



ELECTRONIC MOXIBUSTION

Moxibustion is a treatment method that uses moxa sticks made of mugwort leaves to stimulate acupoints or specific parts of the human body to adjust the physiological and biochemical functions of the human body.

Moxibustion is particularly suitable for chronic frail diseases and diseases caused by wind, cold and dampness.

Benefits of Moxibustion:

- Warming the meridians and dispelling cold, promoting blood circulation.
- Invigorate Qi and collaterals, enhance the body disease resistance.
- Lifts sunken/prolapses of internal organs to restore the normal functions.

Benefits of electronic moxibustion:

- Smokeless
- Specific temperature can be maintained for a set time
- Research study has shown that effects of electronic moxibustion is comparable to traditional moxibustion for relieving joint pain

What to know about Electronic Moxibustion

1. Moxibustion is not suitable on some areas of the body: face, joints, areas of major arteries, chest, lower abdomen of pregnant women.
2. Moxibustion is not suitable when you have a cold or fever or any other infectious diseases.
3. Moxibustion is not suitable on an empty stomach, overworked, over-fed, over-starved, intoxicated, thirsty, or women on their menstrual periods.

***Everyone's physical condition is different, please ask your acupuncturist if moxibustion is suitable for you.**



CUPPING THERAPY

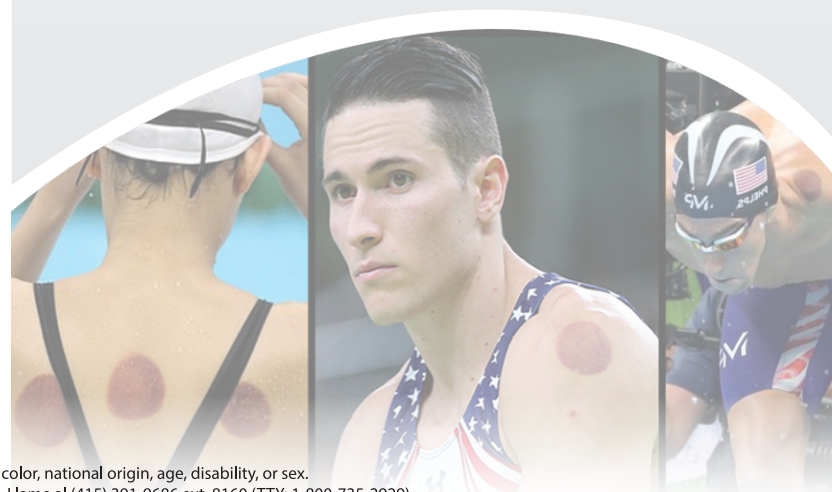
Cupping therapy is one of the complementary therapies of modern acupuncture. It uses a cup made of either glass or plastic, & use methods to create a vacuum seal on area of pain or specific parts of the body by either suction (or lighting fire to remove the air in the cup), causing extensive irritation and forming local congestion or bruising effect for therapeutic purposes.

Used for:

- Headache and dizziness
- Chronic coughing and wheezing
- Joint pain & muscle aches

Things to know about Cupping Therapy

1. There will be bruises where the cupping is done and may take up to 2 weeks for the bruises to clear
2. Cupping should not be done for more than 20 minutes to prevent injuries
3. Body areas to avoid cupping:
 - Areas of eczema or skin irritation
 - Edema
 - Chest, lower abdomen, four limbs, areas close to major arteries and heart





電子艾灸

傳統的艾灸，簡稱灸療或灸法，是用艾葉製成的艾條，產生的艾熱刺激人體穴位或特定部位，通過激發經氣的活動來調整人體的生理生化功能的一種治療方法。

灸法可以彌補針刺之不足，特別適於慢性虛弱性疾病及風寒濕邪為患的病症。

艾灸的作用：

- 溫經散寒，促進人體氣血的運行
- 行氣通絡，增強人體的抗病能力
- 昇陽舉陷，恢復機體的正常功能

電子艾灸的好處：

- 無煙
- 可設定溫度
- 研究表明電子艾灸的效果與傳統艾灸的效果相差不遠。

艾灸/電子艾灸需注意事項

1. **施灸的禁忌部位** - 凡顏面部、關節活動處、大動脈處、心臟部位、靜脈血管、肌腱潛在部位、妊娠婦女的腰骶部、下腹部不宜施灸。
2. **禁灸病症** - 對於外感溫病、陰虛、內熱、實熱症一般不宜施灸。
3. **禁忌** - 一般空腹、過勞、過飽、過飢、醉酒、大渴、大驚、大恐、大怒、極度疲勞和對灸法恐懼者，婦女經期之際應慎用艾灸。(治大出血例外)。

*每個人的身體情況不同，請詢問中醫師
您是否適合艾灸。



拔罐療法

拔罐療法(俗稱火罐)是近代針灸輔助療法之一，以罐為工具，利用燃燒、擠壓等方法排除罐內空氣，使罐吸附於體表特定部位(患處、穴位)，產生廣泛刺激，形成局部充血或淤血現象，而達到防病治病為目的的一種治療方法。

用於：

- 頭痛眩昏
- 咳嗽氣喘
- 風濕痺痛，筋骨酸痛

拔罐療法需注意事項

1. 會有淤血現象，且可能需要長達2週才會消除
2. 留罐時間不宜超過20分鐘，否則會損傷皮膚
3. 部位禁忌(不宜拔罐)
 - 皮膚過敏
 - 潰瘍
 - 水腫
 - 心臟、大血管部位
 - 下腹部

