Traditional Chinese Medicine

Traditional Chinese Medicine (TCM) provides a safe, complete medical system built upon five thousand years of ancient wisdom and practical experience. It offers a holistic approach to primary healthcare, examining natural patterns and restoring the balance of the body, mind, and spirit.

- Acupuncture and Moxibustion
- Chinese Herbal Medicine
- Nutrition
- Tui Na Massage
- Qi Gong / Tai Ji
- Western Medical Science
- Advanced Student Clinic

What can we treat?

The National Institute of Health (NIH) and the World Health Organization (WHO) have found acupuncture to be effective in the treatment of a wide variety of medical concerns including, but not limited to:

- Acne
- Addiction & Smoking cessation
- Anxiety and depression
- Alzheimer's
- Allergies
- Anemia and blood disorders
- Arthritis and pain management
- Asthma & respiratory disorders
- Carpal Tunnel
- Chronic fatigue & Fibromyalgia
- Common Cold
- Constipation, Diarrhea, & IBS
- Digestive and eating disorders
- Endometriosis
- Headaches
- High Blood Pressure
- Insomnia
- Poor concentration/Memory Loss
- Liver disease
- Menstrual, PMS, & OB/GYN
- Morning Sickness
- Menopausal Syndrome
- Muscular pain & Lower back pain
- Osteoarthritis
- Pain/Musculoskeletal disorders
- Prolapsed Organs
- Post-natal disorders
- Post-surgery recovery
- Stroke rehabilitation
- Tinnitus
- Thyroid Disorders
- TMJ
About Acupuncture

Acupuncture originated in China over 3,000 years ago and is presently used as a primary healthcare system throughout the world. It is a method of balancing and building the body’s life force or qi (pronounced “chee”). Traditional Chinese Medicine views disease as the result of imbalance or blockage in the body’s natural energy flow. Such imbalance manifests in physical, emotional, and psychosomatic stress-related disorders.

Thin, sterile, single-use needles are inserted into specific points along meridians (the energy pathways) in order to disperse blockage and mobilize the body’s natural immune response.

Acupuncture is compatible with other systems of healthcare. We are happy to work in conjunction with you and other healthcare practitioners. Please let us know what other healthcare systems or medications you are currently using so we may integrate our efforts.

About Chinese Herbs

The earliest evidence of Chinese herbs being used for medicinal purpose dates back to 1066 B.C. For over 3,000 years the Chinese have integrated herbal remedies into their daily lives to manage chronic and acute conditions or to preserve health and vitality. Through countless years of clinical trials, the experience and knowledge of herbs have been recorded and passed along, leading to Chinese Herbal Medicine as it is practiced today.

Chinese herbs work synergistically with acupuncture for more comprehensive therapy. Together they promote energetic balance and improve the effectiveness of acupuncture, giving quicker and more lasting results. Herbs are taken daily to supplement therapy and facilitate the healing process between acupuncture treatments. Herbal therapy may also stand alone when acupuncture is not necessary, or to maintain balance and vitality.

The largest public movement supporting the use of herbal formulas for medicinal use came in 1949 in China. While modern pharmaceuticals were both difficult to obtain and relatively expensive, the Chinese government encouraged the use of herbs as a cost-effective alternative to Western drugs. Facing similar issues today, many people are seeking efficient and relatively less expensive methods of therapy.

Herbal therapy is tailored to your individual condition, modified to keep up with your progress and ever-changing physical condition. We prescribe high quality prepared herbs in powder or pill form that are convenient and easy to use. We also supply raw herbs for use as herbal teas.

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