Traditional Chinese medicine is one of the oldest continuous systems of medicine in history, with recorded instances dating as far back as two thousand years before the birth of Christ. This is in sharp contrast to the American or Western forms of health care, which have been in existence for a much shorter time span (the American Medical Association, the largest healthcare member association in the United States, was formed in 1847, some 3,800 years after the first mention of traditional Chinese medicine).

Chinese medicine is quite complex and can be difficult for some people to comprehend. This is because TCM is based, at least in part, on the Daoist belief that we live in a universe in which everything is interconnected. What happens to one part of the body affects every other part of the body. The mind and body are not viewed separately, but as part of an energetic system. Similarly, organs and organ systems are viewed as interconnected structures that work together to keep the body functioning.

Many of the concepts emphasized in traditional Chinese medicine have no true counterpart in Western medicine. One of these concepts is qi (pronounced "chi"), which is considered a vital force or energy responsible for controlling the workings of the human mind and body. Qi flows through the body via channels, or pathways, which are called meridians. There are a total of 20 meridians: 12 primary meridians, which correspond to specific organs, organ systems or functions, and eight secondary meridians. Imbalances in the flow of qi cause illness; correction of this flow restores the body to balance.

Many people often equate the practice of acupuncture with the practice of traditional Chinese medicine. This is not entirely true. While acupuncture is the most often practiced component of traditional Chinese medicine, it is simply that – a component, an important piece of a much larger puzzle. Traditional Chinese medicine encompasses several methods designed to help patients achieve and maintain health. Along with acupuncture, TCM incorporates techniques such as moxibustion; massage; herbal medicine; diet and lifestyle changes; meditation; and exercise.

Although the principles of traditional Chinese medicine may be difficult for some to comprehend, there is little doubt of TCM's effectiveness. Several studies have reported on traditional Chinese medicine's success in treating a wide range of conditions, from nausea and vomiting to skin disorders, tennis elbow and back pain. Many Western-trained physicians have begun to see the benefits traditional Chinese medicine has to offer patients and now include acupuncture — at least on a limited basis -- as part of their practice. Many other physicians regularly refer their patients to an acupuncturist when appropriate. More Americans are also using acupuncture, herbal remedies and other components of traditional Chinese medicine than ever before. The reasons for this vary, but the increasing interest in, and use of, TCM is due in large part to its effectiveness, affordability and lack of adverse side-effects compared to Western medicine.

What problems are commonly treated with Acupuncture and/or Chinese herbal medicine?
The most common ailments presented to an acupuncturist tend to be pain related conditions. For example; arthritis, back, neck, knee and shoulder pain, carpal tunnel syndrome and sciatica.

Traditional Chinese Medicine is a complete medical system that is capable of diagnosing and successfully treating a wide range of conditions including:
(This is by no means a complete list of what Acupuncture and Traditional Chinese Medicine can treat.)

Eye, Ear, Nose, Throat Disorders
- Sinusitis
- Sore Throat
- Hay Fever
- Earache
- Ringing in the Ears
- Dizziness

Circulatory Disorders
- High Blood Pressure
- Arteriosclerosis
- Anemia

Gastrointestinal Disorders
- Irritable Bowel Syndrome
- Spastic colon
- Colitis
- Constipation
- Diarrhea
- Ulcers
- Gastritis
- Abdominal Bloating
- Hemorrhoids

Gynecological / Genitourinary Disorders
- Premenstrual Syndrome (PMS)
- Irregular, Heavy or Painful Menstruation
- Endometriosis
- Menopause
- Fibroids
- Chronic Bladder Infection
- Complications in Pregnancy
- Morning Sickness
- Impotence
- Infertility in Men and Women
- Sexual Dysfunction

Immune Disorders
- Candida
- Chronic Fatigue
- Epstein Barr Virus
- Allergies
- Lupus
- MS
- Hepatitis

Addiction
- Smoking Cessation
- Drugs
- Alcohol

Emotional and Psychological Disorders
- Anxiety
- Insomnia
- Depression
- Stress

Musculoskeletal and Neurological Disorders
- Arthritis
- Neuralgia
- Sciatica
- Back Pain
- Bursitis
- Tendonitis
- Stiff Neck
- Bell's Palsy
- Trigeminal Neuralgia
- Headaches and Migraines
- Stroke
- Cerebral Palsy
- Sprains
- Muscle Spasms
- Shingles

Respiratory Disorders
- Asthma
- Emphysema
- Bronchitis
- Colds and Flus

Acupuncture Also Treats
- Chemotherapy/Radiation Side Effects
- Diabetes
- Dermatological Disorders
- Weight Control