Introduction to Chinese Medicine
2000 plus years

theory practice commentary argument
more commentary reform restriction
innovation more argument regulation
grandstanding economics disagreement
standardization re-invention more
commentary trade secrets social-
economic competition case study revision
practicality transformation service
Chinese medicine looks a bit like this
Qualitative

- Focus on person, rather than disease
- Highly individual
- Root and branch
Language of nature

- No boundaries drawn between humans and nature
- What sounds like a weather report is actually a well considered diagnosis
Five Pillars
Diagnostic Methods - tongue
Diagnostic Methods - *Pulse*
Diagnostic Methods- Abdomen

Acupuncture and herbal traditions both use the belly

Very useful in differentiating various constitutional types

Areas of coldness, tension, pain and moisture all give clinically useful information
Diagnostic Theory

- Eight principle
- Wu xing (five phases)
- Zang fu- organ systems
Eight Principles

- Excess / deficiency
- Hot / cold
- Exterior / interior
- Yin / yang
Wu Xing- five movements
Zang Fu - *organ systems*

- Interior / exterior relations
- Channel relations
- Organ functions / Chinese physiology - not to be confused with Western organ function!
Acupuncture

Chinese / Modern TCM
Japanese
Korean hand
Tung shi, Taiwan
French ear
English 5E
Dry needling/trigger points
Acupuncture

- Channels and points
- Adjusts flow of qi
- Effects organ function
- Local vs distal treatment
- Treats root and branch
Chinese herbs
Chinese herbs

- Raw herbs/decoctions
- Tablets/pills
- Concentrated granules
Chinese herbs- *Safety*

Know your sources

Need for qualified, studied practitioner

Separate media hysteria from actual situation

While safe, this is not something you should fool around with in a casual way
Chinese herbs - drug interactions

- Quite rare
- Usually can be used with western meds
Diet Therapy

- Energetics of food
- Basic Western nutrition
- Get off the HFCS and artificial sweeteners
- Shop the edges of supermarket
- If you great grandmother did not recognize it as food, it’s not!
Bodywork

- Massage
- Cranial work
- Cupping
Wellness promotion  

- Moderate exercise
- Taichi / qigong
- Yoga
- Pilates
- Meditation
- Whatever connects you to Life
Questions

有什麼問題
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General reading on Chinese medicine:
www.yongkangclinic.com/yy-blog