

Traditional Chinese Medicine - Acupuncture

Traditional Chinese Medicine (TCM) is a complete health system comprising of herbal remedy, acupuncture and acupressure (massage and reflexology). It considers the human body as a holistic whole and the Chinese medicine has its own comprehensive theories: Yin Yang, Five elements, Viscera and Bowels, Qi and Blood Fluid, Channels and Collaterals, Pathogenic factors as well as unique therapeutic methods.

Emphasis is more on balance between mind and body with prevention of disease using TuiNa massage, Qigong moxibustion and healthy diet practiced as part of the treatment in curing and preventing the disease.

Acupuncture from East to West

Acupuncture is one of the oldest forms of healing in the world, beginning in China thousands of years ago. It remains the primary source of treatment in Asia. Acupuncture has rapidly become an accepted treatment alternative in America and in UK Acupuncture has been in the national news recently also as an effective therapy to cure many ailments.

Nowadays, in seeking an alternative way to cure disease, to avoid side effect of conventional medicine, to obtain a better life or to maintain an optimal health, people start to choose acupuncture. As NIH (National Institute of Health Consensus in Acupuncture in 1997) consensus indicated: "One of the advantages of acupuncture is that the incidence of adverse effects is substantially lower than that of many drugs or other accepted medical procedures used for the same condition". Recent reports indicated acupuncture and Chinese medicine is becoming more and more popular in this country.



The therapy is to insert fine sterilized needles in the strategic points of the body, ears, scalp, abdomen, hand, and feet to stimulate invisible channels of energy running beneath the skin. By activating the body's own healing mechanism, the magic needles can help clear pathogens, stop pain, build up energy and improve many other physical and mental conditions. The Chinese acupuncturists have used this therapy successfully in treating many conditions and the treatment can be surprising gentle whereby you only feel a mild sensation when the needles are inserted.

*For specialist advice or consultation, you can contact
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