

Dr. Den's quick guide to TRADITIONAL CHINESE MEDICINE: simple facts to help determine if it's a good option for you and your family

What is Traditional Chinese Medicine (TCM)?

TCM has evolved over thousands of years, truly standing the test of time!!!

TCM includes many different modalities, such as:

- Acupuncture - the stimulation of specific points on the body, usually with an extremely thin needle
- Cupping - the use of small cups as a suction device on the skin, promoting circulation
- Gua Sha - the use of a smooth tool to scrape against the skin, promoting circulation
- Moxibustion - dried mugwort is used to create a warming and soothing treatment
- Herbal Medicine - Chinese herbs are usually combined into formulas to help create balance
- Shoni Shin - a Japanese massage technique, created specifically for kids
- Tai Qi and Qi Gong - both involve a series of movements performed intentionally and with the breath
- Nutrition - food and nutrition play a large role in TCM

Safety First!

When performed by a licensed and experienced practitioner, acupuncture is extremely safe. The most common side effect is an infrequent small bruise at the site where the needle was inserted. More significant injuries can be avoided by receiving treatment from a well-trained practitioner.

The Acupuncture Den uses only the highest quality herbs, and has full confidence in the quality standards of the herb suppliers. Reputable pediatric lines are also carried to make herbal medicine more accessible to children.

Dr. Den LOVES treating children!

*non-needle treatments available

From newborns through teens, children are most commonly seen at The Acupuncture Den when experiencing/struggling with:

- failure to thrive
- colic
- constipation
- other digestive issues
- ear infections
- asthma
- common cold/flu
- frequents illness
- skin conditions
- night terrors
- ADD/ADHD
- autism spectrum disorder
- insomnia
- bedwetting
- injuries/pain
- anxiety/depression
- menstrual regulation
- drug/alcohol addiction
- eating disorders
- headaches/migraines

Adults are commonly seen when experiencing/struggling with:

- digestive issues
- common cold/flu
- frequent illness
- asthma
- autoimmune disorders
- insomnia
- pain/injury
- anxiety/depression
- stress maintenance
- headaches/migraines
- menstrual regulation and pain
- pregnancy discomfort
- morning sickness
- preparation for labor
- low libido
- symptoms of menopause
- general aging process
- osteoarthritis
- general aging process
- drug and alcohol addiction

Dr. Den strongly believes it is never too early nor too late to take steps toward greater health and well-being.

What it is:

- A safe way to treat many common (and not so common) ailments
- An effective way to treat the symptoms of many disorders
- A wonderful way to maintain your health and boost/regulate your immune system
- A great way to help manage your response to the stressors in your life
- A fabulous way to be more in control of your family's health, and to teach that to your kids

What it's not:

Although it often feels like it, TCM is not magic.

Sometimes, commitment and life-style changes are necessary. You won't be sorry!