

TRADITIONAL CHINESE MEDICINE AT NATURALLY WELL

More than ever, people across North America are returning to more natural methods of improving their health.

Traditional Chinese medicine (TCM) is growing in acceptance and practice. It focuses on health promotion, illness prevention and treatment through natural remedies such as acupressure, and Tui na massage.

TCM is largely based on the philosophical concept that the human body is a small universe with a set of complete and sophisticated interconnected systems, and that those systems usually work in balance to maintain the healthy function of the human body.



The balance of yin and yang is considered with respect to qi (“breath”, “life force”), blood, and other bodily fluids, the “Five Elements”, emotions, and the soul or spirit. This is a unique model of the body, notably concerned with the meridian system. Unlike the Western anatomical model which divides the physical body into parts, the Chinese model is more concerned with function.

Acupressure Therapy

Acupressure is a traditional Chinese medicine (TCM) technique based on the same ideas as acupuncture. Acupressure involves placing physical pressure by hand, elbow, or with the aid of various devices on different acupoints on the surface of the body.

Cupping Therapy

Cupping is a method of applying acupressure by creating a vacuum next to the patient’s skin. In traditional Chinese medicine (TCM) it involves placing glass, plastic, or bamboo cups on the skin with a vacuum. The therapy is used to relieve what is called “stagnation” in TCM terms, and is used in



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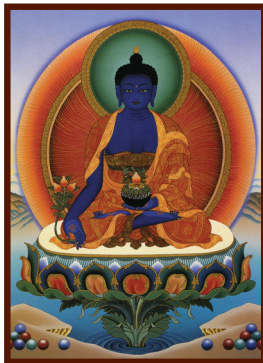
the treatment of respiratory diseases such as the common cold, pneumonia, and bronchitis. Cupping is also used to treat back, neck, shoulder, and other musculoskeletal pain.

Tui na and Tui na Fang Song

Tui na is a hands-on-body treatment using acupressure whose purpose is to bring the body into balance. The practitioner may brush, knead, roll/press and rub the areas between each of the joints (known as the eight gates) to open the body's defensive (wei) chi and get the energy moving in both the meridians and the muscles. The practitioner can then use range of motion, traction, massage, with the stimulation of acupressure points and to treat both acute and chronic musculoskeletal conditions, as well as many non-musculoskeletal conditions. Tui na Fang Song is the practice of using massage and the meridian energies for deep relaxation and stress relief.

Moxibustion Therapy

Moxibustion is the stimulation of acupuncture points by directly or indirectly warming them with moxa. It is often burned in stick form over the point, or placed on the point on top of a layer of salt, or slice of ginger root. This prevents burns to the skin. Moxa is used to warm regions and acupuncture points with the intention of stimulating circulation through the points and inducing a smoother flow of blood and qi. Moxibustion is very effective at treating cold and damp conditions, menstrual and menopausal symptoms, and the safe natural turning of breach babies.



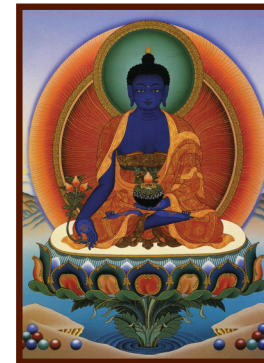
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