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(本文编辑: 李洁晨)

· 从医者说 ·

补充医学

Jack 是最令我感到震惊的患者。1年多前我负责住院患者，他来找我看病是因还没有自己的医生。最初，除了出现双侧扩散性肺炎外，一般情况还可以，然而静脉用抗生素后未能奏效，并出现了过度充气、水泡音和渗出；抽出空气后将其转至三级医疗中心，经支气管镜检查示弥漫性间质性肺炎和肺部纤维化，但没有做气管插管，予以类固醇药物、吸氧等治疗3周后因预后不良而出院。

Jack 是替代疗法学科的带头人，30年来，他在世界各地举办研讨会并通过创办协会以推动人们的健康训练，他采纳的是一种折中方法，即在栩栩如生的想象指导下的成像技术呼吸训练和顺势疗法（Brown 解释：栩栩如生的想象成像技术是一种补充医学，患者在医生指导下进行积极的想象，如美好的形象、健康的身体或是成功的喜悦，或其他任何美好的事情）。他生病1年后病情稳定，最近就诊时我问他对自己的成功做怎样的解释，他说：“我不承认自己有病，因为一旦你认为自己有病，你就拥有了它。我确实有症状，但只要出现症状就采取应对措施。如感到气促，我就减慢行速，集中注意调整我的呼吸。与我的精神世界一起努力，我做了很多的想象，想办法照顾好自己。”

这多有趣，我们这些采用对症疗法的医生总是将症状群集合起来才能做出诊断，再确定治疗方案，而 Jack 控制疾病的方法是症状出现就加以应对。他并没拒绝常规治疗，并且对其作了补充，他授予了机体自我康复能力。

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