# *****What Is TCM?*****

### ****A Pathway to the Life You Want****

TCM, or Traditional Chinese Medicine, is a profound pathway to create the life you truly want to live, the life you were born*聽*to live. It鈥檚 a timeless bridge that can initiate and support change and growth in any and every life dimension: physical, mental, emotional, and spiritual.

### ****An Ancient yet Completely Modern Healing System****

TCM has the power to unlock your true potential and help you develop and use your own unique gifts and talents. Its insightful wisdom and ability to understand and address individual health needs empowers each person with a way to unite body, mind, and spirit鈥攖he foundation for lasting, authentic health. TCM teaches you how to live a life of balance, wellness, and harmony.

It鈥檚 true that TCM is one of the oldest healing systems on the planet. It has actually been in continuous practice for thousands of years. How can something so old still work for people living today鈥攊n your life?

What is TCM?

TCM stands for Tranditional Chinese Medicine.It has a history of thousands years.

As part of Chinese science and culture, TCM theory comes from

It is formed by summarizing the precious experience of understanding life, maintain health ,and fighting diseases accumulated in daily life, production and medical pracitice/

It is not only has systematic theories, but also has abundant preventative and therapeutic methods for diseases.

As part of Chinese science and culture, TCM theory come from the study of the natural phenomena and experience from life.

Meridians transport qi(vital engergy) and blood all over the body linke up the upper and the lower, the inside and the surface of the human body ,response and conduct the infromation.

Tcm the clinical diagnosis and treatment in TCM are mainly based on the YIN -YANG AND five elements theories.