

Traditional Chinese Medicine – What is it all about?

By Doris Rathgeber

TCM was invented by the Chinese and only suits the Chinese... Chinese medicine doesn't work in acute cases, only in chronic conditions... Chinese medicine is only good for prevention... Chinese medicine works long-term, not short-term... TCM seems too miraculous to me...

Please choose: Which of these statements are you most likely to support? Which doubts do you share? Would you dare to go to – or even take your child to see – a TCM doctor if you felt miserable, or your child was sick? Do

you think this traditional system might help you or your child to recover? The truth is, even in modern times, TCM has a definite place in the medical world, because, out of tradition, it is able to adjust to the needs of people living here and now. This medical system, which is more than 2000 years' old, can only survive by offering ongoing, successful, reliable and measurable treatment options to its patients and meeting the demand of the population. This ongoing demand challenges TCM practitioners and researchers in Japan, Korea, the USA, Europe and China to enhance

their knowledge and offer more insights and healing opportunities to communities interested in TCM.

Did you know that a cough can be cured much better using TCM methods than by means of Western medicine? A cough is usually caused by cold wind and warm wind, by a deficiency of energy and by too much anger. The result can be a dry cough, a productive cough, a painful cough or a cough at night. TCM herbal teas and acupuncture can provide cures for all these types of cough. Furthermore, these methods can boost your energy, calm down your an-

ger, treat your running nose, soothe your throat pain and help you sleep better.

Herbal remedies and acupuncture can adjust any digestive problem. Even a comparatively 'light' TCM intervention using herbs and pills can heal very stubborn cases of constipation and diarrhea.

Another example is the treatment of menstrual irregularity. Without any use of hormones, the right herbal tea can bring back equilibrium to disorders such as painful periods, heavy periods, PMS, painful breasts before periods, migraines due to periods, and nausea and digestive disorders during periods. In all these

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