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TCM and Acupuncture

Traditional Chinese Medicine (TCM) is one of the oldest forms of medical treatment and one of the most commonly used in the world.



Its origins date back over 2000 years and it has stood the test of time remaining the main form of medicine used in China. Nowadays, it has reached all corners of the world and has been widely used with more

and more people availing of its benefits.

TCM is made up of different types of therapies: acupuncture, tuina massage, medical qigong, herbal medicine, moxibustion, cupping, dietary therapy, exercise, lifestyle advice.

Acupuncture 針灸

In Ireland, acupuncture is probably the best-known medical therapy of TCM.

In simple terms, acupuncture is based on the concept that living beings have "vital energy" that the Chinese call "Qi" (氣 - pronounced "chee").

Qi circulates throughout the whole body in "invisible channels" known as "Jing Luo" (經絡 - acupuncture channels, or "meridians").

An imbalance in the flow of Qi throughout a Jing Luo is how disease begins.

The "medical condition" that the patient presents with in the clinic is the expression of this imbalance and the practitioner will use the TCM theory to diagnose and select the acupuncture points to be needed.

The acupuncture needles are inserted in specific points along the Jing Luo in order to restore the natural flow of Qi and thus restoring the internal balance, helping the person to return to full health.

The more relaxed the patient is, the less they will feel from the insertion of the needle(s). While some people feel nothing at all, others experience a brief moment of discomfort as the needle penetrates the skin. That can be followed by a mild sensation of tingling, numbness, or heaviness.



Tai Chi for your health by Paul Maloney*



Tai Chi (also spelt Taiji) is a Chinese health system which can help to slow down our lives and teach us to live in "the moment".

When practising Tai Chi the main aim is to clear the mind of useless thoughts so that one can concentrate completely on a sequence of movements. The mind must be in a relaxed yet clear and alert state; this is why it is referred to as "moving meditation". Consistent practise allows one to enter this state easily and eventually it filters into everyday life.

There are many styles of Taiji. The original form is called Chen Tai Chi and it has a lot of spiralling and twisting motions (referred to as silk reeling exercises), which makes it excellent for

improving the circulation and maintaining the joints and muscles at their optimum.



Tai Chi improves the structural integrity of the body by emphasising correct posture and alignment while practising the form. The form is a

sequence of movements which can be done in a very slow meditative manner or, depending on the fitness of the person, in a more vigorous manner.

With its emphasis on correct abdominal breathing, it teaches the practitioner to remain calm in the midst of the pressures of modern day living, but this needs to be cultivated through regular practise.

**Paul Maloney is certified by Master Chen Zhonghua of the Hunyuan Taiji Academy*

Tai Chi Classes

Paul Maloney teaches two classes every Thursday in Celbridge, Co. Kildare.

The first is from 7-8pm and is specifically for beginners and those who want to take it at a slower pace. The 8.15pm class consists of warm-ups, followed by Yilu (Taiji form) and Zhan Zhuang at the end.

The cost of 8 weeks of Taiji is 90€ and you can join at any time and pay the remainder of the ongoing 8 weeks fee.

Contact Paul by mobile: 086 1294973 or by email: yinyangtaiji@gmail.com

Master Chen Zhonghua 陈中华

One of Paul's teachers, Master Chen Zhonghua will be in Ireland for a weekend seminar this April. For those interested, the schedule is as follows:

Thursday, 8th- 2hr seminar on the Yilu (Taiji form). Friday, 9th- 2hr seminar on the Hunyuan Taiji 24 form.

Saturday 10th and Sunday 11th- will be taken up with "push hands", starting with the basic drills and moving on from there to suit the individuals attending.

The cost of one day (Sat. or Sun.) is 80€, but if you want to attend both days then the total cost is 120€ (including the Thursday and Friday seminars).

For more info, please visit Master Chen Zhonghua's website

<http://www.chenzhonghua.com> or contact Paul Maloney: 087 1294973

Acupuncture for Facial Rejuvenation

Acupuncture for facial rejuvenation is sometimes referred to as “cosmetic acupuncture” and is a specialist field of acupuncture (and by default, part of the therapies of Traditional Chinese Medicine).

It focuses specifically on cosmetic aspects of the person, offering a non-surgical method of reducing the signs of the ageing process with the added benefit of improving general health and well being at the same time.

This is therefore fundamentally different from other cosmetic treatments, because acupuncture treats holistically - not only treating the signs of aging on your face, but also providing a rejuvenation of your general health.

Some of the benefits of cosmetic acupuncture:

- ① Improves muscle tone and dermal contraction
- ② Decreases the tendency towards sagging and jowls
- ③ Moisturises the skin by increasing local circulation of blood and lymph to the face
- ④ Tightens the pores
- ⑤ Slows the ageing process - from within
- ⑥ Helps to reduce and/or eliminate bags under the eyes
- ⑦ Helps to eliminate fine lines of the face and has a diminishing effect on larger and/or deeper wrinkles
- ⑧ Improves facial colour by increasing peripheral circulation
- ⑨ Brightens the eyes
- ⑩ Helps to lift drooping eyelids
- ⑪ Reduces stress evident in the face

How many treatments does it take to notice the improvement?

At the end of the first treatment, most people start to notice the improvement on their facial complexion – the firmness of the skin, the improvement on the muscle tone and the brightness of the eyes. Obviously, results depend on the individual condition of the person – sometimes, it might take a few treatments before results start to be more noticeable.

To achieve visible and long lasting results, it is recommended that you take on the full cosmetic acupuncture treatment package, which is comprised of 12 weekly sessions. The treatment is offered as a package at a special price or as individual sessions at a normal rate.

Why choose acupuncture for facial rejuvenation over cosmetic surgery

While this treatment is not claiming to be a replacement for surgery, acupuncture for facial rejuvenation is an excellent alternative because:

It is far less costly than cosmetic surgery – in these difficult economical times, people are looking for “value for money”. You can pay as you go or avail of our special offers and get discounts for the full package of 12 sessions.

In the hands of a fully qualified TCM practitioner it is safe, virtually painless and has no side effects or risk of disfigurement - sometimes, cosmetic surgery may have an extended recovery period with swelling and discolouration.

For more information, please log on to: www.tcmireland.ie/cosmetic.htm

Useful Internet Links

Acupuncture for Facial Rejuvenation

www.acupuncturefacialrejuvenation.ie

Tai Chi - Master Chen Zhonghua

www.chenzhonghua.com

National Infertility Support and Information Group

NISIG empowers couples to contemplate real choices to guide them through their infertility journey

www.nisig.ie

Primacare Medical Centres

Medical, dental and paramedical services – comprehensive care, convenient locations

www.primacare.ie



Confucius Quote



“Making others act righteously, and while respecting the spirits keeping aloof from them may be called wisdom. Putting the difficulty first and the reward afterwards may be called benevolence.”

The Analects, Chapter VI

Acupuncture & Chinese Medicine Clinics

Siobhán Seville, Lic. TCM,

Cert. Prep. CHM, Dip. MQG, Cert. Tuina (UK), Cert. Acup. (Beijing, China)

- ☉ Dundrum Medical Centre, Dublin 16
- ☉ Citywest Medical Centre, Citywest, Co. Dublin
- ☉ Oldcourt Medical Centre, Firhouse, Dublin 24
- ☉ Ballyowen Medical Centre, Lucan, Co. Dublin

Sandro Graca, Lic. TCM,

Cert. Prep. CHM, Dip. MQG, Cert. Tuina (UK), Cert. Acup. (Beijing, China)

- ☉ Tyrrelstown Medical Centre, Dublin 15
- ☉ 5 Haggard Court, Trim
- ☉ Applewood Medical Centre, Swords, Co. Dublin
- ☉ 12 Watergate Street, Navan

Contact: 01 495 10 86 – 087 232 09 94 – 087 978 96 10

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Consultation cost – 50€ (approx. 1 hour)