

My treatment focus at First Class Medical GmbH:

Traditional Chinese Medicine (TCM) 中医学 and **Traditional Tibetan Medicine (TTM) བོད་སྐྱེན་**

Traditional Chinese Medicine (TCM) is a holistic method based on the principles of Qi flow and the balance of Yin and Yang. It uses acupuncture and acupressure, for example, to restore balance in the body and promote health.

Traditional Tibetan Medicine (TTM) is also a holistic medical system practiced in Tibet and the surrounding Himalayan regions. It has a long history spanning several centuries and is based on the principles of Tibetan Buddhism, Tibetan culture and Ayurvedic medicine from India.

TTM considers human beings as part of the universe and places great emphasis on the balance between body, mind and environment. It is based on the concept of three energies - rLung (wind), mkhrispa (bile) and badkan (phlegm) - that are present in the body and are responsible for maintaining health. When these energies are out of balance, diseases arise.

TCM and **TTM** are used both for the prevention and treatment of diseases. TCM and TTM can be used in an attempt to not only alleviate physical ailments, but also to promote psychological well-being.

Diagnosis in TCM and TTM includes a detailed medical history, **pulse reading**, **urine analysis**, **examination of the tongue** and other physical and psychological abnormalities. Based on the diagnosis, various treatment methods are applied.

TCM and TTM **treatment methods** include acupuncture, moxibustion, cupping, acupressure, Tuina massage, dietary recommendations, and behavior modification.

Acupuncture involves the insertion of fine needles at specific acupuncture points along meridians believed to influence energy flow to promote health and well-being. Acupuncture points are located using anatomical landmarks, traditional knowledge and clinical experience. The needles, which are thin and sterile and should be silicone-free due to possible allergic reactions, are gently inserted and allowed to remain in the body for a period of time, usually at least 20 minutes. During the treatment, the patient may experience a sensation of slight pressure, tingling or minimal pricking at the acupuncture points. Sometimes the needles may cause minor bruising at the puncture site.

Acupuncture is used for a variety of health conditions, including pain relief, stress reduction, managing exam anxiety, improving digestion, promoting sleep, supporting the immune system, and treating addictions (e.g., for alcohol and smoking cessation). It can also be used as a complementary therapy in conjunction with conventional medical treatment. The effectiveness of acupuncture has been investigated in numerous scientific studies, and there is evidence that it can help to some extent. However, it is important to note that acupuncture is not suitable for all conditions, also every body reacts differently.

Moxibustion is a form of heat therapy in which dried mugwort herb (*Artemisia vulgaris*) is burned to stimulate **specific acupuncture points** or specific areas of the body. Moxa cigars or moxa sticks are used for this purpose, in which the herb is burned and the heat is transferred to the acupuncture point. The heat is said to improve the flow of vital energy, known as **qi**, in the body and to relieve imbalance or blockages in the energy pathways, known as **meridians**. Moxibustion can be used in combination with acupuncture, where acupuncture needles are first inserted into the appropriate points and then the moxa herb is ignited. When using **moxa cigars**, the acupuncture points can also be stimulated at a distance of 2-4 cm from the skin **without an acupuncture needle**, depending on the individual perception of the heat.

In **cupping**, the cupping glasses are placed on the skin and a negative pressure is created, which causes the skin and underlying tissue to be sucked into the glass. This results in localized heating of the blood vessels and increased blood flow to the affected area. The use of cupping is used to treat a variety of conditions, including muscle tension, back and neck pain, arthritis, headaches and digestive disorders. It is believed that cupping regulates the flow of energy in the body, removes blockages and restores balance.

Acupressure involves applying pressure to specific points on the body without the use of acupuncture needles. The acupressure points are located along the meridians and are often the same points used in acupuncture. Acupressure can be used to relieve a variety of ailments and conditions, including headaches, nausea, back pain, tension, stress, and to promote relaxation and well-being.

Tuina massage is based on similar principles as acupuncture and acupressure. It is a form of massage that uses various manual techniques such as pressure, stroking, kneading, pushing and tugging to regulate the flow of energy in the body, relieve pain and promote relaxation.

Tibetan nutritional counseling is based on the principles of TTM, which has been practiced in Tibet and neighboring regions of Asia for centuries. It is based on the teachings of Tibetan Buddhism and Tibetan culture. Tibetan nutritional counseling takes into account a person's individual needs and health status and uses the principles of TTM to make dietary and lifestyle recommendations.

Tibetan Yoga (Lu Jong) is a Tibetan movement practice that combines physical postures and exercises with breath control and mindfulness. It has its origins in TTM. In TTM, which has been influenced by aspects of TCM and Ancient Indian Ayurvedic medicine, the teaching of movement plays a role in treating imbalance. In Lu Jong, parallels can be found with Hatha Yoga, which can help manage stress, relieve anxiety, and lower high blood pressure. According to the understanding of the Buddhist-Hindu tradition, there are 7 chakras (energy centers) in the body. Lu Jong aims to promote physical and mental well-being by improving the flow of energy in the body and increasing overall balance and flexibility. It consists of a series of movements and postures that can be adapted to different fitness levels, and is often used for both physical exercise and therapeutic purposes.