

Oriental Medicine

Oriental Medicine has its roots in China and has spread to most countries around the world. Its origins go back thousands of years and ancient documents confirm that it was a sophisticated system approximately 2,500 years ago. Oriental medicine can be defined as a traditional, evolving, holistic healthcare system involving the science and art of diagnosing, treating, prescribing for, curing, and preventing physical and mental disease, relieving pain, and improving and preserving physical, mental, emotional, spiritual and societal health and the ecology of the planet through the application of an understanding of balance, harmony, form, function, yin, yang, qi, the natural sciences and biomedicine.

Traditionally, oriental medicine included acupuncture and moxibustion (heat therapy on specific points); herbal medicine; manual therapies such as acupressure, massage and manipulation; diet management; exercise, meditation and lifestyle wisdom.

Oriental Medicine is an evolving health care system and new medical developments are continually being integrated into this, mature, holistic approach to healthcare.

Acupuncture

Herbal Medicine