CHINESE MEDICINE

Traditional Chinese Medicine (TCM) is the world's oldest, continually practiced professional medicine. Its written history stretches back over 2,500 years and its practice is probably much older than that. It includes 3 main branches - Acupuncture, Chinese Herbal Medicine, and Chinese Massage (Tuina).

HOW WESTERN MEDICINE AND CHINESE MEDICINE COMPLEMENT

The treatment principle of Chinese Medicine is to renew the body's resources and to improve the body's capacity to balance its strengths and weaknesses. Chinese Medicine is preventative as well as corrective. Generally Western Medicine intervenes after an illness has already manifested. While Western Medicine is the treatment of choice in emergency situations, Chinese Medicine is concerned with protecting and preserving health on a day to day basis. Chinese Medicine can also help with side effects from traditional drug therapies. Western Medicine practiced with Chinese Medicine and other medical modalities is sometimes called Integrated Medicine.

HOLISTIC CONCEPT

TCM emphasises the whole spectrum of the body, mind and spirit. Normal physiological activities not only depend on the functional co-ordination of every part of the body but also on the state of Qi, the "life force", or energy within a person. The Chinese believe that this Qi can be enhanced, improved and nourished so that the Client is healthy and full of vitality. The Qi of a person is subject to outside influence. Chinese texts speak of a relationship between man and his environment. In other words what is outside can be manifested within. For example, when it rains some people feel heavy and their joints ache, TCM would view this as damp accumulation.

DIAGNOSIS

TCM holds that diseases change and develop constantly, having different and specific stages during the course of the disease. Clinical data is gathered by the four examinations (Looking, Listening, Asking and Touching) and is synthesised until a pattern of disharmony is recognized. An appropriate treatment is then determined. After taking a detailed case history, and examining the present condition, the pulse and tongue are also diagnosed. All this information is interpreted along with the client's present and past disease history, work and living habits, physical environment, family health history, and emotional life.

WHAT CHINESE MEDICINE CAN TREAT

These are some of the many conditions for which Chinese Medicine has proved successful, in research and clinical trials. These conditions are commonly treated in Chinese Medicine Clinics. It is by no means an exhaustive list of the conditions Chinese Medicine can treat.

Respiratory	Sensory
Chest Infections	Ear Infections
Cough	Dizzyness/Vertigo
Shortness of Breath	Sinusitis
Asthma	Rhinitis
Internal	**Urino/Genital**
Palpitations	Kidney Infections
High Blood Pressure	Endometriosis
Nausea	Candida
Irritable Bowel	Period Pain
Acid Reflux	Menopause
Colitis	PMS
Neurologic	**Emotional**
Muscular Pain	Stress
Chronic Fatigue	Anxiety
Sciatica	Depression
Migraines	Insomnia
Headaches	Panic Attacks

Ask us about
Other conditions…….

TREATMENT

Treatment may incorporate Acupuncture, Herbal Remedies, and Massage. Duration of treatment depends on the nature of the complaint, its severity, and how long it has been present. Acupuncture for instance can be scheduled as often as three times a week or as little as twice a month. Some clients only need a few sessions to show a marked improvement, others need sustained care to reverse entrenched patterns that have been established over time. A typical course of treatment would be 6 sessions followed by a review.

ACUPUNCTURE

Every Organ System has a corresponding set of channels or pathways in the body, through which Qi, the life energy flows. Acupuncture points are located in small depressions along these pathways where they come close to the surface of the body. Acupuncture in these points adjusts the Qi circulation in the channels to promote it, or to drain it if in excess. In this way Acupuncture invigorates the proper function of muscles, nerves, vessels, glands and organs.

HOW IT FEELS

Acupuncture needles are thin, sterile, made of stainless steel, and in the interests of hygiene, disposable. Some clients do not feel the insertion of these slender needles at all. The sensation of Qi arrival at the point is often accompanied by tingling, warmth, or heaviness. Sometimes clients feel Qi sensations at a distance from the point of insertion, usually along the Organ channel. Needles remain in place for 20 minutes. It is normal for the client to feel relaxed .

HERBAL MEDICINE

Herbal Medicine is a powerful method of healing. Chinese Herbs treat the underlying condition revealed by the diagnosis. Chinese herbal medicine preparations from this clinic include plant ingredients, occasionally mineral, but never animal ingredients. The Chinese adopted and incorporated herbs from all over the world. 15-20% of the 500 ingredients considered standard originated from outside China. However in TCM they are prescribed according to Chinese medical theory .

HERBAL FORMULAS

Chinese herbs are usually combined in formulas to enhance their individual properties and actions. The particular needs of each client, and their symptoms, are matched with individual herbal formulas that will treat their symptoms and condition. Herbs can be used over the long term. Formulas are available in a variety of forms, traditional forms are loose herbs for herbal tea preparation, liquid bottled extracts, pills or powders. We provide Chinese Herbal Medicine in the form of gel capsules of dried herbs of traditional Chinese formulas. These herbal pills are manufactured by a USA/UK company and are supplied to us 100% pure, with no contamination in the manufacturing process.

CHINESE MASSAGE

Chinese Massage (Tuina) and Japanese Massage (Shiatsu) are both systems of massage based on Qi energy flows in the body. If there is a blockage in this flow it is reflected as an imbalance showing externally as pain, or internally as an organ malfunction. Shiatsu massage was a subsequent Japanese development of the original Chinese Tuina massage.

MYOFASCIAL RELEASE

This is a specialised soft tissue technique, recognised by the American Medical Association, for treatment of chronic pain, scar tissue release, sports injuries, and repetitive motion injuries. It can also be used for carpal tunnel syndrome, fibromyalgia, and range of motion limitations.

WHY IS CHINESE MEDICINE BECOMING SO POPULAR?

* *It is simple, cost effective, with virtually no side effects*
* *It works well in conjunction with Western Medicine, and can provide relief for conditions that do not respond to conventional therapy*
* *It enhances the body's natural healing response*
* *It encourages people to have a more active role in their health care*

INSURANCE

Humana,/Cigna, United Healthcare, Anthem/Blue Cross, and Optum/VA cover Acupuncture treatments. Please talk to us or to your healthcare insurer for further details.

INTEGRATIVE MEDICINE ASSOCIATES

changing lives - creating futures

Dr Denise Visconte

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1pm - 4pm Mon- Fri

Contact for appointment

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