

What is Traditional Chinese Medicine?

Developed over the past 5,000 years, Traditional Chinese Medicine (TCM) is a complex whole-healing medical system based on the principle that the functioning of the body is controlled by a "vital force" or energy called "Qi" (pronounced "chee"). According to TCM, "Qi" flows throughout the body, between organs, along pathways called "meridians." The status of one's Qi depends on the delicate balance of two opposing energies: Yin - the negative, dark, feminine aspect, and Yang - the positive, bright, and masculine energy. In the Chinese system of medicine, illness or disease is caused by deficiencies or excesses of energy flowing through a specific area of the body, resulting in an unbalanced state of being. TCM utilizes acupuncture, acupressure, herbal medicine, yoga and Tui Na (Chinese massage) as methods to restore harmony and balance to the body, mind, and spirit and maintain total wellness.

A visit to a traditional Chinese medicine practitioner begins with observation and conversation. The practitioner will observe your gait, the way you carry your body, your tone of voice, and the brightness of your eyes, in addition to conducting an examination of your tongue and pulses. Your practitioner will also take a detailed history, discussing your family, living environment, habits, diet, emotions, sleep, exercise, as well as respiratory, digestive, and reproductive health. If appropriate for women, your menstrual cycle and child-bearing history will also be discussed. Many people are surprised by the depth of conversation they experience with a TCM practitioner and the careful observation. Each question and observation is a tool to help the practitioner gain insight into the unique pattern of your life energy - all to assess balance and imbalance, all without using one instrument.

What Conditions Can Traditional Chinese Medicine Treat?

Conditions that have responded well to Traditional Chinese Medicine include:

- AIDS/Auto immune disorders
- Asthma
- Cancer/tumors/cysts/fibroids
- Cardiac disease
- Common cold/sore throat
- Chronic fatigue
- Chronic pain (including neck , back, facial, muscular, and shoulder pain)
- Digestive disorders/diarrhea
- Fibromyalgia
- Genitourinary problems
- Headaches/dizziness
- Hypotension/hypertension
- Infertility/Fertility
- Insomnia
- Low energy
- Menstrual disorders/menopausal syndromes
- Nausea
- Neurological disorders including stroke and head injury.
- Pain syndromes/arthritis/trauma
- Prostatitis/incontinence
- Sexual dysfunction/impotence
- Smoking cessation
- Stress/anxiety/depression
- Weight loss

Traditional Chinese Medicine is also used to maintain good health and prevent onset of disease.

How Can I Find Out More About Traditional Chinese Medicine?

To find out more about Traditional Chinese Medicine including acupuncture, herbal medicine and massage, or to [schedule an appointment](#) with one of our practitioners, contact the Raby Institute at 312-276-1212 or info@rabyinstitute.com.

When Should I Avoid Traditional Chinese Medicine?

- Acute trauma or emergency situations
- Tui Na is not used for conditions involving compound fractures, external wounds, open lesions, or with infectious conditions
- Tui Na should not be performed on the abdominal portion of a women during pregnancy or menstruation
- Tui Na is not used for treatment of malignant tumors or tuberculosis
- Some herbs should be avoided during pregnancy

Traditional Chinese Medicine Practices

Chinese Acupuncture

An imbalance, or blockage of the body's energy may result in physical, emotional or stress-related disease or pain. Acupuncture seeks to restore proper energy flow through the body by stimulating key acupuncture points along meridian lines using sterile, ultra-thin, disposable needles inserted under the skin. The stimulation created by the strategically placed acupuncture needles encourages natural energy flow to resume, breaking through blockages and restoring balance to the body's energetic systems to promote healing and fortify the body's immune response.
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Chinese Herbal Medicine

Chinese Herbal Medicine is used in conjunction with acupuncture to support the healing process. Chinese herbs have an effect on both the body's biochemistry and specific body systems. Herbal formulas are often complex, multi-herb formulations tailored to meet the specific needs of each individual.
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Tui Na

Tui Na, literally translating into "push-grasp" or "poke-pinch," is a form of Asian bodywork that closely resembles Western therapeutic massage. The massage technique uses a series of pressing, tapping, and kneading motions with the palms, fingertips, knuckles, or massage tools along the energy channels of the body to help remove blockages and restore the balanced flow of Qi. While Tui Na provides benefits similar to those of Western massage, including relaxation, stimulation of blood flow and alleviation of muscle and joint tension or pain, Tui Na is more specifically therapeutic. Using energetic principles similar to acupuncture, practitioners can focus Tui Na treatments on correcting and preventing specific problems, especially chronic pain associated with the muscles, joints, and skeletal system, by encouraging proper energy flow and balance.
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