**1235**

14 of 995 DOCUMENTS

The Daily Telegraph (Sydney, Australia)

January 13, 2004 Tuesday

**Old ways new hit - Chinese remedy proves popular**

**SOURCE:** MATP

**BYLINE:** VANESSA MCCAUSLAND

**SECTION:** LOCAL-COLUMN- CENTRAL COAST EXTRA; Pg. 2

**LENGTH:** 387 words

MORE Coast people are choosing reflexology, **acupuncture** and massage to treat the aches and pains of their daily lives.

Alternative medicine is becoming a popular and acceptable remedy, spurred on by the recent opening of a Chinese Medical centre in Erina Fair.

The centre specialises in the old **traditional** **Chinese** **medicine,** including **acupuncture**, massage, reflexology and **cupping**.

Owner Robert Liang said his clientele had doubled since he opened the practice five months ago.

"At first we were quiet but now more people are finding out about us. I think it's word of mouth," he said.

"People are returning for follow up treatments and we now have a lot regulars."

The medical centre now treats up to 40 people a day.

Mr Liang decided to open the Erina Fair store because he saw an opportunity for alternative medical remedies in the area.

"I don't think there are many other Chinese medicine alternatives around. I thought it would be good to start in Erina Fair," he said.

Mr Liang also owns a similar centre in Penrith.

"The Penrith one is very popular," he said. "I'm hoping the same thing will happen in Erina."

Mr Liang said massage was the remedy most people initially came in for.

"I do Chinese traditional medicine and treatment massage," he said.

"We massage with the clothes on so I think that appeals to some people."

Chinese massage is used to treat stiff neck, lower back pain, migraine, tennis elbow, stress and tension.

Acupuncture and reflexology are also used to target problem areas.

Mr Liang said pressure points were used in both instances to identify and treat aches and pains in other parts of the body.

"When we massage we try to find pressure points on people's bodies and work them," he said.

"There are different pressure points for different problems. If you've got lower back pain there are pressure points on your lower back, which can ease it.

"In Chinese medical science we believe internal organs can be targeted by pressure points too."

Mr Liang said cupping was a less well-known technique, which was gaining popularity.

"One of the not so well known Chinese traditional treatments is cupping. This is where glass bowls are used to bring bad blood to the surface of skin. Cupping can open channels and get rid of bad blood," he said.

**LOAD-DATE:** January 12, 2004

**LANGUAGE:** ENGLISH

**JOURNAL-CODE:** DTM

Copyright 2004 Nationwide News Pty Limited

**1236**

49 of 995 DOCUMENTS

The Daily Telegraph (Sydney, Australia) (Sydney, Australia)

October 20, 2004 Wednesday

**Healing the pressure - HOW DID THAT HAPPEN: GREAT CIVILISATIONS OF THE WORLD - PART 3 MARCH OF IDEAS**

**SOURCE:** MATP

**SECTION:** MAGAZINE; How Did That HappenPhoto; Pg. W10

**LENGTH:** 711 words

They may be thousands of years old but the theories and practices of **Chinese** **medicine, such as acupuncture and cupping**, have never been more popular

It's a treatment that goes back more than 4000 years, yet has exploded in popularity in the past couple of decades. **Acupuncture** is the Ancient Chinese method of unblocking energy channels to relieve pain, using tiny pins on key points of the body.

Thousands of years ago the skin was pierced with fine stone pins; these days, the stone needles have been replaced by stainless steel ones.

**Chinese** **medicine,** derived thousands of years ago, is going through a renaissance in Western society today as an alternative and complement to traditional Western healing. The Chinese used herbs, plants and animals to produce their medicines, and roots, flowers, leaves and seeds are still used in most **Chinese** **medicines.**

Cupping is another ancient technique on the rise today, which sees glass or plastic cups placed at specific points on the back and suction-pumped to create a vacuum effect. The Chinese are believed to have hollowed out animal horns and bamboo or pottery cups and sucked the air from them, before placing the cups on the body.

Devotees say the technique unblocks lymph nodes, relieves localised back pain and treats chest infections, asthma and digestive ailments.

Early Chinese scientists based their medical practice on the teachings of the Daoist religion. Their wholistic approach attempted to make the body work harmoniously.

There is evidence of scientific and mathematical observations being made about 1750BC in the form of symbols engraved on animal and tortoise bones.

As well as ritual information, the bones contained astrological and astronomical observations about solar and lunar eclipses, novas, exploding stars and sunspots. These were not rediscovered until Galileo's time in the 16th century AD.

A detailed astronomical chart carved in stone has also been attributed to the Chinese.

A less savoury practice was the use of "oracle bones" in a deadly kind of divination. Mystics and priests used the bones to communicate with their ancestors about the future, sometimes sacrificing people in the process.

The abacus was used to find answers in a more practical, mathematical sense. It was a very simple but effective calculator used by merchants to keep their records, and its use has continued for centuries. The abacus seen most commonly today is a Chinese abacus.

Pinpointing the results of an ancient treatment

Traditional Chinese medicine draws on anatomy, physiology and diagnosis. It views the healthy body as a balancing act between the opposite aspects of yin and yang.

For example, yin equates to water or serenity and yang is fire or action. Disease results when either one is deficient or surplus, affecting a person's natural balance.

Acupuncture points lie along channels, known as meridians, in the body and Qi (vital energy) flows along them. Disease alters Qi's flow and needles are inserted to correct its path, promoting good spiritual, emotional and physical health.

The needles are left for 15 to 30 minutes, then manipulated. In contemporary Western medicine, acupuncture is used to treat joint, bone and muscle pain.

In conjunction with complementary remedies it can relieve dental, lower back and migraine pain. Asthmatics have reported benefits from using it too.

Studies prove the treatment releases endorphins into the nervous system.

Key areas in acupuncture

GOVERNING VESSEL:

Relates to the "yang" meridian.

CONCEPTION VESSEL:

Relates to the "yin" meridian.

PERICARDIUM MERIDIAN

(YIN): "The heart's ambassador." Protects the heart.

LUNG MERIDIAN (YIN):

Distributes qi around the body.

HEART MERIDIAN

(YIN): Reflects shou (spiritual vitality).

KIDNEY MERIDIAN

(YIN): Carries jing (life essence), which is stored in the kidneys.

SPLEEN MERIDIAN (YIN):

Transports nutrients converted into qi by the spleen.

STOMACH MERIDIAN (YANG):

Channels qi from the stomach. "Sea of food and fluid".

LIVER MERIDIAN (YIN):

Regulates the smooth flow of qi.

DID YOU KNOW?

\* The Chinese may have used early paper for military body armour as well as for writing on.

They discovered the arrows could not penetrate the pleated material.

**LOAD-DATE:** October 19, 2004

**LANGUAGE:** ENGLISH

**JOURNAL-CODE:** DTM

Copyright 2004 Nationwide News Pty Limited

**1237**

176 of 995 DOCUMENTS

Sunday Telegraph (Australia)

April 3, 2011 Sunday

M Edition

**Traditional Chinese Medicine to the rescue**

**BYLINE:** Max Beasley

**SECTION:** FEATURES; Pg. 29

**LENGTH:** 140 words

**Traditional Chinese medicine** (TCM) has a lot of success in aiding recovery from chronic stress and illness. Sydney-based TCM practitioner Ray Ford says: "In **Chinese** **medicine** herbs and **acupuncture** are used to balance the body and improve health. For extreme stress or convalescing, treatment is aimed at stimulating the immune system and the digestive process and improving sleep quality." In TCM, emphasis is also placed on living in harmony with each season. "The theme of autumn is letting go," Ford says. "Autumn is also associated with the lungs and large intestine. It is important to protect your lungs in autumn from cold air. It's also a time to eat cooked food and warm the body from the inside. Foods to promote good health and aid elimination at this time include rice, beans, peas, radishes, sea vegetables, potato and cabbage."

**LOAD-DATE:** April 2, 2011

**LANGUAGE:** ENGLISH

**PUBLICATION-TYPE:** Newspaper

**JOURNAL-CODE:** STE

Copyright 2011 Nationwide News Pty Limited

All Rights Reserved

**1238**

240 of 995 DOCUMENTS

TELEGRAPH

August 6, 1986 Wednesday

**ACUPUNCTURE DEVICE**

**SOURCE:** QNP

**BYLINE:** AAPINTNEWS

**LENGTH:** 199 words

**ACUPUNCTURE** DEVICE Electric "needle' TOKYO (AAP): A Japanese company is marketing a pocket **acupuncture** device designed to combine the benefits of **traditional Chinese medicine** and modern Japanese technology.

The pen-sized device, called ""Electrocare", automatically locates the **acupuncture** points where practitioners of oriental medicine traditionally have inserted needles to cure specific ailments.

Once it has located the correct body points, the device dispenses a small electrical charge.

When the device is passed over the skin, the user is alerted by a light and a buzzer to the correct points at which to discharge the electrical impulse.

The manufacturers, Waco, say the device was developed by a Soviet physician, Dr Alexander Kairis.

The device is said to be able to soothe migraines and help in treating certain eye problems, nasal congestion, insomnia, hypertension, menstrual cramps, asthma and some skin diseases.

It is being tested by a Swiss university for use in the treatment of migraine and by a French hospital for use in easing the pain of cancer sufferers.

The device, which sells in Japan for $194, will be available in other countries next month.

**LOAD-DATE:** September 18, 2003

**LANGUAGE:** ENGLISH

**JOURNAL-CODE:** TEL

Copyright 1986 Nationwide News Pty Limited

**1239**

270 of 995 DOCUMENTS

Sunday Telegraph (Australia)

August 14, 2011 Sunday

M Edition

**Best places in NSW... acupuncture**

**BYLINE:** By Nicola Conville

**SECTION:** FEATURES; Pg. 26

**LENGTH:** 1281 words

If you have a health problem that won't go away, try the ancient art of **acupuncture**.

Originating in China over 2000 years ago, **acupuncture** is now accepted in the Western world as an effective form of medicine. The World Health Organization (WHO) now recognises **acupuncture** and **traditional** **Chinese** **medicine** (TCM) as a legitimate form of health care.

**Acupuncture** involves the insertion of very fine needles into specific body points and works by helping the flow of an energy force called qi (pronounced "chee") to circulate freely around the body. It can help to address health problems including acute and chronic pain, reproductive challenges, skin conditions and psychological issues.

Recent studies have found **acupuncture** can help control the side effects of cancer, and can also effectively treat mild traumatic brain injury. Here's our pick of some of the most notable clinics and practitioners in NSW.

SYDNEY

+ ACUPUNCTURE CHINESE MEDICINE FERTILITY CLINIC, CASTLE HILL AND SURRY HILLS

Experienced acupuncturist and herbalist David Lau specialises in treating fertility issues, including problems with menstruation, ovulation, recurrent miscarriage and general preparation for natural conception or IVF treatment. The first consultation is free.

+ Contact: (02) 9634 3620 (Castle Hill), (02) 9211 6345 (Surry Hills), www.naturaltherapypages.com.au/therapist/davidlau/30

+ DAVID WHITE CLASSICAL ACUPUNCTURE, CROWS NEST AND SYDNEY CBD

This clinic specialises in Neijing, or classical acupuncture, which remains true to the original methods and teachings of this ancient medicine. Neijing acupuncture is effective in the treatment and management of acute and chronic pain, psychological disorders, respiratory disorders, gastric and skin conditions.

+ Contact: (02) 8095 8255 (Crows Nest), (02) 9299 6688 (Sydney CBD), www.classicalacupuncture.com.au

+ SYDNEY CITY ACUPUNCTURE, SYDNEY CBD

Practitioners at this city clinic use gentle acupuncture techniques to treat a variety of ailments from neck and shoulder pain to infertility. Acupuncture is also practised in combination with Chinese medicine to treat stress, tiredness, headaches and poor sleep. You can also opt for a massage and stretching program in conjunction with acupuncture to help with sporting injuries.

+ Contact: (02) 9223 4777, www.sydneycityacupuncture.com.au

CENTRAL COAST

+ CENTRAL COAST ACUPUNCTURE AND HEALTH SPA CENTRE

This clinic offers traditional acupuncture to assist in recovery from illness, disease prevention, regulating the immune system, IVF support and natural fertility programs. It also specialises in cosmetic acupuncture, which helps treat and prevent the signs of ageing such as lines, wrinkles, sagging, discolouration or dullness of the skin and loss of elasticity.

+ Contact: (02) 4323 9639, www.cosmeticacupuncture.com.au

+ FIVE ELEMENT ACUPUNCTURE, COOKS HILL

By combining the five elements of earth, wind, air, fire and water, this practice promotes a holistic system of healing that focuses on treating the person rather than the illness. Practitioner Mark Hoppe specialises in classical five-element acupuncture (CFEA), which works to restore and maintain harmony of the body, mind, emotion and spirit.

+ Contact: 0425 328 209, www.wellinmyself.com

NORTH COAST

+ ALCHEMY IN BELLINGEN

This colourful centre offers acupuncture among a range of services, including naturopathy, homeopathy, massage and herbal medicine. Practitioner David Whitmore uses acupuncture to regulate nerves, blood vessels and the lymphatic system. Other related techniques used include moxibustion (see below), deep tissue massage and cupping.

+ Contact: (02) 6655 0429, www.alchemyinbellingen.com.au

+ LISMORE ACUPUNCTURE

In addition to acupuncture for the treatment of stress, pain, anxiety, nervous tension, gastric problems, stroke management, fertility and symptoms of menopause, this clinic also offers tui na (Chinese massage) and Chinese medicine.

+ Contact: (02) 6622 0882, www.lismoreacupuncture.com.au

ACUPUNCTURE ADD-ONS

Some of the complementary techniques used during acupuncture include the following:

Chinese herbs: Either specially mixed by the acupuncturist or in pre-prepared tablet or granulated form.

Cupping: Suction designed to bring qi and blood to the acupuncture point.

Laser: Used instead of needles to activate acupuncture points.

Traditional Chinese medicine (TCM) remedial massage: Techniques applied to specific acupuncture points or meridians.

Moxibustion: Burning herbs held over or applied to acupuncture points.

NORTH COAST + BAYSIDE ACUPUNCTURE & HERBAL MEDICINE, BRUNSWICK HEADS

This clinic specialises in traditional Chinese medicine and Asian-based healing methods. Experienced, qualified practitioners treat specific disorders by targeting the cause and reducing the likelihood of recurrence. They also offer treatments for long-term problems and Chinese medicine as preventive medicine.

Some of the conditions which can be treated include asthma, back and joint pain, insomnia, stress relief, digestive problems, weight control and sports injury. In addition to acupuncture, the clinic also offers heat therapy, cupping, herbal medicine and massage therapy.

Visit the online store to buy weird and wonderful herbal products including deer velvet and green-lipped mussel extract.

+ Contact: (02) 6685 1088, www.bayside acupuncture.com

CENTRAL TABLELANDS

MACQUARIE NATURAL THERAPIES, BATHURST

This natural therapy centre offers a range of services, including acupuncture. Practitioner Mathew Hale specialises in pain relief, sports injuries, chronic conditions and problems with muscles, tendons and ligaments. Remedial and sports massage, naturopathy, kinesiology and energy balancing are also available.

+ Contact: (02) 6332 1511, www.naturaltherapypages.com.au/therapist/macquarienaturaltherapies

SOUTHERN HIGHLANDS

JANN MATTICK ACUPUNCTURE BOWRAL

Acupuncturist Jann Mattick, who has been practising in the Southern Highlands for 17 years, helps treat everything from common ailments such as colds, flu and allergies through to back, shoulder and neck pain and gynaecological problems. Initial consultations include diagnosis through observation, case history, tongue analysis and pulse taking.

+ Contact: (02) 4861 3938, www.acupuncturebowral.com

SOUTH COAST LOTUS HEALTH & WELLBEING CENTRE, WOLLONGONG

Experienced acupuncturist Andrew Whittaker has been practising at the Lotus Health & Wellbeing Centre for 12 years and offers both traditional and cosmetic acupuncture treatments. This centre also offers a comprehensive range of services in addition to acupuncture, including naturopathy, reflexology and massage.

+ Contact: (02) 4226 4740, www.lotuswellbeing.com.au

REGIONAL NSW

KODA WELLNESS CENTRE, WAGGA WAGGA

The Koda Wellness Centre is run by Dr Quentin Chen, who also has a clinic in Sydney's Lane Cove and travels to Wagga Wagga frequently to practise acupuncture. Dr Chen specialises in the management of the neck, shoulder and back, and also menstrual and menopausal issues.

+ Contact:

1300 368 929, www.koda.com.au

THE ACUPUNCTURE IVF & FERTILITY CLINIC, CHATSWOOD, SYDNEY

Acupuncturist Kenneth Snell is passionate about helping couples have families. His methods of treating infertility involve a combination of acupuncture and Chinese medicine and help to treat a range of issues including endometriosis, miscarriage, polycystic ovarian syndrome (PCOS) and male infertility.

Snell believes the delicate fertility system often only needs a push in the right direction for pregnancy to occur, and that acupuncture and Chinese medicine are an effective, non-invasive way to treat medical issues. The clinic also offers a service to prepare the body before IVF.

+ Contact: (02) 9412 3844, www.ivfacupuncture.com.au

**LOAD-DATE:** August 14, 2011

**LANGUAGE:** ENGLISH

**PUBLICATION-TYPE:** Newspaper

**JOURNAL-CODE:** STE

Copyright 2011 Nationwide News Pty Limited

All Rights Reserved

**1240**

446 of 995 DOCUMENTS

The Daily Telegraph (Sydney, Australia) (Sydney, Australia)

August 11, 2004 Wednesday

**How Aussie swimmers plan to be a cup above**

**SOURCE:** MATP

**BYLINE:** NICOLE JEFFERY

**SECTION:** SPORT; Pg. 80

**LENGTH:** 251 words

IF it's good enough for movie star Gwyneth Paltrow, it's good enough for Australia's Olympic swimming team.

The **traditional Chinese medicine** practice of "**cupping**" gained widespread publicity recently when photographs appeared of the Oscar-winning actress with large round welts on her back and shoulders.

Now several members of our swimming team, including Olympic 1500m champion Grant Hackett, are sporting similar red welts as they count down to the Olympic competition starting on Saturday

Sprinters Ashley Callus and Brett Hawke have also had the distinctive marks on their shoulders and backs as they trained at the Olympic pool in Athens in the past two days.

Chinese medicine practitioner Gordon Hepburn has been part of the swimming team's support staff since the 2001 world championships in Fukuoka.

He says cupping is effective in drawing unwanted energy from the body and helping to ease pain and discomfort.

Continued Page 74

From Back Page

The process involves setting alight a swab soaked in methylated spirits. This is put into the cup to draw the oxygen out of it so the cup will stick on to the skin by suction.

"The reason I use it is because it serves as a good adjunct to conventional therapy to alleviate muscle spasms, aches and pains, muscle tightness," Hepburn said. "The most common place for swimmers to experience this is in the shoulders, back, hip flexors."

Hepburn was originally hired as a masseur but has become the resident alternative therapist.

**LOAD-DATE:** August 10, 2004

**LANGUAGE:** ENGLISH

**JOURNAL-CODE:** DTM

Copyright 2004 Nationwide News Pty Limited

**1241**

540 of 995 DOCUMENTS

TELEGRAPH

September 12, 1985 Thursday

**HUGE SLUMP AT CLINICS**

**SOURCE:** QNP

**LENGTH:** 166 words

Huge slump at clinics SYDNEY: Fear of AIDS has led to a marked drop in numbers of people attending **acupuncture** clinics.

Mr John McDonald, The Dean of **Traditional Chinese Medicine** at the New South Wales College of Natural Therapies and secretary of the **Acupuncture** Association, said many of the 200 clinics in Sydney had lost as much as 90 percent of their patients.

""Just about everybody in Sydney has noticed a 50 to 90 percent drop-off, particularly in the past four weeks," he said.

""It is ironic, because it has never ever been safer to have acupuncture.

""The laws to enforce hygienic sterilising standards have been reviewed and we've required statutory declarations from all members to make sure they are fulfilling required standards."

Mr McDonald said newly-graduated acupuncturists were the worst affected.

Many in Sydney had no patients at all and had taken other jobs to pay the rent.

At least two were driving taxis and one had started selling ""postural chairs".

**LOAD-DATE:** September 18, 2003

**LANGUAGE:** ENGLISH

**JOURNAL-CODE:** TEL

Copyright 1985 Nationwide News Pty Limited

**1242**

580 of 995 DOCUMENTS

The Daily Telegraph (Australia)

June 15, 2009 Monday

1 - State Edition

**When ancient balms cure our modern ills**

**BYLINE:** Erica Watson

**SECTION:** FEATURES; Pg. 30

**LENGTH:** 1314 words

Traditional therapies believed to rid the body of toxins are increasingly being used to counter our modern lifestyle, writes Erica Watson

DETOXING has become the buzzword of the 21st century, with stars such as Gwyneth Paltrow leading the rush to try new ways of removing chemical nasties from the body.

When the Academy Award winner stepped on to the red carpet for a New York film premiere in 2004 sporting strange circular bruises on her back, it emerged the marks resulted from **cupping**, an ancient form of **traditional** **Chinese** **medicine** thought to play arole in helping the body rid itself of toxins.

Famous or not, we are always on the look out for ways to feel better and live longer.

And why not? The modern lifestyle is tiring and stressful, we breath polluted air and are constantly exposed to chemicals contained in everything from the clothes we wear to the furniture we sit on. Frantic schedules also have an adverse affect on our diets.

Sallow skin, poor digestion and low energy levels could signal it is time for an overhaul. Cutting out alcohol, cigarettes, refined sugar and saturated fats should be a priority. And slowly increasing exercise should follow.

For a further boost, it may also be worth exploring complementary detox therapies.

According to traditional Chinese medicine afree flow of qi (pronounced chi), or energy, is essential forgood health.

Tran Ong (pictured on page 29), a specialist in Chinese herbal medicine says acupuncture, herbs and cupping, all of which concentrate on improving the flow of qi, have become popular ways to improve health and wellbeing.

Practised for thousands of years, these treatments focus on the major organs such as the liver, kidneys and digestive system to help them function at their peak.

Working on the meridians of the body, acupuncture uses fine needles, placed in specific points, to clear energy blockages.

``It really harmonises the body on a chemical level,'' says Ong.

One of the oldest medicinal practices, acupuncture has been used to treat everything from dermatitis to digestive problems, neurological conditions and fertility issues.

Cupping is used to stimulate the flow of blood and oxygen throughout the body. Heated glass or bamboo cups are placed on the skin forming a vacuum that draws blood to the surface and activates the lymphatic system.

It has been used to treat colds, flu, aches and pains as well as promote health and wellbeing.

``It really moves blood to the surface of the area to help it relax,'' says Ong. ``Where there's blood there's oxygen and that actually helps to detoxify because of the movement.''

Specialty Chinese herbs, particularly those that assist the liver or major organs, are often used to supplement treatments.

Ong says an approach tailored to the individual will provide much better results than a general detoxprogram.

``It's better to be specific because everyone's lifestyle differs and the body's reaction to the lifestyle differs,'' she says.

``Your physical signs and symptoms will then dictate what sort of vitamins and minerals you may require. We all need vitamins and minerals, granted, but what and how much is more the main issue.''

Natural therapies that specifically work on the lymphatic system, which has a critical role in the function of the immune system, are also becoming popular. Lymphatic drainage massage, for example, uses light touch to stimulate the lymph glands and draw fluid and toxins away from the tissue.

Lumologie takes the traditional treatment one step further through the use of specialist machines to stimulate lymph flow. Developed in France, it is also used to treat cellulite.

Practitioner Leonie Phillips, from the Body Contour Centre, says the therapy also boosts oxygen levels in the cells which helps the body repair itself. However, it is not a magic fix and must be complemented with a good diet and sensible exercise program.

``If you're not going to do that you're wasting your time and money,'' Phillips says.

Client Alex Wilson, 21, credits lumologie massage with making a huge difference to her health and wellbeing. She says it has also helped her shed 25kg.

``I have far more energy and my skin glows more than it used to,'' she says. ``I used to have a sunken look in my face and really patchy skin on my legs.''

Fluid retention and poor circulation have also been reversed, she says.

A poor diet or busy lifestyle are not the only things that can trigger the need for a detox. The environment also plays a major role.

Dr Fiona Hunter, a general practitioner at Surry Hills practice U Clinic, says everyday life exposes us to various toxins in one form or another. However, she says that apart from acute poisoning, the effect on our bodies remains largely unknown.

``Everybody will be able to tolerate a certain amount of exposure to toxins,'' she says.

``Your basic health, genetic make-up, how well your liver works and how many different toxins you are exposed to is going to influence how able your body is to cope,'' she says.

Hunter says that despite the lack of hard evidence detoxing can have its merits in certain situations.

``If you are in a group where you have chronic health problems, allergy, immune imbalances, autoimmune diseases like lupus, diabetes, asthma, eczema, cancers, any of the illnesses where toxins have been implicated, inthat case there may be merit depending of overall health,'' she says.

``If you're healthy and you have a low toxic exposure there's probably not going to be a huge amount of advantage doing a focused detox program.''

Quick-fix programs, such as heavily marketed detox diets, offer little benefit, particularly as it takes some time to regulate the enzymes in the body.

Money is much better spent on good quality, preferably organic, food as well as those that are unprocessed and without added flavourings. When shopping, examine the numbers on the ingredients list and avoid foods laden with added chemicals.

Small changes can make a huge difference when it comes to feeling good. Diet, exercise and reducing chemicals in the home, may just be all it takes to make every day a detox.

A change of diet is the best detox plan about

PACKAGED diets are marketed as one of the easiest and cheapest ways to detox. Readily available on the shelves of pharmacies and health-food stores, some promise results will be achieved in as little as seven days.

One of the most widely known is the Lemon Detox, or Master Cleanse, diet.

Although invented more than 50 years ago, it was not until celebrities such as Beyonce Knowles and Angelina Jolie attributed their svelte figures to the program that its stock began to rise.

But while devotees swear by its miraculous effects that supposedly result from ridding the body of toxins, many medical experts have slammed it as a potentially dangerous quick fix. But it is not the only detox program onthe market.

Many over-the-counter preparations also promise easy ways to cleanse the colon, boost liver function and overhaul digestion.

But do any of these programs actually work and are they worth the investment?

``There's very little evidence to back up buying these detox kits or herbs,'' nutritionist Joanna McMillan Price says.

Although they might work on the psyche, McMillan Price says there is no scientific reason to undergo a detox.

``We certainly need to give our livers abreak from alcohol if you drink but we don't need to do the full detox,'' she says.

If it is time to clean up your act, then reassessing diet and lifestyle is the best, and often the cheapest and easiest, way to start.

``I think people grossly underestimate the power of lifestyle change and the power of diet,'' McMillan Price says.

``Many people don't know how good they could feel and how good they can look and how well they could perform in their daily tasks if only they ate well and moved a little more.''

And to ensure the best results McMillan Price says: ``Don't try to be too strict.''

**LOAD-DATE:** June 14, 2009

**LANGUAGE:** ENGLISH

**PUBLICATION-TYPE:** Newspaper

**JOURNAL-CODE:** DTM

Copyright 2009 Nationwide News Pty Limited

All Rights Reserved

**1243**

585 of 995 DOCUMENTS

The Daily Telegraph (Sydney, Australia)

February 15, 1999, Monday

**Healthy respect for Chinese medicine**

**SOURCE:** MATP

**BYLINE:** ARTHUR STANLEY

**SECTION:** FEATURES; Pg. 76

**LENGTH:** 999 words

Interest in **traditional** **Chinese** **medicine** (TCM) is flourishing in Australia as our multicultural society embraces a system of medicine stretching back over 3000 years.

Nearly one in four adults have now at least dipped their toes into the small pool of therapies that make up TCM -a reflection of changing health attitudes and practices in the Western world.

"Westerners are finally beginning to appreciate the health benefits of **Chinese** **Medicine,**" says Sydney TCM doctor, Qi Xin Chen.

"In particular, **acupuncture** -a foundation therapy of TCM -is widely accepted."

TCM seeks to restore the body's balance and harmony. It recognises, first, that our bodies are superbly equipped to resist disease and heal themselves.

But when disease does take hold, or an injury occurs, the first instinct of TCM practitioners is to see what might be done to strengthen resistance and stimulate natural healing, so as to quickly restore homeostasis or balance.

"The body is the hero -not the treatment," says Dr Chen. "If we can restore balance through the treatment, the body will quickly go about healing itself."

Dr Chen, formerly from the Chinese province of Fujian, holds a degree in orthodox medicine and a post-graduate degree in TCM.

For 15 years he has used his integrated knowledge to treat patients for all kinds of illnesses with a special interest in cancer and is now helping to educate Australians about this traditional system of medicine.

Along with acupuncture, herbal therapy is a fundamental part of TCM.

Dr Chen says recent adverse publicity about the potential harmful side-effects of these potent natural substances has been misleading.

"When administered correctly, by an experienced practitioner, Chinese herbs are safe and efficient.

They present few side-effects and address a wide variety of ailments," he says.

"This is not to say, however, that people can take herbs haphazardly -they are potent natural medicines and people are wise to seek the advice of a qualified practitioner before using them."

Dr Chen says empirical data accumulated over 3000 years has been gradually supplemented by modern research techniques, proving the effectiveness of acupuncture and revealing the pharmacological values of the herbs.

"The continuous improvement has led to a rich and powerful system of healing," he says. "More than 5000 herbs are used in Chinese medicine, although there are about 1000 herbs most commonly used."

Key concepts in the philosophy of this system of medicine are Qi and the Yin/Yang polarity. Under the Chinese medical model, Qi is life force: our vital functional energy.

Yin/Yang theory is a way of looking at nature that divides everything into two opposite yet mutually dependent aspects. Everything in life may be looked at as having a Yin and a Yang side.

In TCM philosophy, health is determined by the ability of the body to preserve a balanced and harmonious internal environment, and in particular to maintain the flow of Qi, the vital energy.

Qi is responsible for physical, mental, emotional and spiritual processes, and flows in streams of energy called meridians.

TCM uses four main healing modalities: 1) Herbal and food therapy, 2) Acupuncture and Moxibustion (burning of compressed mugwort near specific points on the body), 3) Tui Na, or Chinese massage therapy; and 4) Exercise, such as Tai Ch'i and Qi Gong, aimed to build up Qi in the body. (Diet in TCM is a standard part of any therapeutic program, and not just a reference to weight control).

"In terms of health, the Qi of the body must be kept flowing freely. If Qi does not flow, pain or discomfort results. Yin and Yang must always be in balance; if they are not, disease results," Dr Chen says.

"The goal of treatment in Chinese medicine is to regulate the movement of Qi and balance Yin and Yang."

Since being in Australia, Dr Chen has observed imbalances specific to the Australian way of life.

He says a higher rate of cancer than recorded in his native China can be attributed to dietary factors and the proliferation of agricultural chemicals and some pharmaceutical drugs, as well as the fact our soils are lacking in important trace elements, such as selenium.

Acupuncture is a well-known therapy in which super-fine needles are inserted into specific points along the meridians. When the needles are inserted into the points where Qi is stagnating, a current will be stimulated, similar to an electric current, to galvanise the stuck energy to flow, thus restoring balance and harmony to the system.

"A qualified TCM practitioner is trained to assess where your Qi is stuck, and to stimulate the appropriate points and restore the healing flow," says Judy James, executive officer for the Australian Acupuncture and Chinese Medicine Association.

Ms James says there are now 1500 qualified TCM practitioners and 2.8 million consultations annually in Australia and numbers are rising.

"Around 30 per cent of our member practitioners are ethnic Chinese and they have brought a wealth of knowledge to this country," Ms James says.

Perhaps the most fascinating aspect of TCM is the diagnosis.

Apart from listening to your story and symptoms, the TCM practitioner will ask you to stick your tongue out, where they will assess its colour and coating and relate their observations to internal organ dysfunction.

They will also feel your pulse where 28 different vibrations will give an insight into your general health condition.

"Chinese medicine is especially beneficial for those people with chronic disorders," says Dr Chen.

"It is a non-invasive system of medicine and one which recognises that the natural healing force within each of us is the greatest force in getting well."

\* The Australian Acupuncture and Chinese Medicine Association can help you find a qualified TCM practitioner in your area, details phone (1800 025 334). Dr Chen is based at Ryde Complementary Medicine Centre (02 9807 8688).

**LOAD-DATE:** March 4, 2002

**LANGUAGE:** ENGLISH

**JOURNAL-CODE:** DTM

Copyright 1999 Nationwide News Pty Limited

**1244**

639 of 995 DOCUMENTS

The Daily Telegraph (Sydney, Australia)

June 5, 2001, Tuesday

**Oriental alternatives - Major hospital to offer Chinese medicine**

**BYLINE:** Anna Patty

**SECTION:** LOCAL; Pg. 9

**LENGTH:** 528 words

**TRADITIONAL** **Chinese** **medicine** will be offered at a major Sydney hospital for the first time, under Health Department proposals.

And qualifications for practitioners of **acupuncture** and other forms of alternative medicine will be regulated

under legislation being considered for NSW.

The guidelines are proposed under a review of the Public Health Act and would provide patients with the assurance of practitioners' qualifications.

James Flowers, president of the Australian Acupuncture and Chinese Medicine Association, yesterday said the proposal would radically improve the standard of practice.

"If you have a recognised standard, consumers can feel safe," he said.

"At the moment, anyone off the street can set up an acupuncture practice, and they do.

"Having a set standard for education and qualifications will mean the public can choose someone who's reliable."

However Dr Andrew Dix, registrar of the NSW Medical Board, said registration of acupuncturists, already available in Victoria, would be complicated and should "be approached with caution".

The NSW Health Department is considering approval for a traditional Chinese medicine unit at Liverpool Hospital, the first of its kind in Australia.

The proposal is co-ordinated by Professor Felix Wong of Liverpool Hospital in collaboration with the Universities of NSW and Western Sydney.

A spokeswoman for the hospital said the unit would offer "a range of Chinese medicine".

Dr Dennis Chang from the University of Western Sydney College of Social and Health Sciences is likely to head the Chinese medicine centre.

Dr Chang said a site had been chosen and the centre would open in late July or August, pending the South Western Sydney Area Health Service board's approval.

"We are waiting for the final permission to start renovations," he said.

"This project has been approved by the University of Western Sydney."

Dr Chang said the unit would offer acupuncture and herbal treatment and run clinical trials on herbs, particularly those used in women's health.

"This is the first time Chinese medicine has ever been offered at a major teaching hospital in Australia," Dr Chang said.

"We want to work out the best way of integrating traditional Chinese medicine into western treatment."

Dr Rosanna Capolingua-Host, chair of the advisory committee on complementary medicine for the federal AMA, said registration of practitioners was a positive move.

"Appropriate training, qualification and registration is a good thing," she said.

"The AMA is seeking scientific evidence for the efficacy and safety of Chinese herbs and how they interact with other medications.

"There is evidence that acupuncture is useful for pain management."

Acupuncture at work

ACUPUNCTURE is commonly used to treat conditions including:

\* High blood pressure

\* Headache

\* Insomnia

\* Gynaecological problems

\* Digestive problems

\* Muscular tension

\* Nervous conditions.

\* Stress

\* Back and neck pain

Chinese herbs are used to treat many chronic conditions including diabetes, high blood pressure and asthma.

LINKS

www.acupuncture. org.au

**LOAD-DATE:** November 20, 2001

**LANGUAGE:** ENGLISH

**JOURNAL-CODE:** DTM

Copyright 2001 Nationwide News Pty Limited

**1245**

697 of 995 DOCUMENTS

The Daily Telegraph (Australia)

July 28, 2007 Saturday

PureClassified Edition

**60 seconds in the 9to5 of a LASER ACUPUNCTURIST - Shining a light on flow of life**

**SECTION:** FEATURES; Pg. 2

**LENGTH:** 579 words

LaserQuit acupuncturist Lara Jarzabek mixes **traditional** **Chinese** **medicine** with 21st century technology. Jarzabek uses laser **acupuncture** therapy to help people control cravings and quit smoking.

( Q ) What is a standard day for you?

( A ) I see between six and 14 patients in a day. Monday is usually when we start the treatment and it's about 45 minutes per treatment. I run the patient through what the treatment entails and we do a few measurements, take the patient's weight and blood pressure and attach them to a machine which tells us how much carbon-monoxide is in their lungs. Then we do the treatment which takes 22 to 30 minutes. I do that again and again for each patient. On Tuesday or Wednesday I see the patients again to find out how they're going. It's a slightly shorter treatment because you don't have to do the preliminary discussion. A big part of my job is instilling confidence in the program because people don't know much about **acupuncture**. It is important for them to understand how this is going to help.

( Q ) How does acupuncture work?

( A ) It can sound a little voodoo-ish. Basically the body is made up of its physical parts and energy channels. In acupuncture, the channels the energy runs along are called meridians. The idea is that whenever there is an illness or a disease the energy channels aren't flowing correctly, they're flowing too much, too little or there is a blockage. Acupuncture uses the body's own natural flow to unblock energy channels and the body readjusts itself to get better again.

( Q ) How does it work with lasers?

( A ) It's the frequency of the laser that stimulates the point in the same way a needle does. Chinese medicine has been around for about 4000 years and has been in its current form where needles are used for about 2000 years, so it is always evolving. They used to use bamboo and bone needles and now we use single-use surgical steel needles, so it is a natural progression to start using lasers.

( Q ) Do you also practise traditional acupuncture?

( A ) I do a little traditional acupuncture on the days I don't work at LaserQuit. It's a good idea to keep those skills honed. I work three or four days a week at LaserQuit and about two days a week at my own practice.

( Q ) What made you decide to get into traditional Chinese medicine?

( A ) Towards the end of high school I decided that if I was going to finish I'd better have a direction so I researched everything I was interested in. I had been to China in 1984 with my family and had acupuncture from the age of nine. I really like the holistic aspect of acupuncture and the focus on health instead of disease. My early exposure to Chinese culture and acupuncture paved the way. I was interested in health, the body and how it works.

( Q ) Why were you having acupuncture as a child?

( A ) If you go to the doctor with a cold, they say go to bed and don't give you anything for because they can't help with a virus. If you go to an acupuncturist they give you acupuncture, Chinese medicine which is generally herbs, and you get better in a couple of days.

( Q ) How did you become an acupuncturist?

( A ) I did a degree at the University of Technology, Sydney, a bachelor of health science basically. It was a new program when I graduated and it's difficult to find employment as an acupuncturist -- you usually have to be your own boss and have your own business, which is tricky when you've just come out of university. LaserQuit was a good opportunity.

**LOAD-DATE:** July 27, 2007

**LANGUAGE:** ENGLISH

**PUBLICATION-TYPE:** Newspaper

**JOURNAL-CODE:** DTM

Copyright 2007 Nationwide News Pty Limited

All Rights Reserved

**1246**

735 of 995 DOCUMENTS

The Daily Telegraph (Sydney, Australia)

May 14, 2004 Friday

**Chinese infertility cures to be tested**

**SOURCE:** MATP

**SECTION:** LOCAL; Pg. 22

**LENGTH:** 155 words

HERBS and **acupuncture** are to be scientifically tested in Australia's first trial of **traditional Chinese medicine** as a fertility enhancer.

Researcher Jann Mehmet has begun recruiting subjects for her study at the University of Technology, Sydney, to begin on July 3.

"In 1997 after nearly 10 years of work with women experiencing infertility I decided to research male infertility in detail," Ms Mehmet said.

"I found that on many occasions, in as little as six weeks after acupuncture and herbal medicine, significant improvements could be verified by analysis."

In a retrospective study of 9000 treatments over three years, Ms Mehmet found 45 per cent of couples she treated had been classified by doctors as "sub-fertile".

"Further assessment found that 50 per cent of this group experienced sub-fertility as a result of a male factor that had been poorly diagnosed and not thoroughly investigated," she said.

**LOAD-DATE:** May 13, 2004

**LANGUAGE:** ENGLISH

**JOURNAL-CODE:** DTM

Copyright 2004 Nationwide News Pty Limited