

Download Chinese Medicine For Women : A Common Sense Approach

Traditional Chinese medicine (TCM) is a style of traditional medicine based on more than 2,500 years of Chinese medical practice that includes various forms of herbal medicine, acupuncture, massage (tui na), exercise (qigong), and dietary therapy, but recently also influenced by modern Western medicine. Traditional Chinese Medicine (TCM) is an ancient form of healthcare that dates back over 2,500 years and includes natural treatments such as acupuncture, herbal remedies, dietary advice, stress/emotional support, exercise including tai chi and qi gong and treatments such as cupping and moxibustion. Historically and presently, in many parts of the world, women's participation in the profession of medicine (as physicians or surgeons for instance) has been significantly discouraged. Traditional Chinese Medicine. TCM is a system of healing that originated thousands of years ago. It has evolved into a well-developed, coherent system of medicine that uses several modalities to treat and prevent illness.