*MB, Guangzhou University of Traditional Chinese Medicine*

* Member of the NZ Registrar of Acupuncturists
* Acc treatment provider
* Clinical acupuncture
* Chinese herbal medicine

**Jane Huang** has over 20 years of clinical experience in China and New Zealand, specializing in Traditional Chinese Medicine. She received her Medical Degree after completing a 5 year course in *Guangzhou University of Traditional Chinese Medicine* in 1988. She practiced Acupuncture and Traditional Chinese Medicine in *Guangdong Provincial People's Hospital* in China for 10 years. She now has clinical practices in Acupuncture and Traditional Chinese Medicine in Wellington and the Kapiti Coast.

**Patient Feedback**

**Henry Su**

* Member of the NZ Register of Acupuncturists
* ACC Treatment provider
* NZQA Assessor

**Henry Su** completed a traditional five year bachelor's course at *Guangzhou University of Tradition Chinese Medicine* which included one year of clinical residency at the *Traditional Chinese Medicine Hospital* in Guangzhou, China. He graduated in 1988 and holds a bachelor's degree in Medicine

Henry Su went on to tenure as senior lecturer from 1988 to 1997 at *Guangzhou University of Traditional Chinese Medicine*, while also practicing as a physician at the acupuncture clinic associated with that university. He was also a member of the prestigious *Chinese Acupuncture Association* for eight years.

During Henry's tenure at the *Guangzhou University of Traditional Chinese Medicine* he conducted and published many clinical studies on acupuncture and Chinese herbal medicine, some of which are mentioned below.

In 1995 Henry Su was invited by the *Chinese High Education Committee* to visit the *Victory College of Traditional Chinese Medicine* in British Columbia, Canada and spent two months touring and lecturing there.

Henry has held the position of teacher/lecturer, clinical supervisor and NZQA Authorised Assessor at the *New Zealand School of Acupuncture and Traditional Chinese Medicine* since 1997. With over 20 years of experience, research and teaching, he has successfully treated thousands of patients.

**Henry's published works include**

* Traditional Chinese Acupuncture in Modern Therapeutics
* The Clinical Application of Back-shu Points
* Clinical Comparison of the Acupuncture Treatment of Cerebral Palsy with Standard and Special Points of the Scalp
* Clinical Observation of 216 Cases of Osteophyte Treated by Long Needling Technique

**What is Traditional Chinese Medicine?**

Traditional Chinese Medicine (TCM) is a system of medicine used to diagnose and treat illnesses, prevent disease and improve well-being. It is effective for physical, psychological and emotional conditions.

It has been used in China for the past 3000 years and is now widely practiced throughout the world.

TCM sees disease as an imbalance in the flow of energy (Ch'i). When energy becomes blocked there is an imbalance, which manifests as disease. TCM aims to identify where there is an imbalance and uses methods such as acupuncture and herbs to help the body restore itself to a state of relative balance.

TCM aims at treating the whole person rather than just the disease. It takes into account not only physical but also mental and emotional aspects to develop a complete picture of the patient. It looks at treating the root patterns or disharmony rather than simply treating the symptoms of disease.

TCM has always been used as a preventative medicine, as a way of maintaining health, but can bring great benefits to the patient in almost any illness.

**How does acupuncture work?**

According to ancient Chinese medical theory, the life force called Ch'i flows through the body through invisible channels (called meridians), regulating physical and mental processes. Opposing forces within the body, called Yin and Yang, must be balanced to keep Ch'i flowing properly. The meridians run deep within the body's tissues and organs, surfacing at some 360 places identified as acupuncture points. Stimulating these points balances and restores the flow of Ch'i.

**Is acupuncture painful?**

You may feel sensations of numbness, tingling, warmth or coolness in various areas of the body, which are all normal. Your practitioner can explain why.

**What happens during treatments?**  
When you come in for treatment, up to ½ hour could be spent discussing not only the immediate problem but also taking a full case history to build up a picture of your health.

Not only will the practitioner spend time asking questions relevant to your condition but also he or she will use the tools of *pulse taking* and *tongue diagnosis* to gain more of an understanding of your condition.

**Are needles safe?**

Yes. Each needle is used once only. They are prepackaged, sterile, stainless steel and are immediately disposed after use.

**How does Chinese herbal medicine work?**

Chinese herbal medicine is very popular in China. It is used to treat illnesses from unusual weather changes, emotional disturbances, physical overwork, an unbalanced diet, medicinal drug side-effects, parasites, poisons and trauma.

Combinations of different herbs are used together to dispel the pathogens and strengthen the body's constitution. Through the effects of the specifically chosen herbs the interior organs become balance and return to proper harmony and function.

The art of the professional herbalist takes years of study and experience. The herbs used at our clinic are specifically selected to be of the highest quality to be safe and effective.