



Aches & pains

'Where there is pain, there is no free flow; where there is free flow, there is no pain'.

Pain in Chinese Medicine is defined as an energetic and physiological circulatory blockage of Qi and blood that results in aches and pain.

We can help:

- **Addressing and alleviating aches and pains** resulting from stagnation or imbalances in the body that impede Qi circulation and blood flow
- **We work with many types of pains and aches** ranging from neck, shoulder, lower back, muscle/joint pain and so on.



Our treatments:

- **Acupuncture**

Acupuncture is an alternative form of treatment that involves the insertion and manipulation of fine needles into the body. All needles used are sterile, single-use only needles.

- **Chinese medicine**

This involves mixing a few teaspoons of the prepared herbs with hot water, stir well and drink.

Almost all of the herbs are plant-based and only a very small portion is of animal origin. Other options involve having it in capsule or pill form. Please let us know if you have specific dietary requirements.

- **Chinese remedial massage (Tui Na) & cupping**

Tui Na is an external therapy which involves stimulating and dredging the channels and meridians of the body. Cupping is where a glass cup is applied onto the skin surface and the pressure within the cup is reduced.

Simple tips that can help:

- Try self massage techniques to help temporarily relieve the pains and aches
- Always try and keep the pain area warm unless there is swelling and inflammation present.



Eastern Vitality

Acupuncture & Chinese Medicine

natural harmony care

A: 64 Mount St, Heidelberg VIC

P: (03) 9458 4887

E: info@easternvitality.com.au

W: www.easternvitality.com.au