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5 Traditional Eastern Therapies Revealed

Find out the secrets to these ancient cures for everyday illness

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The benefits of traditional Chinese medicine have been debated for centuries; however, many studies now suggest the benefits of acupuncture,

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reflexology and other eastern medicine techniques in alleviating common medical complaints are great. Particularly, the idea of Qi is starting to gain acclaim. Defined as vital energy, Qi is believed to circulate around the body in currents. It is believed that life is an accumulation of Qi, and a joyous combination of health and well-being. Check out our guide to some of the amazing benefits Qi-based alternative therapies have to offer:

Power of Qi Explained

Energy is universal but regularly transforms. It is this concept that is widely applied in eastern medicine and is the basis for Qi-focused therapy:

Acupuncture



Within Chinese medicine, it is believed that as Qi circulates around the body through channels referred to as *jing luo*, this energy can be manipulated through the use of acupuncture needles. The Journal of Chinese Medicine recently reported that acupuncture can assist with **asthma, depression, and even pain relief after invasive cardiovascular surgery**. It is therefore a common therapy for those suffering with **repetitive strain injuries, back pain, or frequent headaches**.

Acupressure



Photocredit: Wikipedia

This is another form of Asian bodywork therapy, or ABT. It works by accessing Qi in a needle-less way, perhaps through a practitioner's palms, elbows, feet or via massaging, and helps **jing luo channels** to regain their balance and prevent illness.

Shiatsu



This traditional eastern medicine translates into 'finger pressure' in English. It does not use any oils that could cause allergies in patients, and again, it

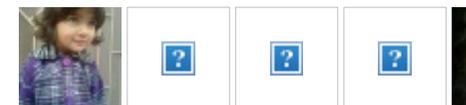
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targets the meridians of Qi coursing through the body. It has been perceived as particularly useful for stress, as practitioners aim to dispel excess energy that's making patients tense.

Tui-na



Photocredit: Wikipedia

This is perceived as an alternative when acupuncture is insufficient for the patient's needs. It encompasses acupressure, and is often used for treating children.

Reflexology



Reflexology is a traditional Chinese medicine that has gained a loyal following in Europe. Pressure is usually applied to the extremities, such as the hands, ears, or feet, to target different organs causing a medical complaint.

Not only do such eastern medicine therapies help us to address health problems in a holistic way without relying on pharmaceuticals, but practitioners can teach us about the dynamics of ying and yang, and how to eliminate disharmony in the body – for good! Whole-body therapies see your health as part of an intricate, interdependent system, so approach health challenges by considering how it relates to all of your body systems. This contrasts the pharmaceutical approach which treats individual symptoms, regardless of the impact treatment may have on other processes in the body. Talk to your natural health practitioner to see if one of these options is right for you.

About the Author:

Maryruth Belsey Priebe has been seeking the keys to environmental justice – both at home and at work – for over a decade. With interests that range from green living to green business, sustainable building designs to organic

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from green living to green business, sustainable building designs to organic gardening practices, ecosystem restoration to environmental health, Maryruth has been exploring and writing about earth-matters for most of her life. Of special interest is the subject of ecopsychology and the role the natural world plays in the long-term health and well-being of humanity. You can learn more about Maryruth's work by [visiting her site](#).

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