

# Download Concepts Of Chinese Science And Traditional Healing Arts

This newsletter introduces our community of readers to some of the basic concepts behind the traditional medicines and healing practices of Asian cultures. Traditional Chinese medicine (TCM) is a style of traditional medicine based on more than 2,500 years of Chinese medical practice that includes various forms of herbal medicine, acupuncture, massage (tui na), exercise (qigong), and dietary therapy, but recently also influenced by modern Western medicine. TCM is widely used in Greater China where it has a long history, and recently it has begun ...Traditional Chinese medicine (TCM), system of medicine at least 23 centuries old that aims to prevent or heal disease by maintaining or restoring yinyang balance. China has one of the world's oldest medical systems. Acupuncture and Chinese herbal remedies date back at least 2,200 years, although the earliest known written record of Chinese medicine is the Huangdi neijing (The Yellow Emperor ...The Shaolin style of kung fu is regarded as one of the first institutionalized Chinese martial arts. The oldest evidence of Shaolin participation in combat is a stele from 728 CE that attests to two occasions: a defense of the Shaolin Monastery from bandits around 610 CE, and their subsequent role in the defeat of Wang Shichong at the Battle of Hulao in 621 CE. - Concepts Of Chinese Science And Traditional Healing Arts