

PROJECT TCM

Tai chi

According to Harvard health They State ' Tai chi is often described as "meditation in motion," but it might well be called "medication in motion." There is growing evidence that this mind-body practice, which originated in China as a martial art, has value in treating or preventing many health problems. And you can get started even if you aren't in top shape or the best of health. Health benefits of Tai chi are improvement of muscle strength flexibility balance and aerobic conditioning



Chinese medicinal herbs

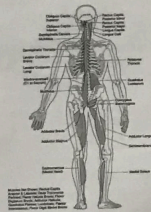
According to John Hopkins Medicine it States Chinese herbs Are " Products made from botanicals, or plants, that are used to treat diseases or to maintain health are called herbal products, botanical products, or phytomedicines."

Some common Chinese medicinal herbs are Pax ginseng , ginger Astragalus , kudzu vine licorice Etc



Acupuncture

Acupuncture is a technique that uses very thin needles that insert in pressure points to clear energy channels aiming to restoring and maintaining health. According to Harvard Health it states that the uses for acupuncture are persistent Painful conditions like low back pain and pain related to arthritis headaches Post-operative Pain adverse reactions to chemotherapy and Radiation therapy addiction hot flashes and other menopausal symptoms



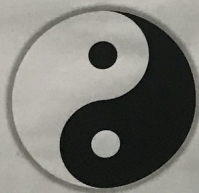
How Chinese Medicine Connects to DDV

Through Dream of Ding village there has been References to chinese medicine one example would be towards the end of the book where grandpa Gives Ding Yuejings Family ginseng Root which is a Common Chinese Medicinal Herb this explains that Grandpa wanted Dingyuejings family to take it And use it to treat them because it helps strengthen the body. Another reference of chinese medicine in the book was at the beginning when the villagers were talking about new medicine being developed. And that has a reference to the main purpose of Chinese medicine which is to heal /restore the Yin and Yang forces. These are some references / connections to Dream of Ding village



Early history of chinese medicine

Tcm is the oldest Medical system in the world at least 23 centuries old the main purpose of Traditional chinese medicine is to restore the yin and yang Balance and treat / prevent diseases and illnesses According to Britannica it states " That opus provided the theoretical concepts for TCM that remain the basis of its practice today. In essence, traditional Chinese healers seek to restore a dynamic balance between two complementary forces, yin (passive) and yang (active), which pervade the human body as they do the universe as a whole. A person is healthy when harmony exists between these two forces



Works Cited

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