

Chinese medicine is the umbrella term used to describe all of the therapies used in this Asian form of health care. These therapies include:



- Acupuncture
- Chinese herbs
- Tui na
- Heat therapy
- Moxabustion
- Cupping
- Electro-acupuncture

Chinese medicine is fundamentally a preventative form of healthcare whose diagnostic methods can detect both disease and the momentum towards a disease that has not yet presented itself. It is the study of the relationships between the external environment and internal environment. This is a reference to the notion of balance within the body and between the body and what exists outside the body. For example, an individual with low energy and low immunity may be less apt to fight off infections. A person with a hardier constitution will likely fight off infections much more quickly. Assessments and treatment protocols consider these aspects and work to treat the patient both externally and internally.