

“What Does Oriental Medicine Do for You?”

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Why choose Acupuncture and Oriental Medicine?

Ch'i Po said: “The utmost in the art of healing can be achieved when there is unity.”

The Emperor inquired: “What is meant by unity?”

Ch'i Po answered: “When the minds of the people are closed and wisdom is locked out they remain tied to disease. Yet their feelings and desires should be investigated and made known, their wishes and ideas should be followed; and then it becomes apparent that those who have attained spirit and energy are flourishing and prosperous, while those perish who lose their spirit and energy.”

— A conversation between Ch'i Po, an acupuncture master, and the Yellow Emperor, from the ancient classic Nei Ching

Classical Chinese Medicine is one of the oldest forms of medicine known to humankind. It is a scientific and complete system, based on exact laws and principles, that have been used in China for over 5,000 years. The ancient masters noted that human beings are happy and healthy when living in harmony with the seasons and cycles of nature, and that these cycles reflect the natural internal rhythms of the body. Today in the modern Western world, human beings pay more attention to what the rat race, hi-tech, dod-eat-dog society dictates than to their own internal rhythms, and this produces stress, chaos and imbalance in all areas of life. Modern cultures emphasize the concept of “either-or,” forcing us to continually make comparisons, choices and judgments of one thing over another. This good-bad philosophy creates external as well as internal separation and confusion and it is easy to lose sight of the fact that we truly can achieve balance and health.

Oriental traditions, on the other hand, speak of balance, harmony of the opposites, the concept of “both-and,” and the Way of the Tao. The Way of the Tao is the way of balance and harmony between Yin and Yang, two concepts which are never separate realities, each present in the other, both present in the whole. They exist only in relationship to each other, and are the foundational energies of everything in our world. Examples of the balance between Yin and Yang are night-day, female-male, winter-summer, cold-hot. The Way of the Tao sees all things as part of a natural continuum. There is no separation, there is only the unity of opposites.

Acupuncture kaleidescopes thoughts, feelings, sounds, smells, words, opposites, colors, seasons, moon phases, temperatures, relationships, and sight in a way that is harmonious and balanced. Acupuncture speaks to the energetic core of a person's being and encourages the body's natural abilities to rediscover and maintain this balance and harmony. This state of balance gives rise to an inner knowing that all things are in unity. We can apply the idiom, “United we stand, divided we fall” to our own inner state. Acupuncture reunites all aspects of one's being in a way that is profound and lasting. Oriental Medicine addresses the root causes of illness and imbalance. It stands on its own as a primary healthcare system, and beautifully complements any other kind of therapy as well. Illness is simply your body's way of telling you you are out of balance with your dreams and desires. Begin to see yourself as whole and unified with what you think, with what you feel, with what you desire.