

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 physicians 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 the central Florida area 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.

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Prescription Drug And Cancer Treatment Side Effects Is There A Solution?



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You've heard the commercials...

“Side effects may include: headache, fatigue, dry mouth, throat swelling, diarrhea, flatulence, chest pain, rash, weight gain, constipation, abdominal pain, drowsiness, confusion, forgetfulness, blurred vision, dizziness, anxiety, cough, hallucinations, suicidal thoughts, vomiting, nausea, kidney failure,...” The side effects can be worse or cause more damage than the problem your taking the drug(s) for.

Cancer treatment patients undergoing drug therapy also can experience side effects such as vomiting, nausea, excessive sweating, fatigue and more.

IS THERE A SOLUTION?

More people are becoming concerned about the effects of drug prescriptions and find the side effects to be unbearable. Many do not realize that there is an alternative to taking drugs. Traditional Chinese Medicine (TCM) has been used for thousands of years to treat and correct all health problems known to man. It is safe and natural, with no side effects. So no matter what you're taking medications for, TCM works to correct the cause of your health problems.

For example, if you have high blood pressure, Western medicine prescribes a drug that will help your blood pres-



sure readings read lower or at times have no effect at all. However, if you stop taking the drug, your blood pressure will be high again. Therefore, the blood pressure problem is still there while you're on the medication, it's not correcting the problem, it's just masking it. TCM looks to find out what is *causing* your blood pressure to be high. Everyone's reason for high blood pressure is different whether it's stress, excessive heat, even prescription drugs can cause high blood pressure. The goal is to find what's *causing* it and then correct it. Problem solved!

How do you find out what the cause of your health problem is? Your body, how you feel, the symptoms you are experiencing tells a skilled TCM physician possible causes, but it's your pulses that the physician reads that will confirm the cause. So every detail or symptom that you give the physician is very important and helps complete the diagnosis.

Once the doctor has a diagnosis, he/she will prescribe an herbal medicine combination and/or acupuncture that will balance your system, correcting the *cause* of your health problem. Prescription med's can be taken along with the herbal medicine. The goal is to correct your system and restore your health so you no longer need to take prescription medications.

Did you know that the side effects you are experiencing from prescription drugs is an

indication of what organs are being damaged? A skilled TCM physician can not only determine what organs are being damaged by the drugs but he/she can also prescribe Chinese herbal medicine and/or acupuncture to clean up the damage and restore the organ(s).

If you are undergoing cancer treatments, there is hope for you as well. You can take Chinese herbal medicines and/or acupuncture along with your treatment to help protect your organs and system from further damage.

A recent study done by the Henry Ford Medical Group Researchers proved that acupuncture can ease cancer treatment side effects. The study compared the effectiveness of acupuncture to drug therapy and found that acupuncture was just as effective and had no side effects.

If you have not yet begun your cancer treatments, Chinese herbal medicine can also be administered to boost and strengthen your immune system.

Join Dr. Bo-Shih Ni for his free health workshops where he gives a basic education on TCM, how to stay healthy and live a good quality life. Further information can also be found on our website:

www.drboni.com