**The Practice of Chinese Medicine**

Traditional Chinese Medicine is a body of medical knowledge dating over thousands of years. It is a system of primary health care that takes a holistic approach to the restoration and maintenance of health and wellbeing of the individual.

In our clinic, we utilise a variety of therapeutic methods such as:

* Acupuncture
* Acupressure
* Moxibustion
* Cupping
* Tuina (Chinese remedial massage)
* Gua Sha (Spooning)
* Chinese herbal therapy
* Food therapy
* Lifestyle advice

**Acupuncture**

It involves the insertion of fine, sterile, single use and disposable needles into specific acupuncture points along the body’s energy pathways (meridians) in order to rebalance the flow of energy (Qi) in the body.

In ALL our 1-on-1 consultations, focus is on the implementation of the appropriate treatment plan as much as the prevention of illness and the maintenance of the wellbeing of the individual.

As the cost of health care rises, acupuncture may be an effective alternative in the prevention of certain health conditions as well as the treatment of a range of chronic diseases.

**Moxibustion**

The application of burning mugwort (dry herbs) on or over certain acupuncture points or an affected site to:

* warm the channel
* promote the flow of qi and blood.

**Cupping**

Cups are applied onto the skin creating a suction to:

* draw out and eliminate pathogenic factors
* move qi and blood
* remove stagnation (congestion) from the body.

**Tuina (Chinese Remedial Massage)**

This involves the use of particular pressing, rubbing or pushing techniques to stimulate specific acupuncture points or energy pathways (meridians).

**Gua Sha (Spooning)**

This method is used where pain, heat and stagnation (congestion) are present. It involves the use of a porcelain/ceremic spoon to “scrape” the desired area in order to bring the pathogens to the surface and disperse them from the body.

**Please note:**

**A combined session of Chinese Medicine and Creative Arts Therapy is also available upon request.**