



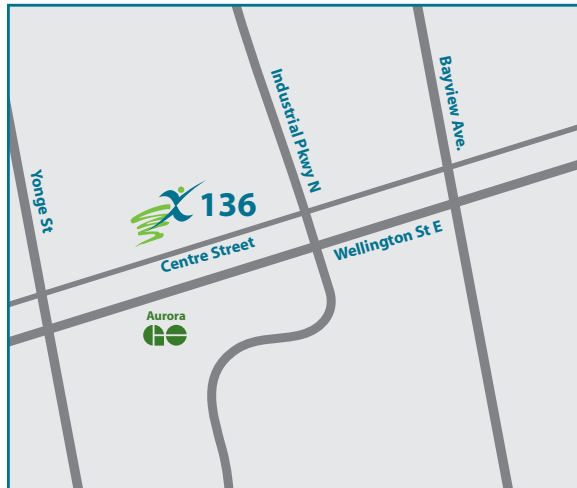
WHAT CAN TRADITIONAL CHINESE MEDICINE HELP WITH?

In our clinic we treat the following disease and medical conditions:

- Allergies
- Muscle & Back Pain
- Supportive Cancer treatment
- Candidiasis
- Diabetes
- Fibromyalgia
- Cold & Flu
- Heartburn
- Hay Fever
- Hypertension
- Insomnia
- Irritable Bowel Syndrome
- Menstrual Disorders
- Obesity/Overweight
- Sexual Dysfunctions
- Stress Management
- Pain Management
- Smoking Cessation
- Whiplash Injuries
- Infertility

IS A REFERRAL REQUIRED?

A referral may be required as a part of your extended health plan coverage; please check with your insurance company. Talk to your doctor if you have questions about whether Traditional Chinese Medicine is appropriate for you. For appointments, referral or additional information about Traditional Chinese Medicine treatments please call the numbers listed below:



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Aurora, Ontario L4G 1K1
(Our clinic is located inside Spine Stretch Studio)
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Traditional Chinese Medicine Clinic





WHAT IS TRADITIONAL CHINESE MEDICINE?

Traditional Chinese Medicine (TCM) is an ancient method of health care that combines the use of medicinal herbs, acupuncture, food therapy, counseling, massage, and therapeutic exercise. It has proven to be effective treatment for many conditions, including chronic degenerative disease, cancer, infectious disease, allergies, childhood ailments, and heart disease.

The philosophy of Traditional Chinese Medicine is preventive in nature. In line with this, TCM makes a point of educating the patient with regard to diet, exercise, stress management, rest, and relaxation so that the patient can assist in his or her own therapeutic process.

WHY CHOSE TRADITIONAL CHINESE MEDICINE?

Traditional Chinese Medicine is holistic. It is probably one of the most holistic medical systems available today. This means that it takes an integrated view of the person.

Mind, body and emotions are seen to interact and affect each other. People are unique with different strengths and weaknesses, therefore a disease pattern can be specific to them.

Accordingly, treatment is not something which is done 'to' the patient, but is given in partnership with the patient's own developing and understanding of their disease and health processes.

WHAT CAN I EXPECT DURING THE TREATMENT?

In our practice we strive to bring back the tradition of the caring health practitioner, one who knows and understands his patients, not just their disorders. Patients visiting our clinic may expect to be treated with one or more of the following modalities of Traditional Chinese Medicine:

- **ACUPUNCTURE:** the insertion of fine needles at designated acupuncture points to treat and improve your health.
- **CHINESE HERBAL MEDICINE:** prescription and usage of herbal based medications to restore and maintain your health.
- **CHINESE MANUAL MEDICINE:** Chinese medical massage, acupressure and joint manipulation techniques to treat, relax and improve your health.

- **CHINESE MEDICAL QIGONG:** advising you on interaction of the mind, body, spirit and environment to treat and improve your health.
- **CHINESE MEDICAL NUTRITION:** dietary and lifestyle advice to improve and maintain healthy lifestyle based upon TCM philosophy.

