The Healthy Perspective
With Steven Horne, DHS

Lessons from Traditional Chinese Medicine (TCM)
Weaknesses of Modern Medicine

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

Traditional Systems of Medicine

- Holistic
- Vitalistic
- Prevention-Oriented
Six Lessons from TCM

Lesson #1
- Life and health are based on energy
- Traditional names for life energy
  - Qi
  - Shen
  - Jing
  - Spirit
  - Vital Force
  - Prana
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

Principle #3

• 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

<table>
<thead>
<tr>
<th>Yin</th>
<th>Yang</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hot</td>
<td>Cold</td>
</tr>
<tr>
<td>Dry</td>
<td>Damp</td>
</tr>
<tr>
<td>Exterior</td>
<td>Interior</td>
</tr>
<tr>
<td>Acute</td>
<td>Chronic</td>
</tr>
<tr>
<td>Excess</td>
<td>Deficient</td>
</tr>
</tbody>
</table>
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

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
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

Ready to Learn More?

• Visit our store at stevenhorne.com or call 800-416-2887
• Check out our new products
  • Healing with Chinese Herbs book - $6.95
  • The Channels, Cycles and Constitutions of Chinese Herbalism class (Nov 7, 14, 21 at 5:30 PM MT) includes PPTs and Handouts - $60, $15 for members
  • 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
Visit StevenHorne.com

- Sign up for our free mailing list
- Join our member program
  - Monthly member webinars
  - Online member database
  - Discounts on products and courses
- Checkout our store for charts, books and courses