

# Traditional Chinese Medicine & Herbs

Integrating Ancient Wisdom in Modern Holistic Practice



# What is Traditional Chinese Medicine?



## Balance & Harmony

Restoring equilibrium between Yin and Yang energies throughout the body



## Vital Energy (Qi)

Life force flowing through meridians, supporting health and vitality



## Five Elements

Wood, Fire, Earth, Metal, Water interconnecting in nature and the body



# TCM Diagnostic Approach

## *Holistic Assessment Methods*



### **Observation**

Complexion, tongue coating, body language, and overall appearance



### **Listening & Smelling**

Voice quality, breathing patterns, and body odors



### **Inquiry**

Detailed health history, symptoms, lifestyle, and emotional patterns



### **Palpation**

Pulse diagnosis and abdominal palpation for energy assessment



# Key TCM Herbs in My Practice

Herb	Properties	Clinical Uses
Ginseng (Ren Shen)	Tonifies Qi, adaptogenic	Fatigue, immune support, stress resilience
Astragalus (Huang Qi)	Immune modulation, Qi tonic	Prevention, recovery, energy enhancement
Reishi (Ling Zhi)	Calming, immune support	Sleep, stress, longevity support
Turmeric (Jiang Huang)	Anti-inflammatory, blood mover	Joint health, digestion, circulation
Ginger (Sheng Jiang)	Warming, digestive	Nausea, circulation, immune support



# Targeted Herbal Support

*Hormones, Thyroid, Stress & Gut Health*

Herb	Properties	Clinical Applications
Dong Quai (Dang Gui)	Blood tonic, hormone balancing	Menstrual health, menopause, PMS
Rhodiola	Adaptogenic, stress resilience	Adrenal support, fatigue, mood
Ashwagandha	Thyroid support, adaptogen	Thyroid function, stress, energy
Schisandra (Wu Wei Zi)	Liver support, adaptogenic	Detoxification, hormones, stamina
Liquorice (Gan Cao)	Adrenal tonic, harmonizing	HPA axis, cortisol balance, digestion
Shatavari	Rejuvenating, hormone support	Female reproductive health, stress
Rehmannia (Shu Di Huang)	Yin tonic, blood nourishing	Adrenal fatigue, hormones, kidneys
Bupleurum (Chai Hu)	Liver Qi regulator	Stress, digestion, hormonal balance

# Integrating TCM in Holistic Practice

## My Integrated Approach

- ✓ Combine TCM diagnosis with functional medicine testing
- ✓ Use herbs alongside nutritional therapy
- ✓ Address root causes with whole-person assessment
- ✓ Personalize protocols based on individual constitution
- ✓ Monitor progress with both subjective and objective markers



## Patient-Centered Care

Every protocol honors the individual's unique needs, combining traditional wisdom with modern evidence



# Clinical Application Example

*Case: Chronic Fatigue with Poor Digestion*

## TCM Pattern

### Spleen Qi Deficiency

#### Symptoms:

- Poor appetite
- Loose stools
- Mental fog
- Tired after eating

## Herbal Protocol

### Base Formula:

- Astragalus
- Atractylodes
- Ginseng
- Ginger
- Licorice

*Modified for individual*

## Supportive Care

### Nutrition:

- Warm, cooked foods
- Digestive enzymes
- Bone broths

### Lifestyle:

- Regular meal times
- Gentle movement

# Why Integrate TCM with Functional Medicine?



## Comprehensive Assessment

Combines energetic patterns with lab markers for complete picture



## Addresses Root Causes

Goes beyond symptoms to restore underlying imbalances



## Personalized Medicine

Tailors treatment to individual constitution and needs



## Gentle & Sustainable

Works with the body's natural healing capacity



# **Honoring Traditional Wisdom**

*Meeting Modern Health Challenges*

# Traditional Chinese Medicine: A Systems Model

- 2,000+ year-old medical system
- Rooted in regulation, not suppression
- Treats patterns of imbalance
  
- Health = dynamic balance
- Disease = loss of regulation

# How the Theory Works

## Yin & Yang

- Activation ↔ Restoration
- Heat ↔ Cold
- Movement ↔ Structure

## Qi moves

Blood nourishes

Fluids moisten

If it doesn't move → pain

If it's cold → contraction

If it's deficient → fatigue



# Pattern Differentiation & Diagnostics

- Four Examinations:
  - Observation (tongue, complexion)
  - Listening & Smelling
  - Inquiry (sleep, digestion, emotions)
  - Palpation (pulse, abdomen)

## We classify

- Hot vs Cold | Excess vs Deficiency
- Interior vs Exterior | Yin vs Yang
- Four Levels Wei Qi (Defense), Qi (circulation), Jing (Nourishment), Xue (Blood-Muscles/Organs)



# Acupuncture: Neurologic & Vascular Regulation

## Mechanisms:

- Peripheral nerve stimulation
- Autonomic modulation
- Microcirculation improvement
- Fascial plane activation

Restores communication within the system



# Moxibustion: Thermal Regulation Therapy

- Uses Artemisia (mugwort) to apply controlled heat
- Indications:
  - Cold patterns
  - Yang deficiency
  - Chronic fatigue
  - Fertility & postpartum support
  - Digestive weakness



# How Moxibustion Works Physiologically

- Increases local blood flow
- Vasodilation
- Cytokine modulation
- Immune activation
- Smooth muscle relaxation

Restores metabolic warmth  
and perfusion



# When to Choose Moxa Over Needles

- Choose moxa when:
  - Cold dominates
  - Chronic deficiency is present
  - Elder care & recovery needed
  - Weak low back & cold extremities

Moxa builds, restores, tonifies

*P.S. IT'S MOXA SEASON RIGHT NOW!*



# The *\*almost\** Complete Tool Kit of TCM

- Herbal Medicine (pattern-based formulas)
- Cupping & Gua Sha (move stagnation)
- Bloodletting (clear excess heat)
- Tui Na (manual therapy)
- Dietary & lifestyle regulation

Western medicine often suppresses.  
TCM regulates.

