

Chinese Herbal Medicine

Grahame Gargini MBAcC MRCHM

Scott Bridaes MBAcC MRCHM

Chinese Medicine is a complete health system comprising herbs, acupuncture, massage, exercise and nutrition. It has existed for over two thousand years as a complete healing system in its own right. Chinese medicine diagnoses and treats all conditions from a holistic and functional standpoint. It views symptoms as a manifestation of an imbalance in the whole body's system, rather than attributing it to a malfunction of one of its parts.

Chinese herbal medicine is the principle mode of treatment used by Chinese medicine doctors in China. It is also one of the **fastest growing forms of complementary medicine treatment in the West** because of its excellent record of treating stubborn conditions as well as more straight forward ones.

The practitioner uses the theories of Chinese medicine to assess the patient's symptoms, their medical history, their tongue and their pulses to determine the root cause of a medical problem. **Treatment is finely tuned to each individual.** Herbs are then prescribed in the form of a formula which will be made up of several different herbs, which reinforce one another's effects and ensures that the body's blood, organ's and systems are supported. Herbs are rarely prescribed singly. They can be taken as a tea (decoction), in powder form or as pills. The patient is monitored regularly to ensure that the formula is effective and modified as improvements occur.

As there are currently no restrictions preventing unqualified people setting themselves up as Chinese herbalists, it is important that patients should be confident of the qualifications of a prospective practitioner. All the practitioners at The Natural Healthcare Centre have satisfied strict criteria for training and qualifications. Chinese herbs are very safe when prescribed correctly by a properly trained practitioner.

Grahame Gargini DipAc, MBAcC, DipCHM, MRCHM trained and practiced acupuncture and shiatsu in the UK before undertaking post graduate study in Chinese medicine at Shanghai University in 1997. He has studied Chinese Herbs at The College of Integrated Chinese Medicine at Reading and also taught acupuncture and Chinese medicine. Grahame offers integrated treatments using Chinese herbs, acupuncture, tui na massage and nutrition. He is a member of the British Acupuncture Council and the Register of Chinese Herbal Medicine so follows strict ethical and safety standards. Grahame also founded and is the owner of The Natural Healthcare Centre.

For further information or to book a consultation please call 01283 516444.