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## Weaknesses of Modern Medicine



- Reductionistic, Not Holistic
- Mechanistic, Not Vitalistic
- Treatment-Oriented, Not Prevention-Oriented

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## Traditional Systems of Medicine



- Holistic
- Vitalistic
- Prevention-Oriented

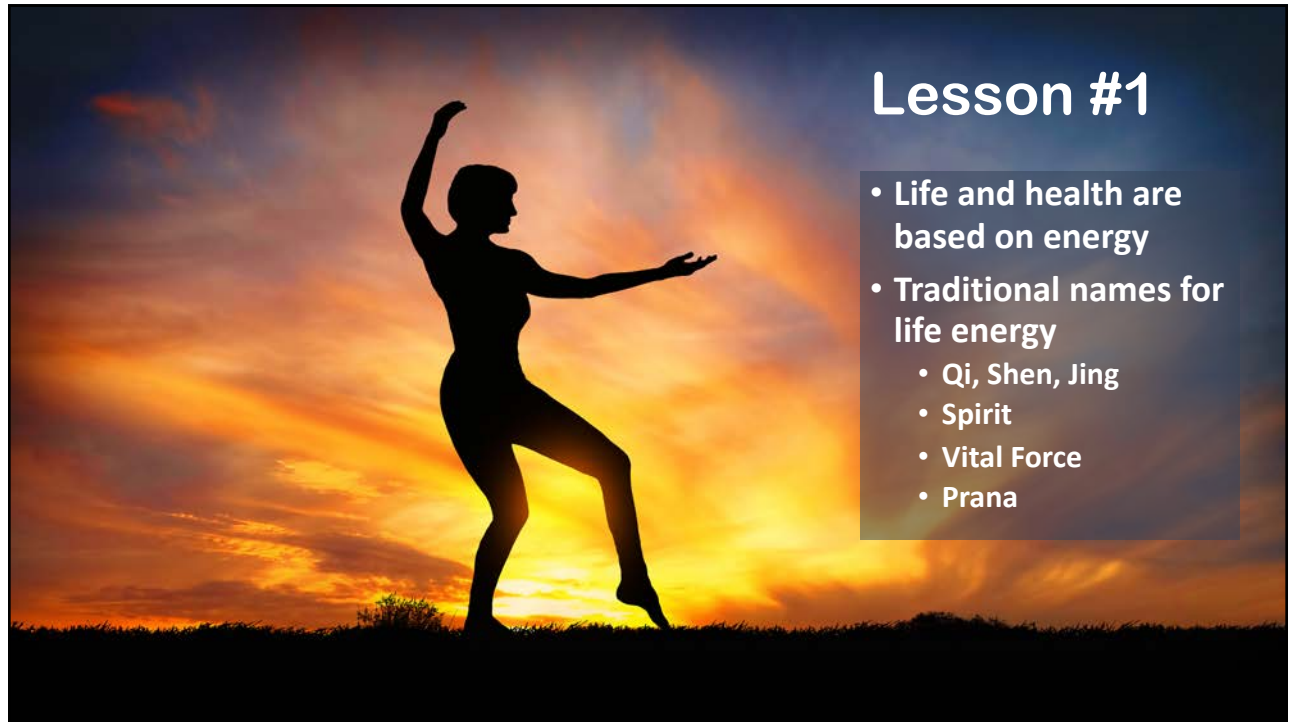
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## Six Lessons from TCM



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## Lesson #1

- Life and health are based on energy
- Traditional names for life energy
  - Qi, Shen, Jing
  - Spirit
  - Vital Force
  - Prana

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## Principle #2



- Balance is the key to health
- Health is created by a dynamic balance in system function known as homeostasis
- Balance is the key to both regaining and maintaining health

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- In order to be effective, a therapy must balance the body's energies
- One symptom can be caused by the body being out of balance in opposite directions
- Determining how the body is out of balance is a key part of health assessment

Yin	Yang
Hot	Cold
Dry	Damp
Exterior	Interior
Acute	Chronic
Excess	Deficient



## Principle #3

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## Principle #4

- Treatment should focus on the person, not the disease
- Different diseases, one treatment; one disease, different treatments
- All people with the same disease don't get well on the same treatment, but the correct treatment for the person can correct most, if not all, their health issues



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## Principle #5

- Your constitution influences the types of illnesses you're prone to
- Constitution is a blend of physical and personality traits that work hand in hand
- It is probably a reflection of your genetic strengths and weaknesses

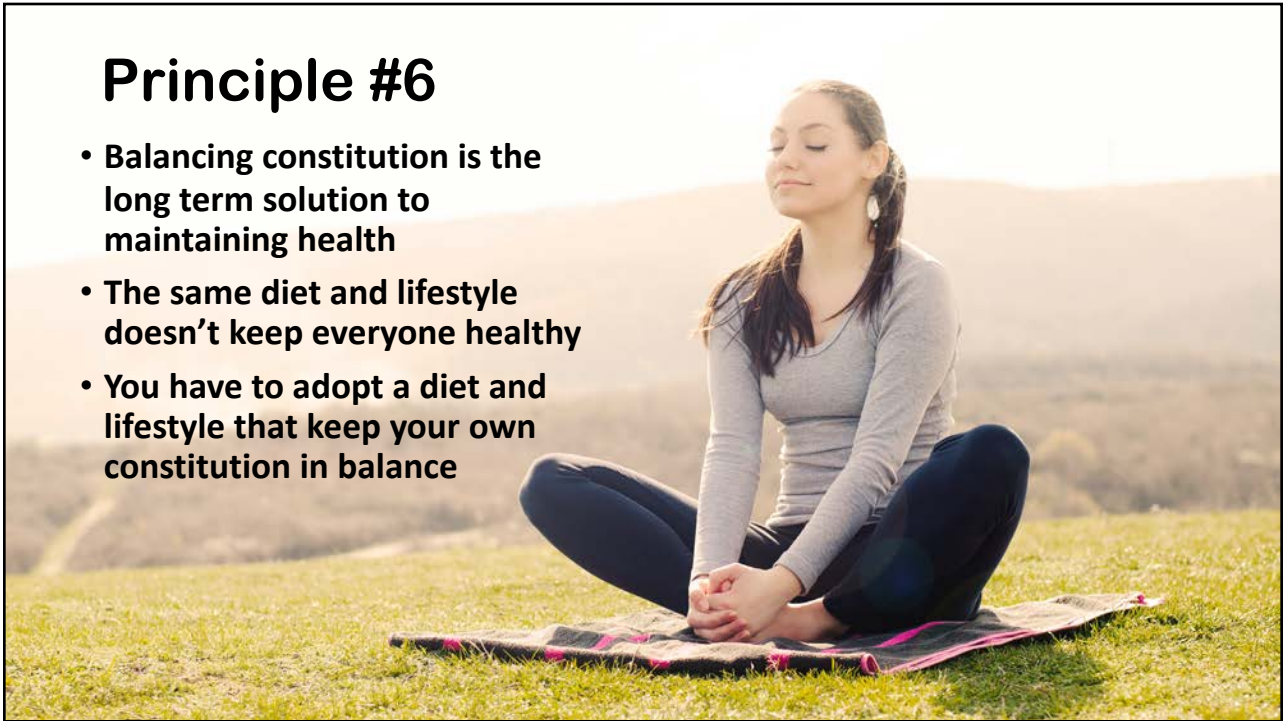


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## Principle #6

- Balancing constitution is the long term solution to maintaining health
- The same diet and lifestyle doesn't keep everyone healthy
- You have to adopt a diet and lifestyle that keep your own constitution in balance



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  - Chinese Herb Bundle - \$74 (a \$99 value), member price \$25
    - Includes Chinese herb book and class above, plus 25 copies of two issues of Sunshine Sharing on Chinese herbs (50 copies total) and 25 Chinese herb constitutional questionnaires

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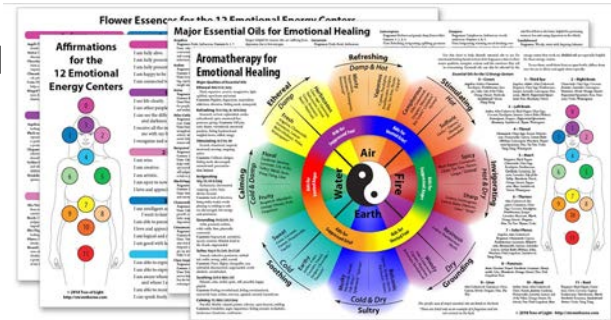


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