

# Chinese Herbal Medicine



Chinese herbal medicine is one of the great herbal systems of the world, with an unbroken tradition going back to the 3rd century BC. Throughout its history it has continually developed in response to changing clinical conditions, and it is now sustained by research into every aspect of its

use. This process continues today with the development of modern medical diagnostic techniques and knowledge. Chinese herbal medicine, along with the other components of Chinese medicine, aims to identify and treat the many ways in which fundamental balance and harmony may be undermined and the ways in which a person's vitality may be weakened or blocked. Your diagnosis is based upon patterns of signs and symptoms that reflect an imbalance. Chinese herbal medicine is remarkable in its ability to be powerful and yet gentle, using combinations of herbs for a balanced effect. Herbal formulae can be used to directly treat disease, or to strengthen a depleted body or mind.



## Can Chinese herbal medicine help me?

Chinese herbal medicine is suitable for people of all ages and for a wide variety of conditions, and you do not need to have a clear Western medical diagnosis. Herbal medicines can be used to dramatic effect in acute illnesses, but are just as valuable to treat chronic ailments and general health issues. The herbal medicine formulae work to restore the balance of physical health and emotional wellbeing which, in turn, encourages the body to heal itself more effectively. If you would like to find out more about how Chinese herbal medicine can help you please call us to talk to one of our practitioners.



## Our Chinese herbal medicine teaching clinic

Our friendly and professional teaching clinic is open to the public. You will be treated by a team of students under the supervision of one of our clinical supervisors. Together they ensure you receive the highest standards of diagnosis, treatment and care. Our clinical supervisors are all highly experienced and qualified practitioners and are members of the Register of Chinese Herbal Medicine. Our students are all acupuncturists who are studying for an MSc in Chinese Herbal Medicine and treatments are led by the students under supervision.

## What happens when I go for treatment?

During your initial appointment a detailed assessment will take place. After you have told us about your concerns we will ask you more general questions about your health and lifestyle. We will take your pulse, look at your tongue and, depending on the issues you come with, we may carry out a physical examination such as palpating painful areas or looking at your skin. All of this will help in making a Chinese medicine diagnosis. We will then prescribe a herbal formula for you, making the formula and dosage appropriate and specific to you. Your response to treatment is carefully monitored with regular follow up appointments.

## How often do I come to the clinic?

Expect to be with us for about two hours for your initial consultation and about an hour for your subsequent appointments. We ensure regular consultations throughout your treatment to modify the formula as changes occur in your condition. Consultations are generally once every two to four weeks.

## Are herbs safe and ethical?

All our procedures comply with the Code of Practice of the Register of Chinese Herbal Medicine (RCHM). This safeguard ensures that all the herbal medicines we use have undergone thorough quality control checks. All the materials and products are purchased from RCHM approved suppliers and comply with UK health regulations. No products from endangered species are used in our clinic.

# Tuina Chinese Massage



Tuina (pronounced "Twee-nah") is the traditional massage system of China. It is a non-invasive medical massage developed and practised by the Chinese for thousands of years. Tuina practitioners use various massage techniques that soften the hard muscles that can develop

from neglect, injury, bad posture or illness. The massage encourages a better blood and oxygen supply round the body facilitating the healing process. Tuina is used to treat specific problems rather than for relaxation or pleasure. There are many different styles, some are deep and vigorous, some are extremely gentle and subtle.

## Can tuina help me?

It is helpful for people of all ages and can help many different conditions both acute and chronic. Your treatment focuses on healing and repairing muscles and tendons following damage caused by injury, illness, exercise or age. It can speed recovery from injuries, mobilize stiff and tired joints and muscles, increase range and movement of joints and improve your posture and balance. It is also a wonderful way to relieve the neck and back tension caused by our busy and stressful lives and computer work.

## What does treatment involve?

The treatment can take between 30 to 90 minutes, depending on the time you have and what is recommended by the practitioner. A short initial case history is taken before treatment commences. You are treated on a comfortable massage couch, fully dressed, under a cotton sheet. The practitioner may use oils or anti-rheumatic creams.

## How many sessions will I need?

This will depend upon your condition, but to get the best results we recommend a minimum of one session a week for four consecutive weeks. After this most patients will come in for monthly or bimonthly maintenance sessions. You will be advised about when to return for your next treatment.

## When is the clinic open?

The tuina clinic is run by practitioner Andy Noble and is open Tuesday to Friday 10am to 5pm.

To make an appointment call Andy on 07742 465 700.

For more information please go to: [www.tuinauk.com](http://www.tuinauk.com)

# Clinic Times and Prices

## Acupuncture Teaching Clinic

Monday to Saturday 9am - 3.45pm  
First appointment £35  
Follow ups £20

## Chinese Herbal Medicine Teaching Clinic

Mondays and Tuesdays  
First appointment £15  
Follow up £10  
(Plus cost of herbs)

## Nutrition Teaching Clinic

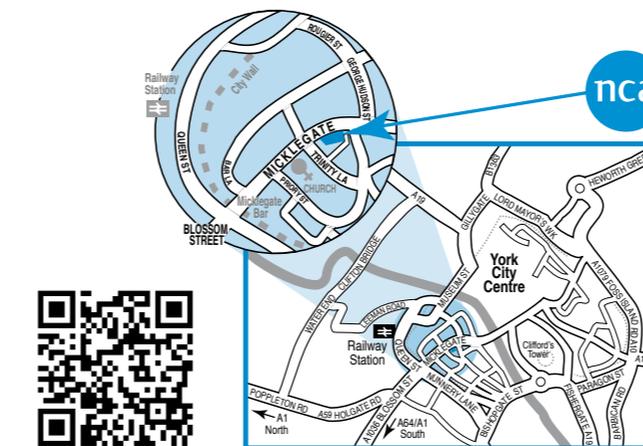
Mondays 10am - 3:30pm  
£30 for series of three consultations  
£15 single appointments

## Evening Acupuncture

Our graduates run clinics in the evenings. Please ring for details.

\*If you are on a low income please talk to us about discounted treatments.

To make an appointment or to talk to a practitioner  
Call 01904 343305



Northern College of Acupuncture 61 Micklegate, York YO1 6LJ

[www.chinese-medicine.co.uk](http://www.chinese-medicine.co.uk)

Email: [clinic@chinese-medicine.co.uk](mailto:clinic@chinese-medicine.co.uk)

# Northern College of Acupuncture

# Clinics



## Acupuncture Nutrition

## Chinese Herbal Medicine Tuina Chinese Massage

giving you the highest standard of care at affordable prices

Call 01904 343305

[www.chinese-medicine.co.uk](http://www.chinese-medicine.co.uk)



# Clinics



Established in 1988 the Northern College of Acupuncture is a private College and educational charity. It is an internationally recognised centre of excellence offering degree and post graduate degree courses in acupuncture, Chinese herbal medicine, nutrition science and practice and online only courses for practitioner development.

## We have various clinics open to the general public:

- **Acupuncture**
- **Nutrition**
- **Chinese Herbal Medicine**
- **Tuina Chinese Massage**
- **Acupuncture and Nutrition graduate clinics offering evening appointments**

In our acupuncture, nutrition and Chinese herbal medicine teaching clinics our students practise under the supervision of highly qualified practitioners. Our fees are lower than most private clinics.

We also offer tuina Chinese massage, out of hours acupuncture and nutrition with our graduates and Chinese herbal medicine with practitioner Cheng Hao Zhou.

We are centrally situated on Micklegate and have private parking and disabled access.



## Acupuncture



Acupuncture has been practised in the East for centuries to promote, maintain and restore good health, and over the millennia has probably treated every kind of disease. This holistic form of medicine is now popular in the West as an effective treatment for many conditions and can

be used effectively alongside conventional medicine. The medical profession is increasingly recognising the benefits of acupuncture and the government body NICE has recommended acupuncture as a cost effective treatment for the prevention of headache and migraine. Acupuncture is now widely accepted as an effective solution for a range of illnesses and symptoms, and there is a substantial body of evidence to support this.

### Can acupuncture help me?

Acupuncture is suitable for people of all ages and for a wide variety of conditions. The treatment is widely considered to be beneficial for a range of symptoms resulting from illness or from clearly defined complaints, or to improve general feelings of wellbeing and help with relaxation. Conditions that respond to treatment with acupuncture are: nausea, vomiting, dental pain, temporary relief of pain associated with osteoarthritis of the knee (along with exercise and conventional medicine) relief from tension headaches and migraine-type headaches, and many more. If you would like to find out more about how acupuncture can help you, please call us to talk to one of our practitioners.

For more information about conditions that can be helped with acupuncture go to: [www.acupuncture.org.uk](http://www.acupuncture.org.uk)

### Our acupuncture teaching clinic

Our friendly and professional teaching clinic is open to the public. You will be treated by a team of students under the supervision of our clinical supervisors. Together they ensure you receive the highest standards of diagnosis, treatment and care. Our supervisors are all highly experienced and qualified acupuncture practitioners as well as being members of the British Acupuncture Council (BACC). Our students are studying for either a BSc or an MSc in Acupuncture and it takes three years of training to qualify as an acupuncturist. Alongside their study of acupuncture and Chinese medicine students also study Western medicine. Treatments are led by a third year senior student under supervision and assisted by students from the first and second year.

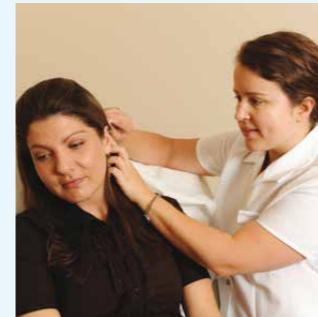
### What does treatment involve and does it hurt?

Acupuncture involves inserting very fine needles in various parts of the body. Acupuncture needles are actually the same width as a human hair. Most people might feel a slight tingling sensation, or dull ache, as the acupuncture needle is inserted, but certainly nothing like the pain

associated with an injection. Treatment may also include massage, cupping and warming the needles (moxibustion). We may also give you advice about how changes in your diet and lifestyle could enhance your recovery.

### Is acupuncture safe?

There are very few side effects from acupuncture and any minor side effects that do occur, such as dizziness, or bruising around needle points, are mild and self-correcting. The needles used are all sterile, only used once and disposed of straight after use.



### What happens during my first appointment?

Be prepared to spend up to two hours with us, during which a detailed assessment will take place and your treatment will be planned. After you have told us about your concerns we will ask you more questions about your general health and lifestyle. We will also take your pulse and look at your tongue as these can provide useful information as to how your body is working. Acupuncture points are selected according to your symptoms and the needles are inserted. You may feel sensation when the needles are inserted but please let us know if any discomfort continues. Once the needles are inserted you are left to relax for about 20 minutes after which the needles are removed. During your first appointment you will normally receive a treatment but this is not always possible. We advise you to wear loose-fitting clothing.

### How many follow up sessions will I need?

People respond differently to acupuncture and we will always give you an estimate of how many treatments we think you will need. We normally recommend an initial course consisting of approximately six weekly appointments lasting 60 to 90 minutes each. Most people continue with further weekly treatments and then gradually reduce the frequency of appointments as they improve.

### When is the clinic open?

The clinic is open Monday to Saturday. To ensure continuity of treatment, as far as possible, we ask you to attend your appointments on the same day each week – so that you are seen by the same supervisor.

## Nutrition



Our focus is on the application of nutrition for the promotion of optimum health, peak performance and individual care. Nutrition practitioners use a wide range of tools to assess and identify potential nutrition imbalances and understand how these may contribute to an individual's

symptoms and health concerns. This approach allows them to work with individuals to address nutritional balance and help support the body towards maintaining health. Nutrition science and practice is recognised as a complementary medicine and is relevant for individuals with chronic conditions, as well as those looking for support to enhance their health and well-being, and is suitable for all ages.

At the Northern College of Acupuncture nutrition teaching clinic we consider each individual to be unique and recommend a personalised nutrition and lifestyle programme rather than a 'one size fits all' approach. We never recommend nutritional changes as a replacement for medical advice and we refer clients back to their medical professional whenever necessary.

### Why come for a nutrition consultation?

Some people simply want to check that they are on the right track with healthy eating. Others may want to lose weight or get help with their symptoms. Nutrition and lifestyle approaches to healthcare have been shown to support the health of all the major systems, including skeletal, muscular, nervous, respiratory, cardiovascular, digestive, urinary, endocrine, immune, reproductive, skin, hair and nails. Examples of some of the health issues we work with in the Nutrition Clinic include optimising energy levels, supporting digestive function, maintaining healthy blood sugar and hormone balance; stress management and psychological wellbeing.



### About our nutrition teaching clinic

Our friendly and professional nutrition teaching clinic is open to the public. You will be seen by a team of students under the supervision of our clinical supervisors. Together they ensure you receive the highest standards of attention, advice and care. Our clinical supervisors are all highly experienced and qualified nutrition practitioners and are members of the British Association for Applied Nutrition and Nutritional Therapy (BANT). Our students are studying for an MSc in Nutrition Science and Practice, and some are already practitioners in other fields. Consultations are led by a senior student under the supervision of our clinical staff with other students observing via a camera link.



### What happens during a nutrition consultation?

Before the start of your treatment we ask you to complete a health questionnaire and food diary. During your initial consultation we will ask you detailed questions about your health concerns, medical history, family history, lifestyle, levels of physical activity and current diet. We will also ask about your medication and use of supplements. We will then evaluate your individual needs and use our knowledge of the extensive evidence base for nutritional science to develop a personalised, safe and effective nutrition and lifestyle programme. Finally we will agree with you some appropriate dietary and lifestyle changes, together with nutrition supplements (if needed). Specific laboratory tests may be recommended to aid assessment.

### How many sessions will I need?

Normally you will have an initial consultation and two follow up appointments. However, depending on the complexity of your condition, several visits may be required to ensure that you are supported as changes are introduced in a progressive manner and at an acceptable pace. Expect to be with us between 60 to 90 minutes for your initial consultation and 45 to 60 minutes for a follow up.