

## Summary of Chinese Herbal Medicine

### What Is Chinese Herbal Medicine?

Herbs have been part of healthcare in China for many centuries remain actively used all over the world today. Over 400 plants are used in Chinese herbal medicine including commonly known herbs such as cinnamon, ginger, mint and goji berry!

### What does Chinese Herbal Medicine involve?

A full health consultation is carried out with you to discuss your key concerns and any relevant medical conditions that may be affecting the symptoms that you're seeking help with. Any tests or investigations that you've already undergone with your GP or consultant are reviewed as well as general wellbeing, your diet and work/life balance. Your tongue and pulse is also inspected which gives more information about your health from a Chinese medicine perspective.

I will let you know if herbal medicine can help you and in what format. Also, what you can realistically expect in terms of improvement of your symptoms from receiving herbs. Sometimes Chinese medicine isn't appropriate as the next step and I may recommend that I treat you with Tuina (this is the bodywork they use in the Chinese hospitals - like our Osteopathy), Sports Massage or may recommend some strengthening exercises or stretches you could do to help yourself.

If I agree to start you on a course of Chinese herbal medicine, I will talk you through what it involves and a bespoke blend of traditional herbs will be prescribed just for you.

Sometimes herbs are prescribed for external use as a poultice, soak or plaster. This is a great option for children where taking herbs can be quite difficult due to the taste! Also they are fantastic for dermatological conditions such as eczema or psoriasis or for painful conditions such as sports injuries or inflammatory arthritis.

I usually carry out follow-ups once every 2-4 weeks before prescribing you any further herbs. This involves a review of your progress to date and to see how well the herbal prescription is working for your symptoms. Once your symptoms have improved, herbal treatment is usually tapered down gradually to allow your body to adjust to being without the herbs.

All of the herbs are plant-based and do not contain animal products.

### Who can use Chinese Herbal Medicine?

Everyone can take herbs in one form or another but they do need to be prescribed by a fully trained practitioner as they are powerful.

Do check out the Register of Chinese Herbal Medicine website (<https://rchm.co.uk/>) for a list of conditions the herbs successfully treat.

Personally I have had particular success in Musculoskeletal conditions such as sports injuries, frozen shoulder and arthritis. I am also treating people with symptoms of Long-Covid at the moment with great success:

"I had Covid back in March which for me for 2 weeks of severe flu-like symptoms and then I began to feel better. However, the fatigue, general malaise and aches and pains in my muscles never left. It wasn't until I started taking herbs from Jenny several weeks ago that I began to turn a corner. I know I am now on the road to recovery. I would recommend Chinese Herbs to everyone both to treat Covid and anything else!"

— Malcolm