

BODYTEK HEALTH & FITNESS

Your Guide To Traditional Chinese Medicine

Traditional Chinese Medicine (TCM) is an ancient system used to diagnose and treat health conditions based on natural principles. The system of traditional medicine has evolved over the last 3000 years and offers a unique approach to understanding the human body.

The concept of Chinese medicine is based on the idea of the whole with universal concepts and spiritual influence of Daoism. The medicine has created a set of practices that is highly reliable and effective in resolving disease and illness and also in preventative health and wellness.



There are five aspects to TCM which are used throughout the course of treatment to balance the body and bring it into greater harmony and health. The five practices are acupuncture, herbal healing, diet, Tui na massage and a meditative and movement exercise called Qi Gong/Tai Chi. All of these share the same underlying principles for treatment but do so in different ways and act on different pathways within the body.

Basic Concepts of Traditional Chinese Medicine

All of Chinese medicine is based on the Daoist idea of interdependence in the universe. This means that nothing is independent and that all things have influence on one another. Instead of picking out symptoms, each experience is related to the whole and looked at and examined within a greater context and universal understanding. The human body is examined with the same set of underlying principles as the broader universe and nature.

The most basic concept in TCM is the Yin-Yang theory.

This theory was created through observation of the natural world and the evolution of life. The ancient Chinese were experts at recording their observations within nature and theorizing medicine and other healing modalities based on their observation and testing of theories.