

Are you struggling with a mental health condition? Are you looking to complement your treatment?

While mental health is often considered a separate issue from one's physical well-being, the two have always been linked in the practice of Traditional Chinese Medicine (TCM). In TCM, emotions and thoughts are considered to have a direct impact on the physical health of a person, and mental and physical health are equally valued. Because of the importance placed on the mind in TCM, there are many methods available within the profession that are geared toward the renewal, healing, and upkeep of mental wellness.

TCM can offer an entirely new method of healing for patients suffering from mental health issues. Depression is most commonly discussed, but ailments like anxiety, mania, various phobias, stress, and even schizophrenia can be alleviated by traditional Chinese medical methods like acupuncture, herbal treatment, massage, and qi gong exercises. Above all, patients may find it refreshing that the very process of diagnosis in TCM is different than in Western medicine. The TCM process is thought to be more personal, taking an increased amount of history and examination into account to design a unique treatment tailored to the patient, one that addresses both symptoms and the pattern of disturbance in the energetic equilibrium of the body.

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**Mental Health
and Traditional
Chinese Medicine**



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Traditional Chinese Medicine and Acupuncture Clinic

Your journey to wellness begins here

Introduction to Traditional Chinese Medicine and Mental Health

Traditional Chinese Medicine (TCM) seeks to naturally treat a wide variety of mental health conditions. TCM includes acupuncture, herbal medicine, and diet and lifestyle suggestions to balance the body. TCM is often included among integrative medicine modalities, and has been scientifically proven to provide relief from various mental health ailments. TCM focuses not only on mental health, but also the general health of the individual. This includes energy levels, sleep patterns, digestion, elimination, stress levels, and emotions. By improving the whole body, a healthy environment is created mentally, allowing for an overall sense of well-being.

TCM helps with (*):

- Generalized Anxiety Disorder
- Major Depressive Disorder
- Attention Deficit Hyperactivity Disorder (ADHD)
- Obsessive Compulsive Disorder (OCD)
- Schizophrenia
- Bipolar Disorder
- Learning Disabilities
- Pediatric Mental Health
- Alzheimer's Disease/Dementia
- Alcohol and Substance Addictions
- Stress
- Phobias

An initial visit is approximately 90 minutes with a complete intake performed, medical records and tests evaluated.

* TCM treatment is not meant to be a substitution for current treatment. TCM may work best in an integrative approach.

Course of Treatment

In Western medicine, when a person sees a doctor with an emotional complaint, the patient is often prescribed with medication to 'relieve' the symptoms. In Traditional Chinese Medicine, a patient is assessed through the four techniques of looking, listening and smelling, asking, and palpating." In TCM, emotional presentations are treated just like any other disease, since the seven emotions are intimately connected with the health of an individual.



How Effective is TCM in Treating Mental Health?

Studies show that with TCM as a treatment option, patients see an improved sleep pattern, an improved sense of self-worth, less worrying, less irritability, improved relationships, less musculoskeletal pain, and increased energy. In addition, patients who receive TCM for the treatment of mental health, experience positive physical side effects.

The effects from acupuncture for treating anxiety have been shown to be significant as compared to conventional treatments. Studies have found that acupuncture has a large effect on reducing anxiety and depression compared to conventional treatment involving pharmacological approaches and psychotherapy, with over twice the reduction in symptoms.

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