

you can trust TCM!

(Traditional Chinese Medicine)

what is TCM?

(Traditional Chinese Medicine)

how does it work?

how is harmony restored?

The **World Health Organization** recognizes that Acupuncture is effective for over 50 disorders such as:

respiratory and infections

Asthma, flu, common cold, bronchitis/emphysema, allergies

gastrointestinal

Nausea, constipation, diarrhea, ulcers, colitis, gastritis, acid reflux

circulatory

Hypertension, angina, high cholesterol, arteriosclerosis

urogenital

Bladder dysfunctions, enlarged prostate, prostatitis, cystitis

neurological

Menieres, trigeminal neuralgia, neuropathy, post-stroke paralysis

musculoskeletal

Frozen shoulder, TMI, sciatica, fibromyalgia, arthritis, low back/joint pain

head, ear, eyes, throat

Headache/migraine, sinusitis, laryngitis, sore throat, earache, conjunctivitis, retinitis

gynecology

PMS, menopausal syndrome, menstrual irregularity, endometriosis

reproductive

Infertility, impotence, polycystic ovary

mento-emotional

Depression, anxiety, insomnia, stress, drug/alcohol dependency

A professional, continually practiced medical system dating back over 2,500 years ago.

This system has been created by the most educated Chinese scholars.

Clinical data gathered from generations using over 30,000 books of experience

1/4 of the earth's population makes use of it.

Western and Eastern medicines are the most dominant health care practices in the world today.

Acupuncture and Herbal therapies are essential to TCM, but there are many other parts, especially if the patient is needle sensitive!



abd

acupuncture by design

Practitioner of Traditional Chinese Medicine
Licensed Acupuncturist

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The practitioner uniquely focuses on treating the whole entire person, not just a piece or part. Balance between physical and mental-emotional well being is crucial in establishing harmony in one's life. TCM achieves optimal health by restoring balance at the root cause of disease within the body.

Practitioners diagnose what is out of balance in a patient's body by:

a. chief complaint

(onset, location, duration, characteristics, alleviates, aggravates)

b. (10) questions

That determine the overall health of the person's bodily systems

1. Body temperature
2. Sweating
3. Head/body
4. Stools/urine
5. Digestion/appetite/taste
6. Thirst
7. Chest/ribs/abdomen
8. Ears/eyes
9. Sleep
10. Gynecology/male urogenital

c. visual inspection

- Tongue *(coat quality & body characteristics)* most important visual verification of internal organ and physiological health.
- Face *(color, shape, markings)*
- Body *(shape, size, dermatology)*

d. palpation (touch)

- Pulse *(27 basic pulse states)*
- Abdomen, hands/feet *(temperature)*

For more information on Traditional Chinese Medicine please visit these websites
www.acupuncture.org • www.acupuncturetoday.com
www.acupuncture.com

TCM works by reestablishing balance and harmony between the energetics of the organs, blood, fluids, muscles, skeletal, glands, digestive, respiratory, circulatory and nervous systems.

When a bodily system is too:

hot

(such as thirst, red face, acne, sensation of heat)

treatment is to cool

cold

(such as clear fluid discharge, pain better with heat, cold limbs)

treatment is to warm

Damp/Phlegm

(edema, heaviness of body, foggy head, oozing sores)

treatment is to drain/resolve

Dryness

(dry skin, mouth, throat, stools)

treatment is to moisten

Wind

(tremors, dizziness, itching, paralysis)

treatment is to extinguish

All too often, patients present, not with one textbook pattern, but with a combination of 2, 4 even 5 patterns!

According to the Chinese understanding of disease, our health is dependent on the smooth movement of the body's essential energy, or Qi *(pronounced chee)*, via a network of pathways or meridians.

If the flow is in excess, deficient, rebellious, or blocked then imbalance, pain, and illness will develop.

The flow of energy can be affected by:

- Hereditary factors
- Environmental toxins
- Diet
- Infections
- Trauma
- Weather
- Emotions *(stress, anger, grief, fear, worry)*