

Chinese Medicine treats patients with conditions such as:

MUSCULOSKELETAL

Muscle Pain/ Weakness, Sciatica, Back Pain,
Muscle Cramping, Arthritis, Lumbar
Radiculopathy Pain, Frozen Shoulder, Tennis Elbow

NEUROLOGICAL

Migraines, Headaches, Post-operative pain,
Stroke, Parkinson's Disease,
Neurogenic Bladder Dysfunction,
Trigeminal Neuralgia, Peripheral Neuropathies,
Meniere's Disease, Sequelae of Poliomyelitis,
Intercostal Neuralgia

EMOTIONAL

Insomnia, Depression, Anxiety,
Neurosis, Nervousness

DIGESTIVE

Abdominal Pain, Hyperacidity, Diarrhea,
Indigestion, Constipation,
Acute and Chronic Gastritis

GYNCOLOGICAL

Infertility, PMS, Menopausal Symptoms

RESPIRATORY

Sinusitis, Common Cold, Tonsillitis,
Bronchitis, Asthma

EYES-EARS-NOSE-THROAT

Poor Vision, Cataracts, Tinnitus,
Toothache, Gingivitis

MISCELLANEOUS

Chronic Fatigue, Stress Reduction,
Smoking Cessation, Addiction Control,
Enhance Athletic Performance,
Blood Pressure Regulation,
Immune System Tonification, Nocturnal Enuresis



Alex Shpigel has been practicing Chinese Medicine for over 10 years. His passion and interest for holistic medicine came at an early age when he started training in the Taoist martial arts. He received his bachelor's degree from the University of California San Diego and his masters from the Pacific College of Oriental Medicine. He regularly attends classes and workshops to further his education and bring the best and latest treatments to his patients. Alex was a national, international, and world full-contact mixed martial arts competition champion for six consecutive years with an undefeated record. This drive and passion is brought into the clinic to help his patients achieve optimal and lasting health.

H E A L T H
H A R M O N Y
L O N G E V I T Y

ACUPUNCTURE • HERBALIST
TUI NA MASSAGE

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WHAT IS CHINESE MEDICINE?

ACUPUNCTURE & HERBS

Chinese medicine is one of the oldest established medical systems. The written records of this medicine have been dated back approximately 2,500 years. At present, Chinese medicine continues to be utilized extensively throughout the world.

It is estimated that roughly 25% of the world's population benefits from its use. Due to the consistent effectiveness with little to no side effects, Chinese medicine remains a very popular and widely used form of medicine in the world today.

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TUI NA MASSAGE

Origins of Chinese Medicine

Chinese medicine has been created through thousands of years of clinical experience. These experiences have been documented by some of the most educated and gifted of scholars and practitioners. Thousands of books have been written and handed down from generation to generation recording the physician's research, theories and clinical results. Today, a practitioner of Chinese medicine has over 40,000 texts to reference information on a variety of illnesses and injuries. Due to ongoing research, many texts and medical journals continue to be written. This enables the use of Chinese medicine to be viable in the 21st century.

How does Chinese Medicine work?

The basic goal of Chinese medicine is to achieve balance within the body. Both internal and external factors can disrupt this balance causing disease. Yin and Yang, the five phases, qi, blood, organs, as well as all the fluids of the body are the fundamental principals behind diagnosis and treatment. Through acupuncture, herbs, diet, tui na, and breathing exercises, these forces and substances are kept in balance to increase our health and longevity. Also, when balance is maintained, our bodies are more resilient against illness and injury.

Methods of Diagnosis

There are four basic methods of diagnosis a physician of Chinese medicine can employ to determine where the imbalance is located. The pulse and channels are palpated to determine the states of the organs, blood, qi and the meridians. Observations are made of the patient's external physical appearance, particularly the tongue and its coating. The practitioner notes the quality of voice and breath as well as any distinct odors. The patient answers questions regarding signs and symptoms, past and present medical history, lifestyle and family history to enable the practitioner to reach an accurate diagnosis.

How is balance achieved?

The theories and methods of Chinese medicine are quite elegant, yet the principles are fundamentally basic. If something is out of balance, it needs to be brought back into balance. If the condition is too cold, warm it up. If the condition is too hot, cool it down. If the condition is too dry, moisten it. If the condition is too moist, dry it. If the condition is excess, drain it. If the condition is deficient, supplement it. When any of these conditions create an imbalance, stagnation may occur either due to deficiency or excess. When stagnation occurs, disease and pain follow. Smooth flow of blood, qi and body fluids are essential in preventing stagnation. These are the principles used by a practitioner to maintain a patient's health in the pursuit of longevity.

Various methods of Chinese Medicine

Your physician has many tools to utilize in order to establish and maintain balance. The most frequently employed tools are acupuncture, moxibustion and herbs. The use of acupuncture is to activate points along certain meridians to have a specific desired effect on the person's blood, qi, and organs. The use of moxibustion may be used to enhance the effects of the needles or to warm a specific area. Herbal formulas, plasters and medicated oils are individually tailored to address the specific diagnosis. Other techniques are: gua sha, cupping, tui na, and qi gong

Safety

Practitioners today use the highest level of caution to provide a safe and sterile environment. It is common practice to use only sterile and disposable needles that are properly discarded after every treatment. When practiced properly, Chinese medicine has very few or no side effects. If a side effect does occur, the patient should inform the practitioner so that the treatment can be altered to eliminate the side effect.

