

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:

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ARTHRITIS AFFLICTION OF MILLIONS



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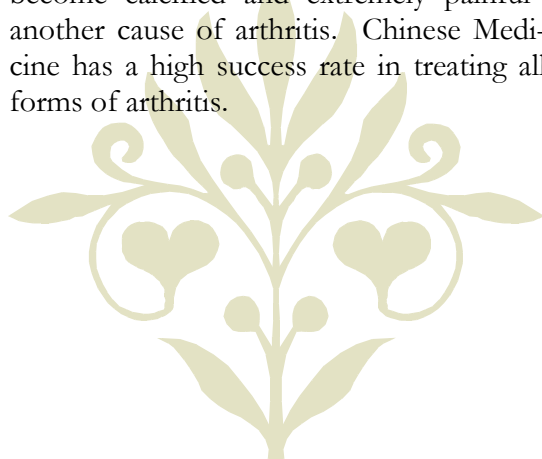


...one of the most common health complaints. A recent Magazine reported that 30% of those polled admitted to having this ailment. Arthritic complaints are also among the most common reasons for a visit to the physician's office. The first sign of arthritis for some can be an itchy feeling in the joint area, which eventually develops into actual pain. Another form of arthritis is calcification of the joints. Many people develop arthritis in their finger, knee, neck, and shoulder joints; more severe cases end up with extreme pain in the back and hips, and some even resort to hip replacement surgeries and other radical procedures. Too often these extreme and risky measures bring very short-lived relief, if any at all.

People of any age can develop arthritis, but it is found in greater numbers in people over 50. In Western medicine there are two main types of arthritis; Osteoarthritis and Rheumatoid arthritis. Chinese Medicine has never found a need to name diseases—they focused instead on discovering how the body functions, as well as how and why it gets out of balance, which leads to illness and disease. This understanding enabled them to find a way to correct the imbalances and facilitate the body in its own healing.

WHY DO I HAVE ARTHRITIS?

In traditional Chinese Medicine (TCM), the condition known as arthritis is very often the result of *moisture* retention between the muscles and the skin, and this often develops into *water* retention. This condition occurs when the body tries to expel the excess moisture/water by perspiring, but people stop that healthy process short by getting into an air conditioned place, standing in front of a fan, jumping in a swimming pool, etc. This causes the excess moisture/water to stay between the skin and the muscles, because the 'cold' environment instantly closes the pores. Many people in modern countries today believe it is not nice or acceptable to 'sweat', and so they create arthritis in their body. The body eliminates excess fluid through urination and perspiration, and it is very healthy to 'sweat'. Urination alone is not always enough. Over-use, overwork, and over-exercise are also causes of arthritis in different joints in the body. When the body is out of balance and unable to eliminate excess calcium, the joints can become calcified and extremely painful—another cause of arthritis. Chinese Medicine has a high success rate in treating all forms of arthritis.



TREATMENT

Excessive moisture/water is reduced by using acupuncture and/or Chinese herbs to correct the imbalance in the stomach and spleen. Increasing the function of these two organs will facilitate the removal of excess water in the body. The patients also must make sure they are not taking in fluids except when actually thirsty. The amount of fluids needed daily varies with each person, depending on their lifestyle and activities. Obviously, a roofer working in the hot sun all day will require more water/fluids than someone sitting at a desk in an air conditioned office. Whatever the cause of the arthritis, Chinese Medicine treats the problem with acupuncture and/or Chinese herbs, without any adverse side effects.



WILL I ALWAYS HAVE ARTHRITIS?

Many patients have been successfully treated for arthritis with Chinese Medicine. The patients age, duration of illness, their willingness and ability to change habits that are causing or exacerbating the arthritis, all play a part and determine how long the treatment will take.