

WHAT IS TRADITIONAL CHINESE MEDICINE

Traditional Chinese Medicine (TCM) treats each person as a whole; it treats all four dimensions. TCM recognizes the connection between body and mind and how the body and the mind affect and ultimately, transform each other.

TCM can help conquer almost any illness or disease. The TCM diagnosis identifies the specific “pattern of disharmony” in the patient, which is often the root, or cause of the problem. Every person has a distinct pattern. If several patients have the same illness, for example, migraine headaches, the reasons behind the headaches are unique to each patient.

TCM and Western medicine can work cooperatively. TCM complements many other types of treatment by creating the environment for quicker and accelerated healing. In China, it is common to seek TCM care after a major trauma (such as an automobile accident) to restore the body’s balance and rejuvenate the mind.

A core component of TCM is called vital energy (Qi). This energy flows through the body via meridians much like the way water flows through pipes. And when energy gets blocked, it can cause illness. So TCM practitioners work to unblock this energy and restore the body’s natural ability to overcome illness. The root of the illness is removed, the body-mind balance is restored and proper functioning yields natural healing. TCM restores the balance by reactivating body’s own healing mechanisms and it can cure numerous health problems, especially chronic illness.

Typically TCM can help the healing of following problems:

- Stress Reduction, including Whole Body Healing and Increased Vitality. TCM can also help you restore balance lost by Emotional Stress.
- Aesthetic care, including, Natural Face Lift, Treatment of Athletic Neck, and Cellulite Reduction. The connection between health and physical appearance is well established in TCM. Patients discover that as their health improves, they often have smoother skin, fewer wrinkles, or thicker hair.
- Chronic Medical Problems, including Migraine Headaches, Neck, Shoulder, and Back Pain, Sciatica, TMJ Disorder, Fibromyalgia, Arthritis, Neuropathy, Insomnia, Women’s Health Issues, Sinus Problems, and Asthma.
- Everyday health problems. If you suffer from minor health problems, such as Low Energy, Heartburn, Acid Reflux, Allergies, or even the Flu or Common

Colds TCM can help. It may also prevent more serious diseases from developing.

- Special treatments like quit smoking, losing weight and wrinkle removal or reduction, etc.

How does Acupuncture work?

By inserting fine needles into certain acupoints in the body to adjust or unblock your vital energy (Qi). This permits the physical functioning of the body to be restored. There are 365 acupoints on the body. These acupoints are located along the meridians (energy channels) that move Qi throughout the body. If the energy moving along a meridian is insufficient, overflowing, or blocked, a Yin Yang imbalance is created and illness develops. Acupuncture balances the energy flow and stimulates spontaneous healing in the body. Modern science has discovered that acupuncture promotes the release of endorphins and positive neurotransmitters in the body. This may explain why patients feel tranquil and sometimes sleep during the treatments.

Why use Chinese Herbs?

Chinese herbal formulas are vital component of Traditional Chinese Medicine (TCM). The effectiveness of these customized herbal formulas is directly correlated with the practitioners' ability to prescribe the correct combination based on the correct pattern diagnosis. Custom blending sets these formulas apart from over-the-counter herbs. The formulas are centered around Chinese herbology, a science based upon 5000 years of clinical experience and study.

The herbs we use here are extracted from the raw Chinese herbs that actually grown in China. There are 100% natural and contains no color, preservatives and no any dissolvent reagents added. We have over 200 different kind of concentrated herbal graduals.

Acupuncture and Chinese herbs work together to drive the healing process. Acupuncture stimulates specific points to release blocked energy and restore its flow while the herbs work at a cellular level.

Each formula usually contains 5 to 15 different components. A "Principal" herb (or herbs) addresses the root of the problem. "Minister" herbs enhance the effects of

the principal herbs, and “adjunct” herbs make the potion less harsh. “Neutralizer” herbs are added to help the herbs enhance and act smoothly with each other.

Acupuncture and Chinese herbs work together to drive the healing process. Acupuncture stimulates specific points to release blocked energy and restore its flow while the herbs work at a cellular level.

Each formula usually contains 5 to 15 different components. A “Principal” herb (or herbs) addresses the root of the problem. “Minister” herbs enhance the effects of the principal herbs, and “adjunct” herbs make the potion less harsh. “Neutralizer” herbs are added to help the herbs enhance and act smoothly with each other.

The other natural modalities that may be used are:

Electro-Acupuncture

Small electric pulses sent through the needle

Cupping

Glass jars used to release toxins from the muscle and enhance circulation

Moxibustion

Where “moxa” herb is placed on the end of a needle and burned to release the essential oil for certain therapeutic purposes.

Ear candling: Ear candling is used primarily for cleaning the ears and to promote a healthy atmosphere in the ears, sinus cavities and throat. The process can regulate pressure, assist with post nasal drip, sinusitis, catarrh, migraines, some forms of hearing loss, and restoration of equilibrium.

Scraping Therapy (Gua Sha)

Gua Sha is a healing technique used in traditional medicine. It involves palpation and cutaneous stimulation in which the skin is pressed with a piece of jade; that results in the appearance of small red patches. "Gua" means to scrape or rub. "Sha" is a reddish, elevated patch of skin. Sha is the term used to describe blood in the subcutaneous tissue before and after it is raised as a small red bump.

The Sha bump should fade in 2-4 days. If it is slower to fade, poor blood circulation is indicated and the practitioner must ascertain whether there is a deficiency of blood, Qi, Yang or a deeper organ deficiency at the root of the problem.

What are the benefits of Gua Sha? Gua Sha can be used to prevent and treat diseases and strengthen the body. Especially in the area of pain relief it is unequalled. It has a very quick effect on pain from head, neck, shoulder, joint and back pain to RSI, fibromyalgia, sciatica and other nerve pain, migraine, PMS, osteoporosis, rheumatism. It has as well an obvious effect on various diseases caused by functional disharmony of the internal organs.

In summarizing guasha is stimulating the immune system, detoxifies and de-acidifies, promotes the circulation, regulates functions and organs, removes blockades and pain, revitalizes and regenerates ("life-extension"), diminishes stress, fatigue and burn-out, improves e.g. cures (indirectly) countless (chronic) disorders and complaints, rebalances emotions, relaxes and promotes clarity of mind...everything through ONE simple treatment.

In the treatment a special oil is put on a particular area of the skin whereafter the therapist starts "scraping" the area with a "scraper" (an specially designed instrument of jade or horn). Very soon the skin becomes red. The amazing thing is, that on places where disorders are hidden, red spots appear IN the skin (not ON the skin) comparable to hemorrhage. Because the scraping is on the oily skin the patient will hardly feel pain - neither during nor after the treatment - the skin will not be damaged, and the red spots will fully disappear within 3 to 7 days.

Two kinds of scraping therapy

◆ Meridian scraping therapy: The meridian scraping method combines acupressure with cutaneous scraping.

◆ Holographic scraping therapy: It is a method of scraping points on the body which correspond to organs in the body. This therapy has the special feature of scraping only a small area and taking a short time.

Cupping Therapy

Cupping is an ancient Chinese method of causing local congestion. A partial vacuum is created in cups placed on the skin either by means of heat or suction. This draws up the underlying tissues. When the cup is left in place on the skin for a few minutes, blood stasis is formed and localized healing takes place.

Cupping therapy has been further developed as a means to open the 'Meridians' of the body. Meridians are the conduits in the body through which energy flows to every part of the body and through every organ and tissue. There are five meridians

on the back that, when opened, allow invigorating energy to travel the whole length of the body. It has been found that cupping is probably the best way of opening those meridians.

Cupping has also been found to affect the body up to four inches into the tissues, causing tissues to release toxins, activate the lymphatic system, clear colon blockages, help activate and clear the veins, arteries and capillaries, activate the skin, clear stretch marks and improve varicose veins. Cupping is the best deep tissue massage available. Cupping, the technique, is very useful and very safe and can be easily learned and incorporated into your family health practices.

Now plastic cups based on the traditional cups by applying the traditional cupping therapy together with the magnetic therapy. The new cups have done away with the traditional firing. This has made the application of the cups more easily and safely. It has a good penetrating effect and a big drawing strength. It has not only improved efficacy but also simplified the procedures of cupping therapy.

The improved plastic cups for ancient Chinese cupping therapy are now available for supply. They are easier to be handled and safer to be used for self-treatment at home. In China, the new cups are very popular for family cupping treatment.

Cupping originated many thousands of years ago primarily for the treatment of disease and pain. This has not changed right up to today but, with modern science and understanding, it has confirmed its rightful place in both beauty therapy and well-being medicine.

Cupping therapy was originally used in China and Egypt dating back some 3,500 years where its use was mentioned in hieroglyphics. Before the invention of glass, therapists would use cow horns or bamboo to remove blood and poison from the body; clinical experience over the years has advanced its application to many areas.

Benefits and how it works

The application of Cupping is very simple but its effects are dramatic.

Our health and well-being (immune system) are totally reliant on the movement of blood, Qi (energy) and body fluids (hormones, lymphatic fluid, etc). Oriental Medicine teaches us that all pain is due to stagnation of these systems.

Due to the wonderful pulling power and heat that the cups offer, the technique is dramatic in its reduction of pain and hence our feeling of well-being.

This stagnation can be a result of injury, stress, a lack of blood, Qi, or even an invasion of cold in the body and joints. Whatever the cause, Cupping can be applied to specific points as used in acupuncture or, with the application of massage oil, to the area of dysfunction. After a very short time the patient will start to feel warmth and a reduction of pain.

Its use in beauty therapy is based around promoting hormone production, encouraging blood and body fluid movement in the bowels and internal organs, and thus removing harmful toxins that speed up the ageing process and cause other conditions.

Real holistic and beauty therapy should be on balancing all aspects of the body. We all know that wrinkles are primarily caused by individual cells drying out, due to age or too much sun.

Oriental Medicine teaches us that kidney weakness speeds up the aging process leading to dry, damaged hair, early graying or loss of hair. This drying out or imbalance in ladies also shows itself in the early signs of the menopause with hot flushes, night sweats and dry skin.

Consequently, by applying just external lotion to the skin area or hair you are dramatically letting your client down by not accessing the root cause.

The benefits of cupping therapy are endless. Due to its stimulating and strengthening effects cupping has been used successfully to treat all of the following: bowel conditions (IBS, constipation and diarrhea, headaches, back pain, arthritis, period pain, injuries, asthma, cellulite, fatigue (ME), anemia, depression and emotional problems, atrophy, sciatica, common cold and flu, skin problems, blood pressure, ladies problems, weight loss, and more.

Applying the technique

Cupping is applied to the body by introducing a naked flame to the cup to create a vacuum, which is then applied to the skin and draws a little up to seal itself. The amount of pressure applied varies with the size of the flame. Usually in the West we use much less pressure than the Chinese would, due to the expected skin color changes.

As with all therapies, and therapists or practitioners, safety must come first, especially when you are using a naked flame and glass around patients. By following these basic rules you should ensure maximum safety.

1. Always prepare your area first.
2. Choose your materials (size of cups, etc.) for each patient and each patient's condition.
3. Ensure the cups have no chips or cracks and are clean.
4. Using locking forceps remove a cotton bud from a sealable container; squeeze off excess fluid and seal container.
5. Light cotton away from the patient and container and warm the cups. Check the temperature of the cup edge on your own arm before applying.
6. Wait for correct size of flame to ensure appropriate vacuum strength.

The therapist can then decide how to use the cups depending on the client and the presenting condition. For example, if it is a child with asthma, we would use flash cupping techniques (which they usually find very enjoyable); the cups are applied and pulled off in quick succession creating a popping sound not unlike popcorn.

For more chronic cases, say a frozen shoulder or joint pain, we would use a longer application with a stronger pull.

A sound knowledge of the theories of Traditional Chinese Medicine is not needed to be proficient at cupping as you can apply the cups to general areas but, due to its nature, everybody needs some basic training in its application and its contra-indications.

However, if it is to be used in the treatment of conditions and diseases, certain fundamentals are necessary, like tongue and pulse diagnosis, an understanding of the causing factors, and acupoint indications and locations.

Moxibustion

Moxibustion ([Chinese](#): 灸; [pinyin](#): jiǔ) is an [oriental medicine](#) therapy utilizing *moxa*, or [mugwort herb](#). It plays an important role in the traditional [medical](#) systems of [China](#), [Japan](#), [Korea](#), [Vietnam](#), [Tibet](#), and [Mongolia](#). Suppliers usually age the mugwort and grind it up to a fluff; practitioners burn the fluff or process it further into a stick that resembles a (non-smokable) [cigar](#). They can use it indirectly, with [acupuncture](#) needles, or sometimes burn it on a patient's skin.

Moxibustion is a form of fire heat treatment that stimulates specific acupuncture points of the body. The term is derived from the Japanese "mogusa" meaning herb (mugwort) and the Latin "bustion" meaning burning.

There are various moxibustion techniques.

Direct moxibustion: A small, cone-shaped amount of moxa is placed on top of an acupuncture point and burned on the skin. Direct moxibustion is a traditional technique considered to be very therapeutic. Much of the scientific study has been done on scarring direct moxibustion. The effectiveness of direct moxibustion particularly on immune function has been reported as early as 1927 by Dr. Shimetaro Hara, at the Kyushu University in Japan. Presently however, direct moxibustion is not performed routinely outside of Japan, as it may have some undesirable effects such as blistering, burn marks, and even scarring at the moxibustion site. In an attempt to prevent skin damage, some acupuncturists place a medium (slice of ginger, topical paste, etc.) between the skin and the burning moxa or extinguish the burning moxa just before it reaches the skin. The possible effect derived from this type of moxibustion (sometimes referred to as non-scarring direct moxibustion or categorized as indirect moxibustion) should not be considered the same as the scarring direct moxibustion since the main effect of direct moxibustion is considered to result from actual damage to the skin (thus stimulating the release of immunological mediators resulting in a healing reaction).

Moxibustion has been used in tandem with acupuncture to treat a variety of diseases throughout Asia for thousands of years. In fact, the actual Chinese character for what we routinely call acupuncture is Zhen Jiu (or Shin Kyu in Japanese), translated literally, it means "needle-moxibustion." Moxibustion, which is so integral to the original concepts of acupuncture has not been taught in depth in the Western acupuncture education and training system. Thus, a number of practitioners today practice acupuncture using the needling method only. Using one without the other is like playing the piano with just one hand.

Moxibustion therapy in conjunction with acupuncture can be very effective for many diseases and conditions including back pain, muscle stiffness, headaches, migraines, tendonitis, arthritis, digestive disorders, anxiety, and female health problems such as menstrual cramps, irregular periods, and infertility.

Moxibustion can be applied in many different ways and the expected physiological reactions from moxibustion can greatly vary depending on the type and technique used. By carefully considering the type of moxibustion, and where and how to apply it, moxibustion can be used safely and effectively for almost all patients.

However, it should be noted that moxa, especially direct moxa, is generally not recommended for patients with diabetes, decreased sensitivity to pain, who are on certain medications such as prednisone, or who have any other conditions involving compromised circulation or a weakened immune system.

