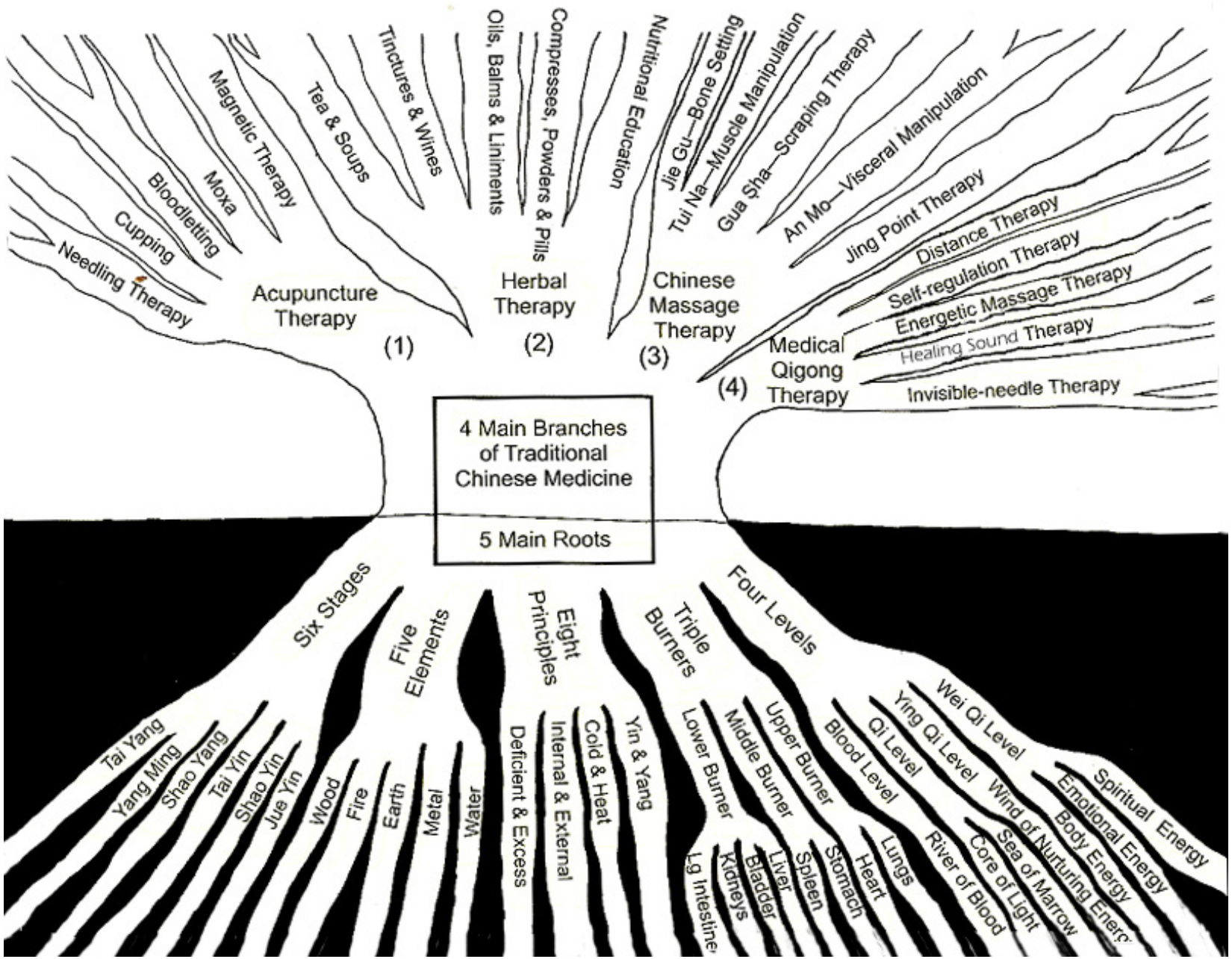
4 Main Branches of Traditional Chinese Medicine
5 Main Roots
Acupuncture Therapy
(1)
Needling Therapy
Cupping
Bloodletting
Moxa
Magnetic Therapy
Herbal Therapy
(2)
Tea & Soups
Tinctures & Wines
Oils, Balms & Liniments
Compresses, Powders & Pills
Chinese Massage Therapy
(3)
Nutritional Education
Jie Gu—Bone Setting
Tui Na—Muscle Manipulation
Gua Sha—Scraping Therapy
An Mo—Visceral Manipulation
Medical Qigong Therapy
(4)
Jing Point Therapy
Distance Therapy
Self-regulation Therapy
Energetic Massage Therapy
Healing Sound Therapy
Invisible-needle Therapy
Six Stages
Tai Yang
Yang Ming
Shao Yang
Tai Yin
Shao Yin
Jue Yin
Five Elements
Wood
Fire
Earth
Metal
Water
Eight Principles
Deficient & Excess
Internal & External
Cold & Heat
Yin & Yang
Triple Burners
Lower Burner
Middle Burner
Upper Burner
Four Levels
Blood Level
Qi Level
Ying Qi Level
Wei Qi Level
Lg Intestine
Kidneys
Bladder
Liver
Spleen
Stomach
Heart
Lungs
River of Blood
Core of Light
Sea of Marrow
Wind of Nurturing Energy
Body Energy
Emotional Energy
Spiritual Energy