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ORIENTAL MEDICINE

Oriental medicine is a holistic system of care that has evolved over the past 3000 years. Based on the Chinese Classics, oriental medicine continues to evolve and be influenced by practitioners in many countries. It utilizes acupuncture, herbal remedies, diet and exercise to maintain health and wellness and treat illness



HOW WESTERN AND CHINESE MEDICINE ARE DIFFERENT

Oriental Medicine treats you as a whole person. Western Medicine treats the body part with symptoms. Western Medicine's focus is on symptoms, treating patients with the same condition the same way. Oriental Medicine views symptoms as phenomena related to the body and the external environment. Physical disease is the final symptomatic manifestation of long-standing imbalance and disharmony within your body. Oriental Medicine treats you by balancing and restoring a state of equilibrium.

In China, both Western and Chinese Medicine are used to treat disease even though their methods vary considerably. Western medicine saves many lives, but has its acknowledged limitations. Research has established the benefits of Oriental Medicine in treating both acute and chronic health conditions. Oriental Medicine can often address chronic complaints that western medicine does not recognize as disease. The power of combining ancient and modern techniques brings about remarkable results.

HOW IT WORKS

Oriental Medicine not only views wellness and disease differently from Western medicine, it also describes the workings of the body differently. In place of individual organs or blood vessels and nerves Oriental Medicine identifies the body's *Essential Substances, Organ Systems and Channels*.

Essential Substances are those fluids, essences and energies that nurture the organ systems and keep the mind, body and spirit in balance. They are: *Qi*, the life force; *Shen*, the spirit, *Jing*, the essence that nurtures growth and development; *Xue*, the blood; and *Jin-Ye*, all fluids other than blood.

Organ Systems, are responsible for the organ functions that are familiar to Western medicine, but also embrace the organ's impact on the whole body. Each organ system governs specific body tissues, emotional states and activities, and is associated with and influenced by Essential Substances and Channels.

Channels or Meridians, are invisible pathways that distribute Essential Substances around the body.

The strategy of Chinese medicine is to restore harmony when there is an imbalance in the body's Essential Substance, Organ systems and Channels.



ACUPUNCTURE

Acupuncture is based on the assumption that Qi or energy courses through the Channels in the body. Each organ system has a corresponding set of channels. Acupuncture manipulates the flow of Qi and Xue (the blood) through the Channels. Manipulation of Qi and Xue is accomplished by stimulation of specific acupuncture points located along the Channels or Meridians.

Thin, solid, sterile stainless steel needles are inserted into acupuncture points. When the acupuncture needles are inserted you may experience a sensation of tingling, warmth or heaviness. People are often surprised to find that treatments are actually relaxing.

The length and frequency of treatment vary for each patient. It is as normal to want to continue resting as it is to be immediately energized.



Dang Gui

CHINESE HERBOLOGY

Chinese herbal supplements are made of natural ingredients and as such are almost free from side effects and have much less toxicity than Western synthetic or natural extract drugs. Despite their effectiveness for specific problems, western drugs may produce unwanted side effects.

Herbal formulas treat a wide variety of symptoms while stimulating the body's natural healing process. Chinese herbs may be taken as a tea or herbal decoction, pills, granules or tinctures.

IS IT FOR YOU?

Oriental Medicine is used not only for pain management, but also as a comprehensive system of healthcare and health maintenance. Athletes use Oriental Medicine for joint and muscular problems. Cancer patients are treated for side effects from chemotherapy or radiation therapy. Oriental Medicine may be helpful for stress reduction, signs of aging, decreased immunity and even withdrawal from addictions.

Commonly treated conditions:

Allergies	High blood pressure
Asthma	Immunodeficiency
Anxiety/Depression	Infertility
Arthritis/Joint pain	Knee Pain
Back Pain	Menopause
Bladder/kidney problems	Neck Pain
Constipation/Diarrhea	PMS
Colds and Flu	Rhinitis
Cough	Sciatica
Dizziness	Shoulder Pain
Diabetes	Sinusitis
Fatigue	Skin Problems
Frozen Shoulder	Stress/Tension
GYN problems	Tendonitis
Headache	Tinnitus
Heart Palpitations	Vision Problems

This is just a sample of commonly treated conditions. Of course there are many more. Oriental Medicine can effectively treat acute and chronic conditions and provide preventative care.

To discover whether Oriental Medicine is helpful for you, try it!