

## ABOUT US

“Sage does not treat disease but treats its pre-cursors; He does not manage chaos but manages order whilst it is still in place. If administering medication only after disease has been manifested, or introducing Laws and Orders only after chaos has arisen, it is like drilling a well after one is thirsty, or manufacturing weaponry after a war has been raging. Isn't it too late?” - <The Yellow Emperor's Canons of Internal Medicine> (the earliest extant classic of Chinese Medicine, commonly accepted to be written sometimes between 770BC - 356 BC)

The World Health Organisation (WHO) defined health as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity". It indicates the general condition of a people's mind, body and spirit, usually meaning to be free from illness, stress, injury or pain.

Suboptimal health status is a physical state between health and disease and is characterised by ambiguous health complaints, lack of vitality, unexplained medical syndrome, chronic fatigue syndrome, chronic fatigue immune dysfunction syndrome and is regarded as a subclinical, reversible stage of chronic disease.

Chronic diseases are complex and varied in terms of their nature. Many different illness and health conditions can be classified under the broad heading of chronic disease. Typically, chronic diseases are long-lasting, and have persistent effects. Chronic diseases can range from mild conditions, such as short-sightedness, dental decay and minor hearing loss, to debilitating arthritis and low back pain, and to life-threatening heart disease and cancers. These conditions may never be cured completely, so there is generally a need for long term management. Once present, chronic diseases often persist throughout life, although they are not always the cause of death, they affect individuals' quality of life.

Many of the chronic diseases are intertwined and shared many risk factors. Chinese Medicine has a long history of providing individualised and/or preventative healthcare. With the emphasis on prevention, we may be able to help you to understand your unique synergic composition, and to formulate an individualised management strategy from the Chinese Medicine point of view, by employing Chinese herbal medicine and/or acupuncture in conjunction with advice on lifestyle, exercise, dietary intakes.

We are qualified and experienced traditional Chinese Medicine practitioner with interest in the management of protracting illness and of general health maintenance. Beside having obtained our training in China in traditional Chinese Medicine we also have received training in Preventative Medicine in Australia.

Disclaimer: Please note that Centre of Chinese Acupuncture is a clinic that offers only Chinese Medicine service and does not offer any Western Medicine service. Patients are strongly advised to consult their medical practitioners for any of their medical conditions.