



Dr. Zijing Hu

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Acupuncture & Moxibustion

Acupuncture and Moxibustion are integral components of Traditional Chinese Medicine (TCM), focused on restoring balance and promoting the body's natural healing abilities.

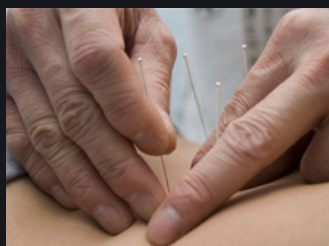
Introduction

Dr Zijing Hu (PhD, MMed, MB.) is a registered Chinese Medicine and Acupuncture doctor, a senior lecturer and a researcher in the Department of Complementary Medicine at the Tianjin University of Traditional Chinese Medicine.

He is specialized in the teaching of the acupuncture programs. While publishing over 30 international articles, his research focuses on strengthening the teaching, learning, assessment and practices of acupuncture programs at higher education institutions.



Acupuncture involves inserting fine, sterile needles into specific points on the body (acupoints) along meridians to regulate Qi (vital energy) flow, alleviate pain, and treat various physical and mental conditions. It is widely recognized for its efficacy in pain management, stress relief, and improving overall health.



Moxibustion uses heat therapy by burning dried mugwort (moxa) near or directly on acupoints to stimulate circulation, dispel cold, and enhance energy flow. It complements acupuncture and is often used to strengthen immunity and address cold-related ailments.



Together, these therapies aim to harmonize the body, mind, and spirit, and are increasingly adopted worldwide as complementary treatments for a variety of conditions.