharge, the patient had made notable progress, walking with a cane, and continued recovery through follow-up care and rehabilitation.

Home Recovery

After leaving the hospital, the patient began a comprehensive recovery regimen involving TCM microsystem acupuncture and bioresonance therapy, both of which played pivotal roles in his progress.

While OAC effectively managed the risk of new clot formation, the patient's recovery process required additional support. Stroke can leave lasting physical and cognitive impairments, and conventional rehabilitation alone might not address all the patient's needs.

TCM Microsystems Acupuncture

The patient received a comprehensive treatment plan that included auricular, scalp, hand, foot, and facial acupuncture. Each type of acupuncture was chosen to address different aspects of recovery, from enhancing movement and coordination to improving facial muscle function and restoring systemic balance.

Scalp acupuncture, in particular, played a pivotal role in stimulating neuroplasticity, a key factor in motor recovery. By supporting the brain's ability to form new connections, scalp acupuncture helped the patient regain movement, reduce stiffness, and improve their overall physical function. This holistic approach provided an effective, multi-faceted treatment strategy to address the complex challenges of post-stroke rehabilitation.

Auricular acupuncture focused on stimulating precise points on the ear that correspond to brain regions governing movement, coordination, and sensory processing. By targeting these areas, the treatment works to

reestablish and enhance the communication pathways between the brain and the affected muscles. This stimulation supports neuroplasticity, the brain's ability to adapt and reorganise itself, which is crucial in post-stroke recovery. Through consistent activation of these points, auricular acupuncture helps to restore motor control, reduce muscle stiffness, and improve sensory function, contributing to the patient's overall rehabilitation and functional improvement.

Facial acupuncture was used to target specific points on the face to improve muscle function and symmetry, helping to resolve facial paralysis. By stimulating these areas, the treatment enhances blood circulation, reduces inflammation, and promotes the activation of weakened facial muscles. This approach aids in restoring facial symmetry, improving expressions, and supporting overall recovery from facial paralysis.

Hand and foot acupuncture helped restore systemic balance and energy, focusing on improving circulation and nerve regeneration. Targeted treatments were designed to enhance mobility, reduce stiffness, and promote flexibility. By stimulating key acupuncture points, these treatments supported the healing of damaged nerves, improving overall movement and contributing to the patient's recovery.

The patient received acupuncture treatments at home three times a week, in addition to weekly clinic visits, ensuring a consistent and intensive approach to his rehabilitation.

Bioresonance

Personalised recovery programs were meticulously designed to address critical aspects of the patient's rehabilitation, including reducing inflammation, enhancing circulation, and promoting neural repair. These programs incorporated twice-daily bioresonance sessions, which focused on correcting energy imbalances and amplifying the body's natural healing processes.

The bioresonance therapy not only supported physical recovery but also had a profoundly calming effect, helping to alleviate the emotional stress and anxiety that often accompany stroke recovery.

Furthermore, it contributed to a notable improvement in the patient's energy levels, effectively combating the persistent fatigue experienced in the earlier stages of their healing journey.

This holistic approach played a pivotal role in fostering both physical and emotional resilience throughout the recovery process.

Electro-Acupuncture for Hearing Recovery

Electro-acupuncture was also employed to stimulate the auricular nerve, with the goal of promoting hearing restoration. Remarkably, the patient's left ear, which had been completely impaired following the stroke, began showing signs of improvement within just 24 hours of the initial 30-minute electro-acupuncture session.

The patient noted a significant reduction in the crackling noise and estimated a 10% return of hearing. By the end of a third week of treatments patient reported approximately 20% hearing restoration.

Electro-Acupuncture for Facial Paralysis

Facial paralysis on the left side presented a significant challenge in the patient's post-stroke recovery.

To address this, electro-acupuncture - a specialised technique involving the application of a mild electric current between pairs of acupuncture needles - was introduced 48 hours after the patient's discharge from the hospital. Each session, lasting 20 minutes, targeted key facial motor points to stimulate muscle and nerve activity, promoting the restoration of facial function.

Remarkable progress was observed within just 24 hours, as the patient regained micro-movement in the corner of his mouth, signalling the initial stages of recovery. Over the next three weeks, consistent electro-acupuncture treatments resulted in the complete restoration of facial movement and function, a significant milestone in the rehabilitation process.

Eye Function Recovery

From the outset, the patient's left eye was unable to close completely, requiring the application of specialised silicone tapes to prevent dryness and protect the eye from potential damage.

Following discharge from the hospital, a tailored protocol was implemented to stimulate the ocular muscles and facilitate their recovery. Over the course of approximately five targeted treatments, the patient regained full control of the eyelid, achieving smooth and effortless opening and closing without any residual weakness or strain.

As a result, the need for protective taping and the use of eye drops - which had previously caused discomfort, irritation, and inconvenience - was

completely eliminated, marking a significant improvement in both functionality and overall comfort.

Electro-Acupuncture for Migraines

During a home visit, the patient developed a migraine. The therapist applied a targeted electro-acupuncture protocol to specific points on the patient's hand for 30 minutes. The migraine's intensity quickly diminished, providing significant relief. After this treatment, the patient did not experience further migraine episodes, showcasing the protocol's effectiveness.

TCM Acupuncture Clinic Sessions

The patient was referred to an acupuncture clinic, where he underwent a comprehensive full-body assessment to evaluate his condition in detail.

Following the assessment, he received weekly acupuncture treatments for five consecutive weeks, each session tailored to address his specific needs and challenges. The acupuncture treatments quickly focused on improving his motor abilities, helping to alleviate the severe mobility issues that had resulted from the stroke.

The treatments also resulted in a notable improvement in the patient's migraines, which had been closely associated with underlying digestive issues. With targeted acupuncture, the patient experienced a significant reduction in both the frequency and intensity of the migraines, representing a major advancement in his overall recovery.

Additionally, as part of his holistic treatment plan, the patient was prescribed a customised herbal medicine regimen designed to further support his healing. The herbal medicines worked in tandem with the acupuncture to promote digestive health, improve circulation, and enhance overall well-being, contributing to his continued progress and recovery.

Appropriate Supplementation

The patient was given a carefully selected range of supplements to support neurological regeneration and cardiovascular health. Coenzyme Q10 (CoQ10) helped improve mitochondrial function for brain repair, while lecithin supported brain function, nerve cell healing, and cholesterol management. Essential minerals like magnesium, zinc, and selenium promoted nerve function, reduced inflammation, and aided tissue repair, while omega-3 fatty acids and B-vitamins enhanced cognitive function and reduced oxidative stress. This combination provided comprehensive support for recovery and long-term health.

Conclusion

The integration of Traditional Chinese Medicine, Acupuncture and Bioresonance therapy with conventional treatments has proven to significantly accelerate recovery. The outcomes are striking, showcasing notable improvements in mobility, sensory function, and overall well-being, even in complex and challenging cases like this one.

The patient continues bioresonance therapy daily with his personal device, contributing to his extraordinary recovery. He is now able to take long walks, drive, and even play the guitar, with his left-hand fingers nearly fully restored in dexterity and both sides of his body now well-coordinated. His speech has returned to normal, and his facial expressions have fully recovered, with complete resolution of the facial paralysis.

These remarkable outcomes are especially impressive, as many patients struggle with vertigo, find everyday tasks challenging, and experience lasting speech and facial impairments, and often require ongoing support and assistance. The patient's newfound vitality and joy of life are evident as he embraces each day with gratitude.

This journey underscores the profound impact of restoring harmony and balance within the body, mind and spirit, offering a unified approach to healing that leads to a renewed sense of purpose and clarity.

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