

Chinese Medicine

What is it and What can it be used for? "Heaven, Earth and I are living together, and all things and I form an Inseparable unity" - Chuang Tzu For over twenty three centuries acupuncture needles and Chinese Herbs have mended what is now one-quarter of the world's population, yet it is only in the last two decades that most Westerners have even heard of them. By comparison Western "modern" medicine is only 150 years old (using Pasteur as the beginning). Yet often we use the younger to judge the older and well-used Chinese medicine. It is not to say that one is better than the other, more that there are good things in both and it would be ideal if we could use the best of both. People often ask me "What can Chinese Medicine be used for?" My reply to this is that Chinese Medicine is a system which can be used for all maladies. From a runny nose, skin problems, joint and muscle problem, menstrual problems to all kinds of emotional disorders. Because it is a complete system and not an offshoot of modern medicine, its diagnosis can be completely different from that of Western medicine. For example, 10 people may complain of a headache. By feeling the pulses at each wrist and observing the colour and form of the face, tongue and body. Add each individual's work, living habits, physical environment, family health history and emotional life and a different diagnosis and treatment can result for each. Some may be diagnosed as a "wind-heat" headache. Others it may be "blood emptiness" or "Liver Yang rising" or "Damp congestion" etc. Each will be given different treatments accordingly. So going to your practitioner and saying I have diabetes or hay fever or arthritis will give them a clue but he/she will be doing a re-diagnosis into the terminology of Chinese Medicine. There are various form of treatments: Acupuncture Chinese Herbs Tuina (Chinese Massage)