TRADITIONAL CHINESE MEDICINE

(HOLISTIC HEALING)

Hi, for those who don't know me my name is Sandi Bell, I am a practitioner of Traditional Chinese Medicine (TCM), which includes acupuncture, lifestyle & dietary advice, cupping, massage, and reiki. I will be practising in Glenorchy over the next 5 weeks. If you are interested in a treatment, please contact me on the phone number below.

WHAT IS TRADITIONAL CHINESE MEDICINE (TCM)?

TCM is a healing technique which has been used for over 250,000 years. It is based on the theory that all the internal organs has a channel which runs off them either along the arms, or legs. These channels contain qi (energy), and it is in these channels that an acupuncturist inserts fine disposable needles to manipulate the qi, to assist the body in healing. When a person feels pain in one of these channels, (along with other signs and symptoms), it may indicate that it's associated organ may need strengthening, or if a channel becomes injured, over time this could affect its associated organ. This is holistic healing!

OTHER TCM HEALING MODALITIES INCLUDE:

- **Cupping**, which when glass suction cups are placed on the body surface to draw out tension from the muscles.
- **Lifestyle & dietary advice,** which plays a big part in TCM, because this can often be the cause of an ailment, so unless identified and corrected, the ailment may continue to reoccur.
- **Moxibustion,** which is when the Chinese herb "Mugwort" is burnt and held close to is skin surface to warm the body and build qi.

WHAT MAY TCM BE USED TO TREAT?

Musculoskeletel conditions, dietary, allergies, mental emotional issues, menopausal symptoms, side effect of medication, addictions, scars, facials, and much more.

COST

A treatment session is $70, but this price can be negotiable prior to consultation to what the person can afford. I am here to provide the Community with a health service which is affordable, and which everyone may benefit!

Contact Sandi on 027 407 1761

LOOK FORWARD TO MEETING YOU!