

Traditional Chinese Medicine

the blending of east and west

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Dating back thousands of years, Traditional Chinese Medicine (TCM) offers a rich heritage and history in healthcare and healing. Despite its antiquity, the practice of this healing art still provides a continuum of care which lives on today. Eliminating the past, in favor of the current fashion or the ideals of the moment, is akin to sending older intellectuals to Siberia or to work in coal mines.

Classical medicine is like classical music. Classical music has survived the shifting trends through time. We listen to J.S. Bach 300 years after his death, but the current top 50 pop music will be replaced by a new top 50 in a few months. The same holds up for a medicine that is so elegant and so effective that it has survived thousands of years. True integrative medicine retains past wisdom, while still facing the light of the new dawn. The classical medicine of TCM has survived and it will continue to thrive, as long as there is someone who continues to study and practice it.

At the core of TCM is the basic principle of Qi (pronounced chee). Qi is the vital energy or life force derived from the on-going, continuous and circular flow of the Yin and the Yang that is present in all living things. A person's health is influenced by the quality, quantity and balance of Qi in their body. Qi flows or circulates through the body to carry the water, nourishment and other bodily sustenance's from one area to the other. Qi is carried by specific pathways throughout the body called meridians.

There are 14 main meridians or pathways throughout the body and licensed acupuncturists are trained to employ various methods to restore and maintain health by releasing blockages in the flow of correct Qi. An obstruction of correct Qi, anywhere in the body, acts like a dam backing up the Qi flow in one area and restricting Qi flow to another area. Blockages of Qi may occur due to every day life occurrences such as pollution, lack of or too much exercise, stress, physical or emotional trauma, seasonal changes, poor diet, lack of sleep, strain, surgery and our bad habits. The first Chinese written book is called the Hung-Di Nei-Jing. It is the oldest medical textbook in the world and lays the primary foundation for all the theories of TCM. Within this book is found "Where there is a free-flow of Qi, there is no pain".

Traditional Chinese Medicine offers a root-level attack in the treatment of your health



issue, rather than just a symptom cover-up and provides an added layer of patient safety in that Acupuncture and TCM:

- carries fewer or no side effects;
- treats the actual cause of the health issue;
- does not just cover-up symptoms; and,
- provides a more affordable treatment option.

In addition, The National Institute of Health (NIH) and the World Health Organization (WHO) acknowledge that Acupuncture and TCM can be effective in the treatment of a wide variety of medical problems (see box on page 21).

Today, many health care providers work together combining both disciplines; Western and Oriental, to improve the health of their patients and strive to achieve the highest level of health and wellness possible. Your TCM practitioner will understand and practice this highly refined ancient art of TCM and combine it, when necessary, with the best of Western medicine in your individual treatment plan.

Your acupuncturist looks beyond the superficial symptoms and/or signs. A skilled practitioner balances and activates the body's natural healing potential by treating the root cause(s) that led to the health problem or disease in the first place. Various signs and symptoms are pieced together, creating a clear picture of specific systems that are out of balance. Once this has been determined, an individual treatment plan can be established.

TCM practitioners employ The Law of Cure

(aka Herring's Law) which teaches us that in a system of natural healing, symptoms clear - in reverse - from the chronological order of their appearance. By working to eliminate the symptoms one at a time, rather than simply mask them, your acupuncturist can assist in identifying other contributing factors. This holistic approach is most effective.

Both Acupuncture and TCM are completely natural. No drugs are used, so there are no side-effects or accumulated toxicity that often occurs from an invasive procedure, exposure to irradiation (x-rays, CT scans or MRI's), and a synthetic-type of drug therapy in the follow-up care. Acupuncture and TCM are both holistic approaches towards a healthy recovery.

Although Acupuncture and TCM is over 5,000 years old, this type of treatment has assisted billions of people to become well and stay healthy. The treatments are a safe, effective and natural approach towards health & well-being. The positive side effect is an integrated mind, body and oneness of spirit.

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