



Tenets of Chinese Medicine

by Shoshanna Katzman, L.Ac., M.S.

Maintaining free flow of qi and blood throughout the body's meridian system provides a robust line for energetic defense and overall health. Healing occurs by strengthening this flow of energy where there is deficiency and releasing blockage where there is stagnation. This is based on the key Chinese medicine tenet that dis-ease occurs when qi is deficient or blocked, stagnant or out of balance. Dysfunction is thwarted through releasing this disharmony in order to establish internal harmony and peace.

All healing is derived from within. It is necessary to restore health from the inside out, rather than the outside in and most certainly not through the act of suppression. Balance is everything - as is keeping qi (vital energy) and blood flowing freely throughout the entire being. Moreover, the root cause of imbalance has to be

addressed first and foremost.

The goal includes counteracting environmental influences that infiltrate one's physical, emotional and energetic aspects. These surface due to such external factors as the weather, seasonal changes and external pernicious influences such as viruses and bacteria. It is further derived from internal factors such as trauma or emotional and energetic influences coming from others in one's environment.

A formidable energetic defense system is established to ward off negative influences. Innate physical and energetic capability is then strengthened. Chinese medicine empowers and individual to maintain proper working order of their body. Symptoms are alleviated when the body's intrinsic energy is simultaneously supplemented. This has been the modus operandi of Chinese medicine for cen-

turies, gained through modalities such as acupuncture, Chinese herbal medicine, tui na massage, Chinese dietary therapy as well as tai chi and qigong exercises.

This ancient paradigm for healing is based on prevention and moderate living to maintain and reclaim a state of wholeness. Ideally, every aspect of the body should work together as an integrated whole – the physical, emotional, energetic and spiritual aspects of being. Each person possesses innate intelligence for moving toward rather than away from this goal, representative of the energetic forces of yin and yang. Yin and Yang are independent and are opposites, yet never separate.

Practical wisdom is further garnered through the legendary Taoist philosopher and Chinese scholar, Confucius who emphasized the "middle way" in terms of establishing balanced lifestyle habits. This means releasing the need for extremes in diet, work, play, exercise, stress and sexual activity. Whereby, an individual discovers their inner truth, while finding the way toward integration and the ultimate unity of mind, body and spirit.

This ancient approach to health and wellness offers a portal for self-empowerment – a way to manifest a life filled with energy, peace and mental clarity. It supports transformation and growth of the mind, body and spirit. It provides the potential to achieve integration and unification of the physical and energetic aspects of being – leading to engagement of intrinsic healing capability. Following these basic tenets of Chinese medicine serves as a guide for establishing balance and harmony within every aspect of life.

- Unlock true potential
- Unite body, mind and spirit
- Create a foundation for lasting, authentic health

The attainment of balance is not static, but rather waxes and wanes. Integrate these healing principles as set forth thousands of moons ago. Each person holds the key to their health. It is a matter

of discovering the path of least resistance and most success. Simply take the time to use your intuition and trust what feels right, while nourishing and honoring every aspect of oneself each step along the way.

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Make a commitment to search and learn and it will be found.

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