

MICHELLE MANTO

Berkshire Acupuncture & Wellness

Helping People Heal



FREQUENTLY ASKED QUESTIONS

- ❋ What is Traditional Chinese Medicine & how does it work?
 - Traditional Chinese Medicine, also referred to as TCM, is a 2500 year old health care system that balances body function (Qi/Yang) and body form (Blood/Yin). It does this by a means of energy pathways known as meridians or channels. When the Qi & Blood, Yin & Yang, and the channels or meridians are in balance the body experiences good health and wellness. Traditional Chinese Medicine, as a whole, consists of 8 branches. These are Acupuncture, Herbology, Tui na (massage), Qi gong & Tai qi (exercise), Nutrition, Astrology, Feng shui (placement) and Meditation.

- ❋ What is Acupuncture & how does it work?
 - Acupuncture is one branch of TCM and involves the insertion of very fine needles into the skin. Acupuncture points are access points into the channels and meridians. By accessing the points in the channels or meridians, Qi & Blood and Yin & Yang are more balanced. Treatments can include acupuncture (with or without needles), auricular therapy (ear points), moxibustion (heat), cupping and guasha (improves circulation and removes toxins), and tuina (massage). TCM is cumulative which means that each treatment builds upon the previous one. Studies show when treatments are consistent healing is quicker and balance response time is faster.

- ❋ Is Traditional Chinese Medicine safe for children?
 - Yes, Traditional Chinese Medicine is safe for children. Because it is less invasive and avoids unnecessary chemicals, the body's natural healing abilities are strengthened.

- ❋ What conditions respond well to Traditional Chinese Medicine?
 - TCM can be used for many medical conditions. A partial list includes stress reduction, pain management, low energy, hormonal imbalance, sleep issues, weight control and preventative health.

- ❋ When is the best time to use Traditional Chinese Medicine?
 - TCM can help if your condition is acute or chronic. If you are experiencing a life-threatening medical condition, you should see a conventional physician immediately.

- ❋ When can I expect to see results with Traditional Chinese Medicine?
 - Since TCM is very individualized and every condition manifests differently, results will vary from person to person.