

Chinese Medicine

Diet, phytotherapy, physical exercises

May 2018



Le synopsis :

The easy motion of Qi, the Vital Energy, is one of the basis of Traditional Chinese Medicine. When Qi circulates without barriers within your body, it means good health and wellness. When Qi moves poorly, it means pain and tiredness.

The antique medicine considers the human body in its entirety and offers various ways to prevent pain or heal it, thanks to an appropriate diet, physical exercises, use of plants, massage or acupuncture.

Using all-natural ingredients, Chinese Medicine is a great help to relieve from stress, finding back internal harmony getting energy or fighting back headaches.

Au programme :

The 5 pillars of Traditional Chinese Medicine :

- 1 – Knowledge and use of plants
- 2 - Acupuncture
- 3 – Manual practices known as Tuina
- 4 – Appropriate Diet
- 5 – Art of moving: Gi Qong, Tai Chi, Yoga... that are based on breath, concentration and meditation.

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- Negative energy balance
- The 24 hours cycle

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CONCLUSION