

Frequent asked questions:

Q: What is Traditional Chinese Medicine (TCM, 中医) ?

A: TCM is a broad range of medical practices which have been developed in China more than 3500 years ago, and is widely used in China and other Asian countries. The practice includes various form of herbal medicine, acupuncture, massage (Tui Na), exercise (Qi Gong and Tai Ji), and dietary Therapy

Q: What is the difference between TCM and Western medicine?

A: TCM views the human body as a whole. It focuses on harmonization of body systems and harmonization between the body and the environment. TCM diagnosis is based on identifying symptoms to diagnose a pattern of underlying disharmony, by measuring the pulse, inspecting the tongue, skin and eyes, and by looking at the eating and sleep habits of the patients, as well as many other things.

Q: What is acupuncture (针灸)?

A: There are roughly 360 acupuncture points connected with 12 main meridians and eight extra meridians. These points connect the body's chi together and transport it through the whole body. Based on the traditional Chinese medical diagnosis of the patient's current conditions, a strategic combination of needling will be selected and used to treat the patient. The needling methods and manipulations are big part of the treatment as well in order to achieve the maximum effects.

Q: How does acupuncture work?

A: The classical Chinese explanation of acupuncture is that channels of energy, or "Qi" (Chi), run in regular patterns through the body and over its surface. These energy channels are called meridians in acupuncture theory. They are like rivers flowing through the body to irrigate and nourish organs and tissues. An obstruction in the movement of these energy channels is like a dam that backs up the flow in one part of the body and restricts it in others, leading to illness or pain. By gently inserting needles in a few selected points, acupuncture treatment can help remove the obstructions and restore the flow of Chi. Unobstructed flow of Chi is essential for healing illness.

Q: Is Acupuncture painful?

A: It varies from patient to patient and the position of the acupuncture point. Most of the time it is painless. However, there is typically a sensation felt when the needles are inserted. It is referred to as the 'Qi' sensation, which can be heavy, dull achiness, tingling, or like a gentle pressure. If there is a severe energy blockage at a point then you may feel a mild electric charge or slight stinging sensation, but any pain is very brief.

Q: How will I feel after Acupuncture?

A: Many patients feel very relaxed after treatment and may be a little drowsy. You will be able to continue your normal daily life after treatment, but you might want to try not to plan to do anything strenuous and enjoy the chance to relax.

Q: How long is the acupuncture treatment last?

A: Acupuncture sessions typically last 30-45 minutes, depending on the patient's age, physical body type, and severity of the issues.

Q: What is Chi? What does it do?

A: Chi means energy and is invisible. Its present is the working energy of your bodily organs and systems. Chi is the power of function and absence of chi is death. Good health depends on a balanced distribution of Chi throughout the meridian network. When chi flows smoothly and harmoniously throughout meridians, each bodily system and all organs interact and work with other systems and organs to maintain your healthiest stage.

Q: How many sessions do I need?

A: The number of treatment sessions needed depends a lot on the patient and the severity of the health condition. It is most common for patients to feel the first effects of the treatment after one or two sessions. For acute problems, usually three or four visits will take care of the problem, but for complex or long-standing conditions, one or two sessions a week for several months may be recommended.

Q: Any side effects?

A: Usually not. As energy is redirected in the body, internal chemicals and hormones are stimulated and healing begins to take place. Occasionally the original symptoms worsen for a few days, or other general changes in appetite, sleep, bowel or urination patterns may be triggered. These should not cause concerns, as they are simply indications that acupuncture has started working.

Q: What is Chinese Herbal Medicine (中药)

A: Chinese herbal medicine uses a variety of herbs, such as astragalus, ginkgo, ginseng, green tea, and eleuthero (also known as "Siberian ginseng") in different combinations to restore balance to the body. Herbal blends are said to prevent and treat hormone disturbances, infections, breathing disorders, and a vast number of other ailments and diseases.

Q: How is Chinese Herbal Medicine prescribed?

A: Chinese Herbal Medicines are prescribed either singly or made into formulae which take into account the individual therapeutic action of each herb as well as the effects when combined together. The other forms of herb products like patent herb pills, and capsules, patches, etc. are also available.

Q: What conditions does Chinese Herbal Medicine treat?

A: Chinese Herbal Medicine is similar to acupuncture and can help treat a variety of health issues. Herbal Medicine is often combined together with acupuncture to enhance the effect of treatment. In addition to providing effective treatment for a wide range of health disorders, Chinese Herbal Medicine may also be used to assist with general health maintenance and disease prevention. By strengthening and enhancing normal body functions, the immune system is boosted and a general sense of well-being is promoted.