

CHINESE HERBS

Chinese herbal medicine is the largest organized herbal system in existence. In China, it is considered to be a very powerful form of therapy that is used to treat most conditions. Due to its long history of usage, the workings of the classical herbal formulas are extremely well understood.

Chinese herbs may be prescribed both as a complement to acupuncture treatments and as a primary form of therapy. They may be packaged as powders, pastes, tinctures, lotions or tablets, depending on the herb and its intended use.

Chinese herbal formulas have been used for thousands of years to treat a range of disorders such as:

- Allergies, skin diseases and other autoimmune disorders
- Fatigue
- Digestive disorders
- Sleep disturbances (insomnia, somnolence)
- Gynecological disorders (regulated menstrual cycle, infertility, endometriosis, etc).
- Colds & Flu
- Asthma & other respiratory conditions
- Stress
- Psychological problems such as depression and anxiety

A TCM practitioner may also advise you to make specific changes in your diet, such as avoiding spicy foods or alcohol. Foods are believed to either 'heat' or 'cool' the constitution, making dietary changes an important part of the healing process.

Herbal medicine can act on the body as powerfully as pharmaceutical drugs and should be treated with the same caution and respect. Some herbs can be toxic in high doses while others can cause allergic reactions. It is important to only take the herbs prescribed to you by a licensed TCM Doctor/herbalist.

It is best to avoid taking over the counter herbs found at local markets or Chinese herbal stores, as the quality and ingredients of such bottled formulas cannot be guaranteed. Never abandon your regular medication or alter the dose without the knowledge and approval of your doctor.

Be assured that the herbal formulas prescribed to you meet the highest industry standards of safety and testing. Banned substances, endangered species or other animal parts will NEVER be prescribed or included in any formula.

In the province of British Columbia the practice of Traditional Chinese Medicine (TCM) is strictly regulated. Only those with the highest level of education and licensing credentials are able to prescribe herbs. For more information on practice standards, accepted practicing titles or to locate a practitioner in your area please visit www.ctcma.bc.ca

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