

TRADITIONAL CHINESE MEDICINE

The use of Acupuncture and Chinese herbs began before recorded history, over 5000 years ago, and has treated every health problem known to man with a high rate of success and no adverse side effects.

A major principal in Chinese Medicine is that anything that is good for you can also be bad for you. A perfect illustration of this is the old Chinese saying, "Water can float the boat; water can also sink the boat." Too much water, food, exercise, etc. will create imbalances in the human body and lead to illness and disease; too little of these 'good' things will also cause imbalances leading to health problems. The Chinese Medicine concept is to strive at all times to keep one's body (and life) in *Balance*. In our modern world this can often be very difficult. Our fast pace and other factors have caused us to lose connection with our common sense and rely on outside information too much, so we no longer listen to our body. When the body is in a state of imbalance for too long, it is unable to 'self-correct' without outside assistance. And many people are still suffering after trying all kinds of traditional treatments and don't really know where to turn.

The goal at this clinic is to assist every patient possible in regaining good health, and educating them on how to stay healthy and have a good quality life. Once a patient understands how the body works, and what creates imbalances and illness, they are equipped to maintain a much higher level of health than ever before. Our physician's and friendly staff are ready to assist you on the road to true health.

NI'S CHINESE MEDICAL CENTER...

was established by Bo-Shih Ni and has been serving Florida for over 25 years. The physician's of Ni's Chinese Medical Center practice at superior levels due to Dr. Ni's training of ancient healing wisdom, something not found in American schools. Dr. Ni's knowledge is so extensive that he is a treasured professor not only in the U.S. but also in China and Taiwan.

Acupuncture, Chinese herbs, and Food as Medicine are utilized to expedite healing and provide lasting results. The goal is to restore balance to the internal system. Once balance has been obtained, our physicians teach their patients winning strategies to maintain it. This knowledge is frequently sought out by local groups, therefore; our physicians conduct monthly seminars and are available for speaking engagements. Visit our website, www.drboni.com, for current events.

Physician's of Ni's Chinese Medical Center:

Bo-Shih Ni, LAc, DOM

Beth Myers, LAc, Dipl. O.M.

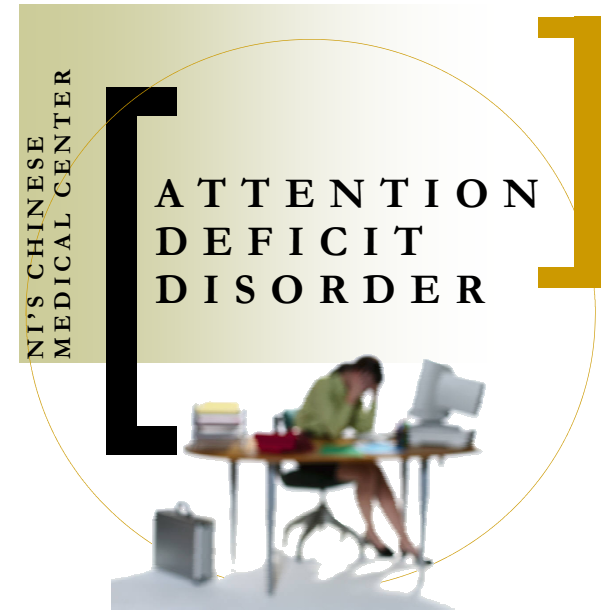


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Ni's Chinese Medical Center

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WHAT IS ATTENTION DEFICIT DISORDER?

Attention Deficit Disorder makes it difficult for children or adults to keep their attention on specific tasks. It can also make it difficult for them to control impulsive behavior. Some of the warning signs of ADD include not listening to instructions, disorganization, fidgeting, talking too much, leaving projects (chores, homework, etc.) incomplete, and not paying attention to details.



WHY DO I HAVE ADD?

This disorder affects 3% to 5% of the children in the U.S. Although it generally begins in childhood, it also afflicts many adults because, without proper treatment, it is seldom outgrown. Since many people find ways of adapting to their disorder over time, ADD isn't as easy to identify in adults.

Western scientists have tested many theories on the causes of ADD, most of which have been disproven.

ADD is not caused by but can be exacerbated by head injuries, food additives or allergies, too much TV, excess sugar consumption, or a poor home life.

Traditional Chinese Medicine, however, has identified one common health problem that is found in nearly all patients with ADD, which they believe is directly related to this disorder, as well as a multitude of other diseases and conditions. This widespread problem is constipation, which can be caused by many factors.

When waste material is not eliminated from the body within 24 hours, it begins to putrefy and ferment, building up gases and toxins in the system. These poisons can have a negative impact on any part of the body, creating a host of ills. The inner body must be kept clean of wastes in order to stay healthy. The general rule is for each meal consumed, a bowel movement should occur within 24 hours. In our fast paced lifestyle many people including children, ignore the bodies urging to relieve itself of wastes because it is not convenient at that moment. Constipation builds up and the state of health deteriorates.

Constipation is related to excessive heat, particularly in the lower part of the body. Our bodies work much like car engines. When they run too fast, they can overheat. When they overheat, body fluid is

burned off, reducing the amount of water in the digestive system needed for good elimination of waste. Meanwhile the patient's motor is over-revving, making him or her hyperactive and causing difficulties in focusing and thinking clearly. The symptoms can vary in degrees for each individual, depending on the severity and duration of the constipation.

Another cause of constipation and ADD is kidney dysfunction. When this is the origin of constipation the ADD symptoms can be more severe and may include hallucination in varying degrees. In Chinese Medicine, the kidneys control the brain function, so when the kidneys are not functioning up to par, the brain function will be diminished as well.

WILL I ALWAYS HAVE ADD?

The good news is that the disorder does not have to be a life-long struggle. When the underlying cause of the heat and constipation are corrected and maintained, the symptoms of ADD will disappear without the need for ongoing treatment of any kind.

