

What is Traditional Chinese Medicine (TCM)?

TCM is an ancient medical system that developed in the Orient. The earliest records of this form of healing date back 2000 years. Today, TCM is one of the most widely practised traditional medicine systems in the world and is increasingly being used in the west.

TCM is a holistic system that includes acupuncture, herbal medicine, diet, massage and exercise. The most commonly used therapies are acupuncture and herbal medicine.

Acupuncture

Acupuncture is used for a wide variety of conditions and injury recovery, such as management of pain and nausea, cardiovascular disorders, digestive disorders, neurological problems and drug addiction. By putting the very thin needles into the skin and muscle, they stimulate the brain to release certain chemicals that travel around in a person's blood, and it is those chemicals that help relieve pain, reduce inflammation or help people sleep.

Chinese massage and exercise are used in the context of acupuncture theory. Chinese exercise like Tai Chi, for example, is all about breathing, meditation, visualisation and gentle movements which all contribute to the general health of a person.

Herbal Medicine

Chinese herbal remedies are made up of combinations of different herbs and animal products and are used to treat a wide range of problems, including headaches, acne, digestive upsets, arthritis, menstrual pain, asthma, irritable bowel syndrome, fertility problems, fatigue and diarrhoea. Dietary medicine is also guided by Chinese herbal theory.