

## Maintaining Good Health

- ◆ Come for regular health check-ups every 6 months for preventative care. Early diagnosis saves health and money in the long run.
- ◆ Eat a large variety of foods; eat the amount your body needs to maintain without overeating; eat your last daily meal by 7pm or earlier if possible. Eat more vegetables, especially salads; fruit (with skin is best); brown rice and small amounts of meat (only one type per meal); consume less bread, pasta and white rice.
- ◆ Exercise sensibly; do fast walking daily until you perspire. Also, stretching exercises upon rising in the morning is very beneficial.
- ◆ Avoid dairy products; the preservatives and processing create problems in the digestive system. Soy milk is an excellent substitute.
- ◆ Drink when you are thirsty.
- ◆ Listen to your body.
- ◆ When symptoms arise have a check up right away to prevent potentially serious health issues from developing.

## 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](http://www.drboni.com), for current events.

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# Traditional Chinese Medicine

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## Traditional Chinese Medicine

Traditional Chinese Medicine is a very ancient form of Chinese medicine which predates recorded history. It is a complete medical system that has been used to diagnose, treat, prevent illness, and promote well being for thousands of years. The ancient Chinese found that there are energy channels called meridians that run through the human body including the head, arms, hands, legs, feet, torso, and internal organs. Energy, called qi (pronounced chee), circulates through these meridians to all parts of the body. Its balanced, unimpeded flow is critical to sound health. Any misdirection, blockage, or other derangement of the amount, flow or balance of Chi may result in pain, dysfunction, and ill health. By inserting hair-fine needles into certain points (acupoints) along the course of the meridians helps to restore the balance and flow of Chi so organs and bodily systems can work together in harmony. This sets the stage for the body to repair itself and maintain its own health. However, if your Chi is too deficient; your body will not be able to hold the acupuncture treatment. Acupuncture uses your own energy and if your body is deficient in energy, the results will not last long. Herbal medicines will be prescribed in order to strengthen your system and then acupuncture can be given, if it is needed.

For more than 5000 years acupuncture needles and herbal medicines have mended common ailments and prevented disease. The ancient Chinese would meditate and

observe the flow of energy within and without the human body. They were also keen to observe man's relationship with the universe and how it was affected by the daily and seasonal cycle of nature. A seed planted in spring blooms in summer, seeds itself in late summer to autumn, dies in winter, and a new seed grows again in spring. It is part of a never-ending cycle and each phase has its role to play in maintaining the balance of nature. The same process of change occurs within the body. Cells grow and die to make way for new cells, and body systems depend upon each other in a similar way to the seasons, working together to ensure the balanced functioning of the body, mind and spirit and the healthy flow of life through the whole person. The balance of forces within us (yin-yang, heat-cold, blood-chi) determines our internal climate, our health or disease. When these forces get out of balance we experience symptoms, the body's natural way of telling us that a correction needs to take place. If this imbalance is left uncorrected the symptoms will continue to get worse and new symptoms will arise. No symptom is too small to ignore. This is the time when herbal medicines and/or acupuncture is needed to bring about a correction.

## There Are Three Things We Do That Can Cause Health Problems:

1. *Deficiency* in the body is caused by something we don't do enough of. Supply your body's needs.
2. *Excess* in the body is caused by doing something too much. Remember—moderation in all things.
3. *Accidents* happen every day, slow down and be aware.

## The Five Criteria of Good Health

Modern medicine is very detailed in its knowledge of human physiology and pathology. Nevertheless, the state of good health has yet to be defined. Just as Einstein's most famous equation ( $E=mc^2$ ) appears very simple, these criteria seem deceptively simple; however, they are based on profound theory. Einstein's famous equation began as a complex theory, which was greatly simplified to the immortalized equation. The same holds true for these five criteria.

1. **Normal Appetite:** Feeling hungry at mealtimes; being able to taste and smell the food, consuming the proper amount of food.
2. **Bowel Movements:** Twice per day (or more); stools should be firm and long, brown in color; the feeling of having adequately emptied the bowels is necessary.
3. **Proper Urination:** Five to seven times daily (less if one is working strenuously). The color should be pale yellow and an adequate amount of urine and force to expel the urine is necessary.
4. **Proper Sleep Pattern:** The ability to sleep through the night without waking up and feeling adequately rested upon arising.
5. **Cool Face, Warm Hands & Feet:** Face should feel comfortably cool, while palms and soles feel warm.