

# Creative Life Institute

## 301-385-9006

### *Additional Non Needle Therapies of Traditional Chinese Medicine (TCM).*

The choice of when and where to use additional therapies – either on their own, or in conjunction with acupuncture is a matter of clinical judgment for the practitioner, in consultation with the patient.

#### **Herbal Medicine & Topical Liniments**

Herbal medicine is one of the major pillars of Traditional Chinese Medicine. Over 2000 years of empirical evidence has established a comprehensive “materia medica” which lists the herbal components, describes their actions and properties and the different aspects of the patient’s condition which they can address. Chinese herbs and formulas concentrate on treating the “root” or underlying condition and not just the patient’s symptoms. They rarely cause unwanted side effects. Conventional drugs often control symptoms but do not always alter the disease process, improve immunity, and strengthen organ function. To aid in the reduction of pain, inflammation, swelling and speed the healing process topical liniments may be utilized at the same time as herbal medicine.

#### **Traditional Chinese Medicine Nutritional Therapy**

Traditional Chinese Medicine is a system that takes food very seriously. The balance of food energies and tastes reflects the same philosophy and attention to detail that is apparent in its understanding of the energetic properties of the body and herbs. This dietary system differs dramatically from conventional diets and nutritional therapies. Particular combinations of foods are matched to your diagnosis based on each food’s unique qualities and healing properties. Unfortunately, many of our patterns of social behavior and fast food consumption in the West do us no favors when it comes to maintaining our health and well-being. TCM’s approach to food selection, preparation, and consumption can be of tremendous benefit in working toward a more healthy lifestyle.

#### **Moxibustion Therapy**

Moxibustion is the process whereby moxa – a dried herb, usually the species mugwort (*Artemisia vulgaris*) is burned close or over acupuncture points. Moxa is available either in loose form, sticks or cones. When lit, moxa burns slowly and provides a penetrating heat that enters the channels via specially selected acupuncture points to influence the flow of Qi and Blood. Moxibustion is used for a wide array of disorders and is effective with many pain conditions including arthritis. Redness may appear in the localized area for a few days but it is not painful. Moxa often has a relaxing effect.

#### **Cupping Therapy**

Cupping is a therapy that is especially useful in treating conditions such as arthritis, musculoskeletal pain, headache, common cold, and cough. Small glass cups are placed over specific acupuncture points on the body but they treat a larger area of the body. Cupping or suction techniques create a vacuum, which draws up the skin beneath the cup. This stimulates the circulation within the superficial muscle layers and encourages the flow of Qi and blood and the release of any local stagnation or toxins. Patients experience a non-painful tugging sensation on their skin. The cups are left in place for 3-15 minutes. The suction effect usually leaves a harmless red mark for several days.

#### **Chinese Massage Therapy- Tuina (pronounced tweenah)**

Tuina Massage uses a variety of hand techniques to encourage the healthy flow of Qi and blood, which facilitates changes in the physical and energetic systems of the body. In China, medical doctors to treat all kinds of orthopedic injuries commonly use tuina. It relieves muscle pain, inflammation, and tension and speeds the healing of injuries. The patient decides how much pressure can be comfortably tolerated.

### *Additional Non-needle Therapies*

#### **Guasha Therapy (pronounced gwashah)**

Guasha is a technique used to release muscle tightness, pain and constriction. A guasha tool is used to gently scrape or rub the skin over a problem area. Guasha feels similar to a deep massage. The therapy is not painful and many people experience a pleasurable release of muscular tension during application and after. The technique produces skin redness, which dissipates in a few days.

#### **TDP/Mineral Wave Lamp**

Musculoskeletal conditions and injuries such as arthritis, back pain, joint pain, wounds and skin conditions such as psoriasis can be treated with TDP lamp therapy. The lamp has a plate coated with mineral formation of 33 elements. When heated, the plate emits beneficial electromagnetic waves to specific body parts. TDP lamp therapy is used throughout the world.

#### **Microcurrent Electro Acupuncture**

Microcurrent Electro Acupuncture is a powerful and effective treatment for pain management and rehabilitation. Electro acupuncture is the application of electrical energy in diagnosing and treating the acupuncture meridian system. Microcurrents are gentle electrical currents delivered in the millionths of amps range. Microcurrents are more harmonious with body's innate bioelectric activity than the high intensity millamp currents used in traditional electro-acupuncture and electro therapy.

#### **Auriculotherapy (Ear) Acupuncture, Ear Seeds**

Auriculotherapy is a therapeutic intervention in which stimulation of specific points on the ear alleviates health conditions in other parts of the body. The correspondence of specific parts of the body to specific parts of the ear was first developed in modern France. Auriculotherapy is used for pain relief, TMJ dysfunction, headaches, anxiety and many of the same problems that traditional acupuncture addresses. The practitioner can use either extremely small, extra thin needles, gentle electrical stimulation or ear seeds (smaller than a sesame seed) which are applied to the ear with a piece of tape and left in place for several days. The patient stimulates the point by pressing on the seed periodically throughout the day.

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