



Traditional Chinese Medicine - TCM

TCM is a comprehensive system of medical diagnosis and treatment that has been developed and practiced for over 3,000 years.

The Chinese have a unique understanding of the human body: Body, spirit and soul are seen as a unified whole, and are a reflection of the laws of the universe. Harmonizing body and soul is the foundation of health. TCM differs significantly from Western Medicine in both philosophy and principle. In order to understand TCM, it helps to know two essential concepts that are very strictly applied: "Yin and Yang" and the "Five Elements."

Yin and Yang

The concept of Yin and Yang forms the basis of Traditional Chinese Medicine. As a science, it originated from observation of the changes of day and night. Yin and Yang describe inseparable forces that complement and depend on each other. Yin represents the night with the concepts of cold, silence, passiveness, darkness, inside, latent abilities and female. Yang represents the day with warmth, activity, brightness, outside, expression and male. Yin and Yang exist in each body; however their respective proportions may vary.

The 5 Elements

The 5 Elements theory posits wood, fire, earth, metal and water as the basic elements of the material world. These elements are in constant movement and change. In Traditional Chinese Medicine 5 Elements theory is used to interpret the relationship between the physiology and pathology of the human body and the natural environment. In TCM, each aspect of nature relates to a specific organ system: Wood-Liver, Fire-Heart, Earth-Spleen, Metal-Lung and Water-Kidney.

Just as the 5 Elements interact with each other in nature, the body's organ systems interact similarly and can be described accordingly. Each system is in continuous change and motion; each system affects the others. When the 5, interconnected organ systems exert a balance of harmony, wellness results. By studying the dynamics present when these elements fall out of harmony, we can understand the severity of health problems and disease.