

Traditional Chinese Medicine:

With a documented history that dates back over two thousand years, Traditional Chinese Medicine, (TCM) is arguable the oldest, continuous form of professional medicine on the planet. It's development as a holistic form of medicine has been refined over the last four millennia. It encompasses the treatment modalities of acupuncture, herbal medicine, bodywork, nutrition and lifestyle considerations.

The human body is seen as a holistic being, meaning that all of it's various systems are part of a greater whole that must be energetically, spiritually, mentally, and physically balanced to achieve maximum health. Your practitioner utilizes the modalities of TCM to restore this balance.

The fundamental concept of Chinese Medicine is that of Qi or Chi (pronounced 'chee'). Qi is the energetic "life force" that flows freely throughout the body. It animates us, protects us from illness, pain and disharmony. Our health is determined by the quality, abundance, availability and balance of Qi.

Qi moves through the body via pathways called meridians or channels that connect the organs and glands to the rest of the body. Meridians can be compared to rivers or stream flows that must be abundant and free from blockage to maintain health.

Practitioners of TCM can use acupuncture as one of many methods employed to restore the free-flow of Qi. Acupuncture involves the insertion of thin, sterile needles into specific points along the meridians. Stimulation of these points can restore the balance of energy in the body, allowing it to overcome disease.