

Traditional Chinese Medicine

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Imagine waking up to the shrill of the smoke alarm, and then imagine shutting the alarm off, going back to sleep, awakening later to a burnt house. Does this sound logical to you? The truth is, there are many people doing this very same thing right now, not with the fire alarm, but with their bodies: their own pain detectors. If your head is screaming pain, and you drown it with pain killers, the problem is apt to grow. And when it does, watch out! It may develop into major problems later. The moral of the story? Just like the smoke detector, don't ignore the problem until it gets worse! Do something about it and PREVENT it.

Traditional Chinese Medicine (T.C.M) is one of the oldest forms of medicine in the world. Originated in China over 5000 years ago, T.C.M is getting recognized around the world today as an effective method in preventing and treating diseases. As a doctor of T.C.M, acupuncture, herbal medicine, tu-nar, and qi gong (chi kung) are the methods I use in preventing and treating diseases.

- Acupuncture uses physical stimulation to encourage the body's healing mechanism. Through the use of fine needles or finger pressure, various points along the meridians of the body are stimulated without using additional medication.
- Herbal medicine is the usage of herbal plants for medicinal purposes.
- Tu-nar is a form of physical stimulation usually done by hands and fingers to promote the body's blood and chi (vital energy) circulation and obtain therapeutic results.
- Qi gong is a method of promoting one's healing mechanism through special breathing exercises or other natural techniques.

T.C.M involves observing the physical appearance to assess the health condition of a person. Most diseases can be detected long before clinical symptoms appear. For example, dark under eye circles indicate a weak chi and blood circulation of the kidney and liver meridians. If left untreated this condition may in time result in back pain, low sex drive, impotence, tinnitus (ringing noise in ears), degeneration of hip, knees, bones, joints and vertebrae discs, menopausal problems, chronic fatigue syndrome, hearing loss, vision deterioration, allergies, cancer or many other chronic diseases due to these two meridians that are related to the back, eyes, ears, sex organs, bone, tendon, hormones,

vitality, immune system etc. By treating the blood and chi appropriately, T.C.M. can prevent or even reverse diseases because we, as T.C.M. doctors, recognize the importance of the chi and blood; if they are weak, blocked or affected by pathological factors, diseases can arise.

Take headaches for example. From the patient's pain we are able to find out the origin of the problem. Pain at the forehead, temples, top and back of the head may indicate the chi at the following meridians are blocked: large intestine and stomach, gall bladder, liver, urinary bladder respectively. Pain is not the only indication of disease, the tongue, voice, body odor and pulse may reveal internal problems.

The key in preventive medicine is to get the blood and chi strong and healthy before problems arise and fix them before a disease arises. What you can do for yourself is to have a healthy life style and healing nutrients (for more details please visit our web site) as a preventive medicine. Do not ignore any signs of ache and pain, fatigue, discomfort, darker under eye circles, etc. because these may indicate hidden problems. Of course, seeing an experienced doctor of T.C.M. for a check up is one of the best ways to find out any problems long before any major diseases can develop. I often diagnose a problem 10 to 20 years before it becomes a disease. The secret of treating any diseases is to help the body chi and blood be strong and healthy so it can heal itself naturally and T.C.M. is excellent in doing just that.

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Dr. Paul Tse is a prominent doctor of the traditional Chinese medicine and is a registered acupuncturist. He is also an author and lecturer in health and acupuncture. He has been successfully serving Calgarians since 1975, and has been interviewed many times by the news media internationally for his expert opinion.