



## TZU CHI CLINIC

OF TRADITIONAL CHINESE MEDICINE

加拿大慈濟中醫門診與教學中心



### Hours of Operation

**Mon-Fri:** 10am-6pm

**Sat/Sun:** by appointment only

### Address

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## Tzu Chi Clinic of Traditional Chinese Medicine at Humber College

The Tzu Chi Clinic (TCC) provides the community with access to regulated, high-quality Traditional Chinese Medicine (TCM) therapies, and aims to elevate the standards of practice in the field.



TCC is equipped with 15 rooms for diagnosis and treatment, a featured OSCE room, a pharmaceutical-grade herbal dispensary, and other facilities.

In addition to being home to collaborative research that contributes to the science of TCM, TCC also facilitates the training of students enrolled in Humber's Traditional Chinese Medicine Practitioner program. Their study is enriched through an internship led by experienced TCM practitioners, and by the promotion of evidence-based practice through properly-designed in-clinic study.

## Tzu Chi Foundation

Established in 1966, the Tzu Chi Foundation is a charitable organization that has been recognized globally for its dedicated efforts in compassion relief regardless of religion, race, and geographic location.

## Tzu Chi Foundation Canada (TCFC)

Tzu Chi's founder, Dharma Master Cheng Yen, teaches her followers to give back to their local communities. Since its establishment in 1992, TCFC volunteers have embodied this philosophy, carrying out Tzu Chi's missions of charity, education, medicine, culture, humanitarianism, international relief, and environmental protection across Canada.



## How TCM can help you

TCM is a holistic approach for individuals to maintain wellness and to help them achieve equilibrium within themselves.

TCM's fundamental treatment principle is to help patients strike a balance within Body, Mind and Spirit. This is achieved by connecting the patient with the healing power of nature.

TCM visualize the human body as a unique entity, and this entity is connected to the outer world.

# Traditional Chinese Medicine



## Traditional Chinese Medicine (TCM)

TCM is gaining recognition for its remarkable effectiveness against conditions of all types, ranging from acute to long-term chronic illnesses. TCM modalities include acupuncture, herbal medicine, Tuina, diet, and Qi-gong exercises.



## Cupping

Cupping involves applying a special cup to the skin. The cup is held in place by suction, which draws superficial tissue into the cup and brings fresh blood to the area, helping to improve circulation. The cup may either be left in place or moved along the body.



## Acupuncture

Acupuncture is an effective treatment\* for over 80 symptoms, including:

- Depression
- Headaches
- Joint pain
- Stress
- Insomnia
- Allergies
- Lower back pain
- Stroke

The practitioner inserts very fine needles into specific acupuncture points—or acupoints—on the body based on the diagnosis. The needles are usually left in situ for 15-30 minutes or longer.

Treatment protocols, frequency, and duration vary depending on the particular health issue being addressed.

\* according to WHO official report published in 2003

## Moxa

Moxa is a dried herb which is burned like incense to gently warm the body, counteract cold and dampness, relax muscles, stimulate circulation, and promote the smooth flow of blood and Qi. It is often used in conjunction with acupuncture to bolster the effectiveness of the treatment.



## Herbal Therapy

Herbal therapy is a major pillar of Chinese medicine. A prescribed remedy might contain various herbal ingredients and can be delivered in many manners of preparation such as pills, tablets, capsules, powders, alcohol-extracts, water-extracts, etc.



## Tuina

Tuina is the name of TCM therapeutic massage. In addition to creating relaxation, it is best known for its benefit in assisting the recovery of muscular-skeletal injuries. By soothing the circulation of Qi and blood, it can also help to mitigate many disorders.