

What can Chinese medicine do for you?

Maintaining your health and preventing disorder are our primary aim. When the following conditions happen, we can treat.

Dermatological

Acne, Chloasma, Cutaneous Pruritus, Dermatitis, Eczema, Hair Loss, Herpes, Itchy Skin, Mycosis, Prurigo, Psoriasis, Vitiligo, etc.

Ear, Eye, Nose and Throat

Earaches, Halitosis, Hay Fever, Glaucoma, Macular Degeneration, Myopic Otitis, Pharyngitis, Retinal Disease, Rhinitis, Sore Throat, Sinusitis, Tinnitus, etc.

Internal

Asthma, Bronchitis, Cold & Flu, Colitis, Constipation, Diabetes, Diarrhoea, Edema, Gastritis, Haemorrhoids, Hepatitis, High Blood Pressure, Hypoglycemia, Indigestion, Irritable Bowel Syndrome, ME, Migraine, MS, Nausea, Obesity, Palpitation, Peptic Ulcers, Vomiting, etc.

Muscular-Skeletal & Neurological

Arthritis, Back Pain, Bell's Palsy, Bursitis, Dizziness, Epilepsy, Frozen Shoulders, Headache, Hemiplegia, Lumbago, Neuralgia, Rheumatism Sciatica, Sports Injuries, Sprains, Stiff Neck, Trigeminal Neuralgia, etc.

Mental & Emotional

Anxiety, Depression, Fatigue, Insomnia, Panic Attack, Stress, etc.

Gynaecological

Abnormal Menstruation, Endocrine Conditions, Habitual Abortion, Infertility, Internal Secretion Disorder, Menopausal Syndrome, Morning Sickness, Hysteriomyoma, Pelvic Inflammation, Pre-menstrual Tension (PMT), Vaginitis, etc.

Genito-Urinary & Reproductive

Bedwetting, Hot Flashes, Impotence, Premature Ejaculation, Recurrent Cystitis, Urinary Problems, etc.

Others

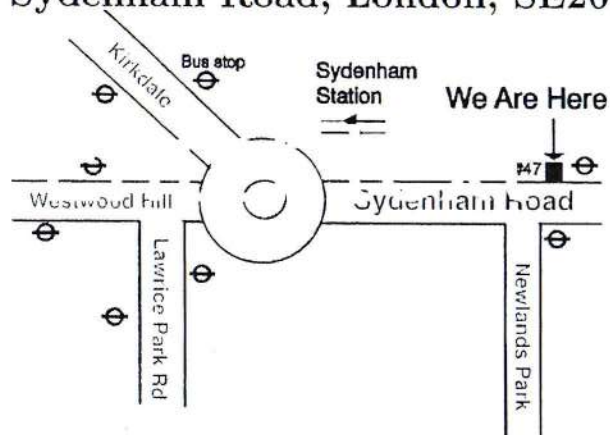
Addiction to smoking & alcohol, Weight Loss, Weakness, Children's Disorders, etc.

Acupuncture Chinese Herbal Medicine Chinese Massage Health Advice

Offers To Registered
Customers:

Free Consultation
Free Initial Assessment
Free Blood Pressure Check

Sydenham Road, London, SE26



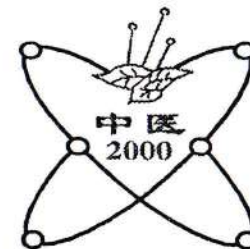
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Transportation

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Buses 450, 194, 202, 75, 176,
122, 312, 932

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CHINESE MEDICINE

2000

中医

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Traditional Chinese Medicine

Chinese Medicine is the oldest medical system still in practice of 5000 years history. The World Health Organization believes that one third of the world's population is using Chinese Medicine in more than 160 countries and/or regions, showing how well Chinese Medicine works.

Chinese Medicine sees that the good health of a living body is in its natural state having the harmonised interrelationship of all its components with the external environment. A disorder (or a disease) may arise when an imbalance occurs. The aim of the treatment by Chinese Medicine is therefore to restore the balance by increasing the body's inherent strength and qualities necessary for one to regain and maintain his health.

A living body has many elegant mechanisms to maintain its natural state. However, depending on his adaptability to the change in the environment, certain extremes, such as a temperature change, physical and/or emotional stresses, invasion of microbes and toxins, can cause the body out of balance in some way, called Yin-Yang disharmony. (The inseparable and complementary terms 'Yin' and 'Yang' are the two relative expressions in Chinese Medicine, e.g. 'heat' is 'Yang' and 'cold' is 'Yin', 'excess' is 'Yang' and 'deficiency' is 'Yin', etc.) Chinese Medicine addresses the root of the disorder and treats each individual as a harmonic whole.

The Chinese Medicine readjusts 'Yin' and 'Yang' to the balance state according to the four principles, replenishing the deficiency, reducing the excess, warming the cold, and clearing the heat.

Prevention is more important than healing in many cases, such as aging, hay fever, etc. Chinese Medicine also sees that it would be easier to achieve a balanced state when the disorder is less severe and it becomes more difficult when the disorder is more serious. Therefore, it becomes necessary to restore the balance state when the disorder is not so severe. This implies that the earlier the treatment is applied, the better the result is.

Chinese Medicine mainly consists of Acupuncture and Chinese Herbal medicine. They are used in many cases simultaneously for the best results, depending on the disorders and body conditions. In some cases, for the best results, some auxiliary techniques such as tuina (medical massage), moxibustion, and cupping, are also used.

Acupuncture

Acupuncture involves the insertion of very fine needles into certain locations so that specific points along specific pathways (called meridian) are stimulated to harmonise 'Yin' and 'Yang' by gaining 'Qi' and removing any blood stagnation, etc.

Acupuncture provides excellent results in relieving pain, stress, depression, giving up smoking, enhancing the body strength, etc.

When needles are inserted, you may feel a little tingling and no or very little pain can be felt. After Acupuncture treatments, most patients felt increased well-being and the treatments are very effective. One treatment lasts about 20 minutes.

Chinese Herbal Medicine

Chinese Herbal Medicine involves the use of natural plants. According to the disorder, about ten loose herbs out of thousands are selected to form a medical recipe best suitable for correcting the disorder.

The Herbal medicines are taken in two forms. The commonly used recipes are ready-made in the form of tablets (Chinese Herbal Patent Medicine). However, some recipes are prescribed to be cooked and taken in a similar form to tea (*Herbal Tea*).

How Can We Help You?

We can help you to the extent that you are willing to help yourself. We need to know as much information as possible from you for accurate diagnosis.

Chinese Medicine sees that all parts of a human body are connected as a system. We ask questions about life style, health histories, blood pressure, appetite, digestion, etc. We also apply the unique tongue and pulse diagnosis to help understand your conditions.

Once all the information has been gathered, the practitioners will decide whether Chinese Medicine is the best for the treatment and what is the best treatment to the case. The practitioner will advise the patient on life-style, work, emotional life, sexual habits, diet and exercise, which gives the patient responsibility for his or her own health and so can prevent recurrence of the problem.

All the needles used in our clinic are pre-sterilised-packed single-use disposable needles in line with European standard. All herbal medicine products are supplied by professional body verified suppliers. Our service and products are fully covered by the professional insurance.

The Practitioner

The practitioner in this clinic is Dr Xia. Dr Xia graduated from a TCM university. She has gained more than twenty years clinical experience in the Chinese Medicine and Acupuncture. She holds a professorship awarded by the Chinese Ministry of Health, Human Resources and TCM (Traditional Chinese Medicine) Administration in 1995. Dr Xia is the author and co-author of many research articles and TCM books. She was the Deputy-General Secretary of the China Spleen of the TCM Internal Disease Society. Before she came here, Dr Xia worked as a Director and Senior Consultant in the TCM Department in one of the most famous hospital in China, Consonancy (Xiehe) Hospital in Wuhan.

Dr Xia is on the British Register of Chinese Medicine and a member of the ATCM in UK. Dr Xia is a famous Chinese Medicine practitioner and She has been offered a fellowship from Association of Traditional Chinese Medicine in UK.