



Traditional Chinese Medicine

Definition

Traditional Chinese Medicine, or TCM, is a composite of many therapies including acupuncture, herbal medicine, massage, nutrition, and exercise. The therapies are used to harmonize underlying imbalances in our lives and bodies by restoring a natural equilibrium between energetic systems.

- Acupuncture is the insertion of hair thin needles at specific points along meridians.
- Herbal medicine is the combination of Chinese herbs as formulas, taken as teas.
- Massage here is Tuina, and Shiatsu. Two forms of acupressure that relax, open, and energize the body and mind.

Benefits

As well as being a compliment to modern treatments, TCM is a preventative medicine. It can be used to avoid the occurrence of disease through the maintenance of health and balance in our daily lives.

A few ways in which TCM can benefit our health are:

- Maintaining or boosting function of the immune system,
- Stimulating the circulation of blood and energy (*Qi or chi*),
- Enabling our systems to better accommodate mental, emotional and physical stress

History

Fundamental philosophical elements of TCM such as yin and yang, the 5 elements, and wholism originate in the earliest of Chinese philosophies. The medicine itself is thousands of years old in its original form.

Although TCM has been re-systematized in the last century to make it more accessible in the modern world, some of the original medical texts date from before 1000BCE. These classic texts are still referenced for specific protocols in the treatment of particular syndromes, often corresponding to modern diagnosis or conditions.