

# Chinese Medicine

With Mrs Dan Jiang at  
Sheffield Clinic of  
Complementary Medicine



## WINTER WORRIES?

The onset of winter causes many problems for people suffering from painful joints, chest complaints and depression. A combination of Chinese herbal medicine and acupuncture can often help relieve the debilitating effects of cold, damp weather and reduced daylight.

Cases of colds, flu, asthma and bronchitis increase at this time of year. Acupuncture and Chinese herbal medicine help by strengthening the immune system.

Treatment is aimed at strengthening *Qi* - the body's energy, which is linked to the lungs.

Painful joints often become worse when the weather gets colder and damper.

Acupuncture and *moxibustion* - the burning of the herb moxa - help drive out cold and damp from the joints. This gives relief from pain and stiffness.

Chinese herbal medicine has a similar effect.

Less daylight during the winter can often cause a depression known as seasonal affective disorder (SAD). Tiredness, insomnia and feeling sad are all linked to a slowing down and imbalance of *Qi*.

Acupuncture and Chinese herbal medicine can help boost and re-balance your body's energy, easing depression and the symptoms associated with SAD.

The effects of over indulgence during the festive period, include hangovers, indigestion and weight gain. If caught early sufferers can usually be assisted to a speedy recovery.

At the *Sheffield Clinic of Complementary Medicine* we have practitioners specialising in acupuncture and Chinese herbal medicine, as well as a team of chiropractors.

Ancient  
relief for  
seasonal  
depression,  
coughs  
and pain

*Sheffield Clinic of Complementary Medicine*

ACUPUNCTURE CLINIC

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