

Traditional Chinese Medicine

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The use of Acupuncture and Chinese herbs began before recorded history, over 5000 years ago, and has treated every health problem known to man with a high rate of success and no adverse side effects.

A major principal in Chinese Medicine is that anything that is good for you can also be bad for you. A perfect illustration of this is the old Chinese saying, "Water can float the boat; water can also sink the boat." Too much water, food, exercise, etc. will create imbalances in the human body and lead to illness and disease; too little of these 'good' things will also cause imbalances leading to health problems. The Chinese Medicine concept is to strive at all times to keep one's body (and life) in *Balance*. In our modern world this can often be very difficult. Our fast pace and other factors have caused us to lose connection with our common sense and rely on outside information too much, so we no longer listen to our body. When the body is in a state of imbalance for too long, it is unable to 'self-correct' without outside assistance. And many people are still suffering after trying all kinds of traditional treatments and don't really know where to turn.

The goal at this clinic is to assist every patient possible in regaining good health, and educating them on how to stay healthy and have a good quality life. Once a patient understands how the body works, and what creates imbalances and illness, they are equipped to maintain a much higher level of health than ever before. Our physicians and his friendly staff are ready to assist you on the road to true health.

Ni's Chinese Medical Center...

was established by Bo-Shih Ni and has been serving the central Florida area for over 25 years. The physician's of Ni's Chinese Medical Center practice at superior levels due to Dr. Ni's training of ancient healing wisdom, something not found in American schools. Dr. Ni's knowledge is so extensive that he is a treasured professor not only in the U.S. but also in China and Taiwan.

Acupuncture, Chinese herbs, and Food as Medicine are utilized to expedite healing and provide lasting results. The goal is to restore balance to the internal system. Once balance has been obtained, our Physicians teach their patients winning strategies to maintain it. This knowledge is frequently sought out by local groups, therefore; our Physicians conduct monthly seminars and are available for speaking engagements. Visit our website www.drboni.com for current events.

Physician's of Ni's Chinese Medical Center:
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WOMEN'S HEALTH



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► Women's Health and Traditional Chinese Medicine

Ni's Chinese Medical Center
Board Licensed Acupuncturists

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► Most symptoms of female health are caused by the menstrual period, and the list of symptoms is never ending. Why do some women have easy periods with no cramps or any other symptoms while others can hardly function for days? Why do some women get pregnant with ease and others cannot conceive? Why do some women have a smooth, easy transition into menopause, while others suffer in varying degrees, even to the point of emotional instability? Women are brought up to believe certain female ailments such as painful periods, hot flashes and PMS are just a “normal” part of being a woman.



So what is “normal” in Traditional Chinese Medicine?

A healthy woman’s period occurs like this (average from 4-6 days):

Day 1	Menstrual flow begins
Day 2	The flow increases
Day 3	Heaviest amount of flow
Day 4	The flow decreases
Day 5	Menstrual flow ends

This should occur on a regular cycle on an average of every 28 days with absolutely no premenstrual symptoms – no pain, cramping, bloating, irritability, fatigue, PMS, or any of the symptoms or syndromes usually associated with the menstrual cycle. Occasionally your menstrual cycle may be delayed by one week, however, if it is happening on a regular basis, this is not normal. Any woman who’s menstrual period is different than what is described above is out of balance internally and will have any of the following symptoms in varying degrees.

The most common symptom is PMS (Premenstrual Syndrome). This is a well accepted diagnosis for a set of symptoms that occur before

the onset of the menstrual period and can be a minor nuisance or very debilitating. The symptoms range from bloating, weight gain, irritability, breast tenderness, and cramping to mood swings and severely distorted thoughts. The cramping may increase with the onset of the period along with lower back pain, leg pain, and/or lower abdominal pain. Some women even experience heavy bleeding with clots and debilitating cramping.

► **Understanding the Cause**

These symptoms come from the disharmony between qi (energy) and blood. This disharmony could be caused from cold, heat, water retention and/or emotional disturbances. In most situations this arises because of cold entering the uterus, which is caused by the intake of cold food and drink just prior to and during menstruation.



Prenatal disorders such as morning sickness, prolonged labor, failure to dilate during delivery, insufficient lactation, and mal-position of the fetus are due to an imbalance of the qi (energy) and/or blood.

When women get older, their bodies naturally decrease the amount of blood produced, causing menstruation to stop. When the body decreases the amount of blood it produces too quickly at the halt of menstruation, menopausal symptoms occur ranging from mild to extremely severe. These include hot flashes, night sweats, sleeping problems, mood swings mental fog, emotional issues, etc. and are caused by blood deficiency. The body can be thrown out of balance by overwork, improper diet, no exercise, poor sleep habits (and other unhealthy habits), among other things.



► **You Don’t Have to Suffer!**

In Traditional Chinese Medicine, acupuncture and Chinese herbs have been used for thousands of years with a high success rate to bring women who are suffering from these and other symptoms back to a state of balance and good health, enabling them to enjoy an active and satisfying lifestyle without long-term use and no fear of any side effects from the treatments.



► **Maintaining a Healthy Cycle**

A few days before menstruation begins (or at the onset of any premenstrual symptoms you haven’t resolved yet) follow these simple guidelines:

- ⇒ Drink and eat only warm/hot food and beverages.
- ⇒ Take showers only – no tub baths, swimming, or soaking below the waist.
- ⇒ Use feminine pads only – NEVER USE TAMPONS.

Eating Whole Foods and getting proper exercise and sleep helps to keep the body in balance.

