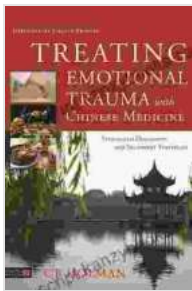


Treating Emotional Trauma With Chinese Medicine

If you're struggling with the effects of emotional trauma, you're not alone. Millions of people suffer from the debilitating symptoms of trauma, including anxiety, depression, flashbacks, and nightmares. Traditional Western medicine often focuses on treating the symptoms of trauma, but it often fails to address the underlying emotional wounds.



Treating Emotional Trauma with Chinese Medicine: Integrated Diagnostic and Treatment Strategies

by Morgon Latimore

★★★★☆ 4.6 out of 5

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Print length : 394 pages
Screen Reader : Supported



Chinese medicine offers a holistic approach to healing emotional trauma. This ancient healing system recognizes the mind and body as interconnected, and it seeks to restore balance and harmony to both. Chinese medicine practitioners use a variety of techniques to treat emotional trauma, including acupuncture, herbal medicine, and massage.

Acupuncture

Acupuncture is a safe and effective treatment for emotional trauma. It involves the insertion of thin needles into specific points on the body. These points are located along energy meridians, which are channels that carry qi, or vital energy, throughout the body. By stimulating these points, acupuncture can help to unblock the flow of qi and promote healing.

Acupuncture has been shown to be effective in reducing anxiety, depression, and flashbacks. It can also help to improve sleep and concentration. Acupuncture is a gentle and relaxing treatment, and it is generally well-tolerated.



Herbal Medicine

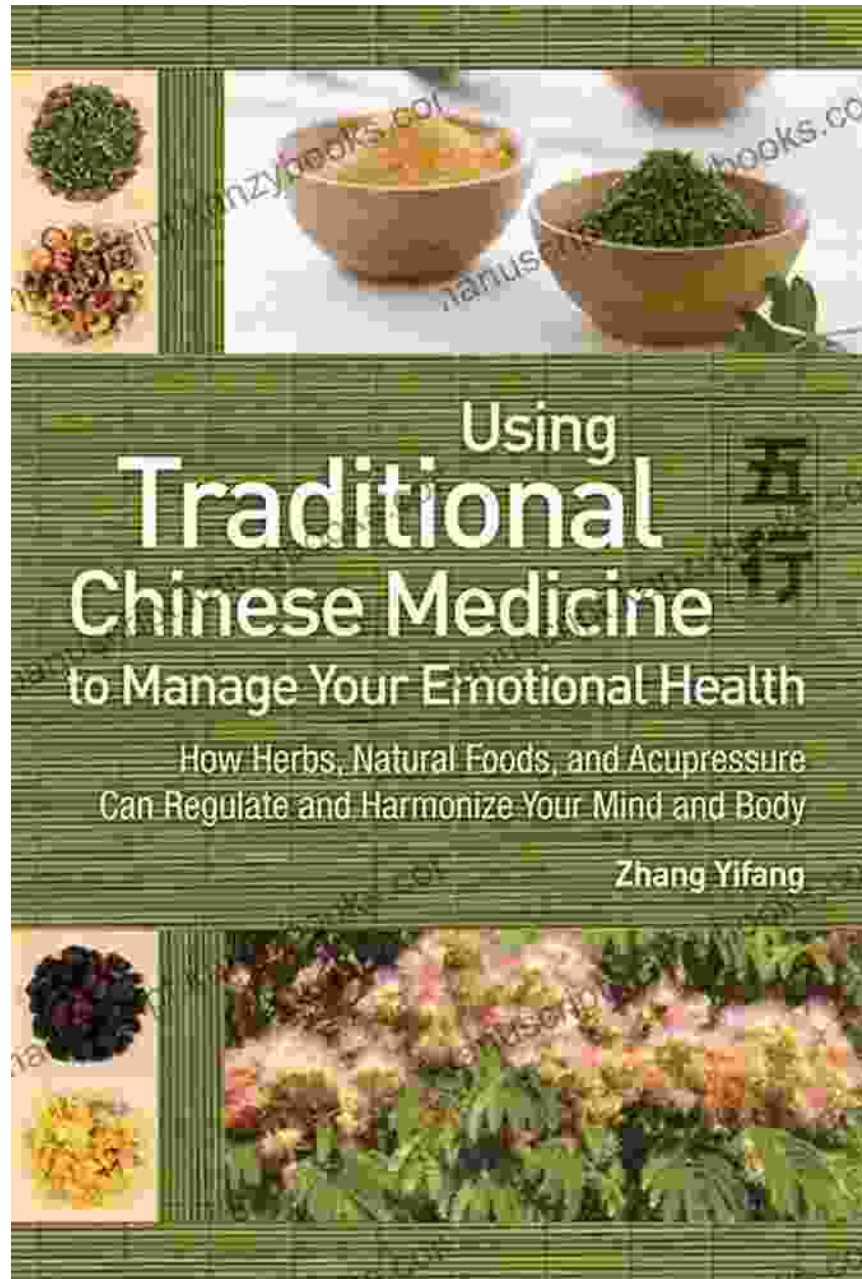
Chinese herbal medicine is another effective treatment for emotional trauma. Chinese herbs have been used for centuries to treat a wide range

of conditions, including anxiety, depression, and PTSD. Chinese herbs work by balancing the body's yin and yang energy. Yin energy is associated with coolness, darkness, and passivity, while yang energy is associated with warmth, light, and activity. When the yin and yang energies are in balance, the body is healthy and in harmony.

There are many different Chinese herbs that can be used to treat emotional trauma. Some of the most common herbs include:

- Ginseng: Ginseng is a powerful herb that can help to improve energy levels, reduce stress, and boost the immune system.
- Rehmannia: Rehmannia is a cooling herb that can help to nourish the kidneys and liver. It is often used to treat anxiety and depression.
- Schisandra: Schisandra is a calming herb that can help to improve sleep and reduce stress.
- Peony: Peony is a relaxing herb that can help to reduce anxiety and improve mood.

Chinese herbal medicine is a safe and effective treatment for emotional trauma. However, it is important to consult with a qualified practitioner before taking any Chinese herbs. Chinese herbs can interact with other medications, and they may not be suitable for everyone.



Chinese herbal medicine can help to balance the body's yin and yang energy.

Massage

Massage is a gentle and relaxing treatment that can help to reduce stress and promote healing. Chinese massage techniques, such as Tui Na and Shiatsu, are particularly effective for treating emotional trauma. Tui Na is a

type of massage that uses kneading, rolling, and pressing techniques to release tension and improve circulation. Shiatsu is a type of massage that uses finger pressure to stimulate specific points on the body.

Massage can help to reduce anxiety, depression, and flashbacks. It can also help to improve sleep and concentration. Massage is a safe and effective treatment for emotional trauma, and it is generally well-tolerated.

PSYCHOSOMATIC THERAPY TRAINING

WHO YOU ARE IS WRITTEN ALL OVER YOUR BODY

government certified
10 day training

COURSE CONTENT INCLUDES:

- The Art of Reading Faces
- Body Mind Analysis
- Feet, Limbs & Joints
- Language of the Hands
- Emotional Anatomy
- Emotional Release Bodywork
- Psychosomatic Diseases
- Practitioner Certification

PERSONALLY:

- heal long standing health issues
- come home to *you* and be in touch with your life's purpose
- release stress & trauma

PROFESSIONALLY:

- know your client instantly
- become your own therapist
- communicate on a deeper level

SNOW & CROWN ☉☉
THE RIGHT TO SEE / THE RIGHT TO KNOW
- Disconnected from energy / not aware
- Fearful - head position

THROAT CHAKRA ☽
THE RIGHT TO SPEAK / TO BE HEARD
- Expression / communication / not used
- Communication / not
- Jealousy & Resentment / more quality
- Clashes / physical pain

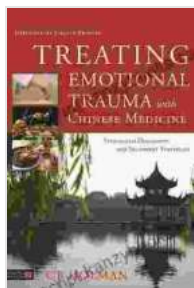
HEART CHAKRA ☽
THE RIGHT TO LOVE & BE LOVED
- Beliefs - ideal
- Self-compassion - awareness
- Fearful / insecure
- Depression of heart / pride
- Responsibility - discipline
- Misunderstood love / long

SOLAR PLEXUS ☼
THE RIGHT TO ACT
- Memory - self-protection
- Personal Power & Pleasure - alignment
- Ability to take action / power
- Trust & Optimism - imagination

SACRAL ☼
THE RIGHT TO FEEL
- Sensuality - inner truth
- Creativity & Imagination / inner flow
- Pleasure - inner truth & inner light
- Emotion & Intuition

BASE OF SPINE ☽
THE RIGHT TO BELIEVE
- World Life Force - Instincts
- Grounding - base
- Stability/grounding / alpha & theta
- Sense of Support / inner security

Chinese medicine is a holistic approach to healing emotional trauma. It offers a variety of safe and effective treatments that can help to reduce symptoms, improve mood, and promote lasting well-being. If you're struggling with the effects of emotional trauma, I encourage you to consider trying Chinese medicine.

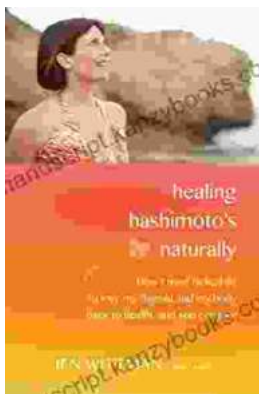


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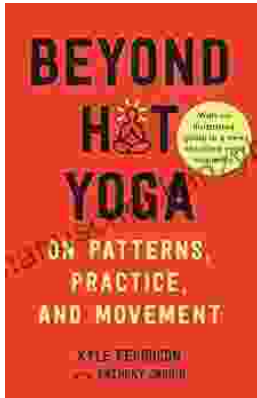
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