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 Integrative 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

WHAT CHINESE HERBAL MEDICINE CAN TREAT

Here is a list of conditions that Chinese Herbal Medicines can treat. It is by no means an exhaustive list. Ask us about other conditions not listed here.

Respiratory	Sensory	Skeletal
Throat Infections	Ear Infections	Neck Pain
Chest Infections	Vertigo	Shoulder Pain
Cough	Dizziness	Low Back Pain
Asthma	Sinusitis	Joint Pain
Shortness of Breath	Rhinitis	Muscular Pain

Internal	Urino/Genital	Endocrine
Nausea	Kidney Infections	Hypothyroid
Irritable Bowel	Cystitis	Hyperthyroid
Acid Reflux	Painful/Irregular Periods	Diabetes
Colitis	Menopause	
Palpitations	PMS	
High Blood Pressure	Endometriosis	
Food Allergies	Candida	

Neurologic	Emotional	Other
Sciatica	Stress	Tiredness
Trigeminal Neuralgia	Anxiety	
Headaches	Depression	
Migraines	Insomnia	
Chronic Fatigue	Panic Attacks	

Ask us about other conditions……..

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.

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.

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, sometimes 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.

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*

INTEGRATIVE MEDICINE ASSOCIATES

changing lives - creating futures

Dr Denise Visconte

DACM, MAOM, MSc CHM, Dip. Tuina

Lic. Ac. (WI), Dipl. O.M. (NCCAOM)

1pm - 4pm Mon - Fri

Contact for Appointment

www.imassociates .org

INTEGRATIVE MEDICINE ASSOCIATES

changing lives - creating futures

CHINESE HERBAL MEDICINE