

Dr Beijing Newsletter

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Ten years anniversary of Doctor Beijing

Time is flying. This month, Doctor Beijing Ltd welcomes its ten years anniversary.

Doctor Lilu would like to take this opportunity to thank all her customers for their supporting in all these years. Specially those who have been seeing Doctor Lilu from very beginning. Without your support, Doctor Beijing wouldn't be able to do so well.

A lot of people are puzzled what is Chinese medicine? How can acupuncture and Chinese herbal medicine help?

Traditional Chinese Medicine (TCM) has thousands years of history. One current theory of how acupuncture points were discovered can be traced back to Stone Age. Some interesting points are:

- When warriors in battle were hit by arrows, they noticed that a pain conducted to other areas of the body. And this occurred a spontaneous remission of pain.
- Some spots on body became tender or discoloured when disease was present.
- People found certain points were tender when constipation occurred, if manipulating them with pressure or pricking could relief the constipation.
- Relief of pain was found when heat was applied at certain areas.
- Monks noticed energy moving in specific areas when they performed meditation techniques. Over centuries these energy movements were painstakingly noted, and the channel system was gradually elaborated.

Also over thousands years of observation, Chinese ancestors had noted that:

- An individual point could affect many different symptoms. Symptoms could be treated by working on near or distal points from the symptoms showing place, or the relevant pathological organs. It was assumed that these points could be related to those common symptomatology. In other words the therapeutics potentially extended over a considerable distance within the body. This was confirmed by the sensation of transmission from the needle along specific pathways.

The ideal effect could be achieved by a number of different points. From this evidence Chinese ancestors inferred there were some channels in human's body, also the Qi flowed along them. Therefore, the location and therapeutic characteristics of points was gradually discovered and named.

TCM believes In a healthy body, the energy force know as qi (chi) flows smoothly and strongly through the body. If this force become weakened or even blocked, illness is likely to result. Qi is composed of opposing elements - yin and yang, which also need to be kept in balance for good health.

Preventing health problems before they arise is as important as treating them in TCM. Knowledge of a person's lifestyle is an important consideration for a doctor of TCM. Diet, exercise, sleep and the surrounding environment are all important factors when assessing a patient. If treatment is prescribed, TCM offers a range of therapies including acupuncture; moxibustion which use a burning herbal stick to warm up a certain point on the skin; cupping ; and combinations of herbal medicines. Traditional Chinese medicine adequately deals with many long-term chronic ailments.