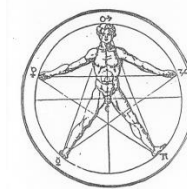
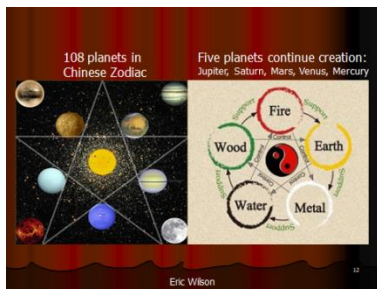
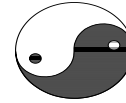


# Chinese Traditional Medicine

1. Simon Magus Acts 8: 9,10 Sorcerer and did Magik in Samaria
2. Emperor Fu His --- originator of Pa Kua (circle of harmony) 2900 B.C.
3. Emperor Shen Nung---medicinal herbalist, 365 herbs 2800 B.C.
4. Emperor Huang Ti---Author of Nei Ching medical text 2600 B.C.
5. Chinese Traditional Medicine based on astrology- **MAN=microcosm—UNIVERSE=macrocosm**
6. Taoism = the way of nature a) MAN is an image of the cosmos b) CHI—creative principle with YIN and Yang as opposing divisions of chi c) basic elements—metal, water, wood, fire, earth
7. Chinese zodiac contains 108 planets Five of the planets are considered creative



Man as microcosm: Universe as macrocosm

8. Man in circle “Holistic Health Symbol”
9. Causes of disease in Taoism: demons, winds, emotions, unbalanced chi
10. CTM physiology 12 meridians; chi flows in an increase degree for one Chinese hour (two reg. hours) through each of 12 organs once each day. Zodiac based concept
11. Prevention and treatment in Chinese Traditional Medicine:
  - Like cures Like --- a) substances that have similar physical appearances
  - b) substances with similar symptoms

Energy balancing modalities---Eastern style meditation, qi gong, martial arts, tai chi, breathing exercises, diet, herbs, minerals, moxibustion, acupuncture, acupressure, house hold arrangement

12. Illness is believed to be a result of an imbalance of chi so therapy entails balancing chi. previously named modalities are chi balancing methods.
13. Chinese meditation: moving or motionless
14. Martial arts: **Hard** physical combat style; **Soft**—tai chi
15. In acupuncture needles used to correct inappropriate flow of chi, in qi gong the same effect as acupuncture can be done by the power of the mind.
16. Moxibustion---burning a plant on surface of body, later needles were used
17. National Institute of Health first reported positive effects from acupuncture on nausea of chemotherapy etc., but five years later the report was removed since a method of placebo testing acupuncture had been developed and with those studies using the placebo the results of the previous studies had to be discarded so now the response to acupuncture is considered a placebo effect.
17. From studies with thousands of individuals, acupuncture benefits are recognized as being placebo.
18. In 1950 life span of child born in China was 30 years. In 2000 it had increased to 70 years due to dealing with disease prevention using clean water, closed sewers, immunizations etc. Disease no longer considered caused by an imbalance of a cosmic force.

Website [www.healthandspirituality.info](http://www.healthandspirituality.info)

URL below is for a written article on the subject of this handout

<https://healthandspirituality.info/energy-medicine/acupuncture-chinese-traditional-medicine/>