



The Well



drawing on deep sources of nourishment

Volume 23, Issue 2

Summer Greetings!

Welcome to the first issue of the Eastern Oregon edition of *The Well*. The purpose of this quarterly newsletter is to provide information about my practice of Chinese medicine, class offerings and observations on the natural healing processes through this work. I am excited to bring 30 years of experience and training from China to Grant County.

The feature article in this issue explores Chinese medicine options that are available for your overall health care.

Sharing with people how they can take care of and heal themselves is an important part of my practice. I am planning to offer a **tai chi** class this summer, meeting once or twice a week for 4-6 weeks. This basic class is a short, 13 step form. Compared to other styles (33, 88, 108 steps) this form is simple, easy to learn and requires very little space. The entire form can easily be done in 5-6 minutes in a living room. Once the physical movements are learned, the shorter form allows us to focus more on internal energetic aspects: grounding, balance, energy flow through the body.

During August and September I will offer several free introductory presentations on **chi kung**, followed by a series of four-week fall classes. Chi kung is a general Chinese term for internal energy exercises. These simple, gentle practices access the same energy systems as acupuncture, bodywork and herbs. With some practice and skill, chi kung can provide similar results as Chinese medical treatments. Both tai chi and chi kung are also available as individual, private sessions.

If you are interested in any of these classes, please give me a call, **541-575-1011**, with any time or day preferences. More information about my practice of Chinese medicine, class offerings and past issues of *The Well* is available at my website: *SimplyTao.com*.

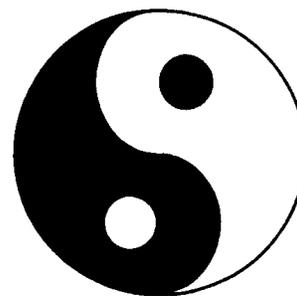
Cheers!

Kyle Chiu, LMT

Chinese Medicine

Health care is going through tremendous changes. Western medicine continues to research, explore and develop amazing new medical technologies. At the same time, people are turning to alternative, or complementary therapies as a part of their overall healthcare.

This is an exciting time to be a part of the healthcare community. Never before have we had access to such a wide range of healing therapies - from the ultramodern MRI, chemical lab work and robotic surgeries to the 5,000 year old Chinese herbal tradition. For centuries we were fortunate to have access to even one system. Now we can choose from many, often combining different health therapies in a supportive, complementary way. This article will provide information about my practice of Chinese medicine and the options it offers for your overall health care.



Chinese medicine has a continuous 5,000 year history of providing primary health care throughout Asia. We may think of it as “new” or “alternative,” but it has evolved over a very long time. Here in Grant

County, we have a wonderful example in Doc Hay at Kam Wah Chung. Ing Hay was practicing Chinese medicine in John Day in 1895. The roots of this approach to healing go very deep.

Chinese medicine evolved prior to the development of microscopes, blood work, x-rays, etc. They described the function of the body in health and disease in terms of energy, or chi, that flows through

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the body. These energies in balance promote health; when out of balance, disease results. There are many ways to influence energetic flows in the body. The three major methods are acupuncture, bodywork and herbs.

Acupuncture uses small, fine needles to influence energy. Bodywork uses touch. Herbs utilize plants and natural materials to influence energy.

In my practice I specialize in bodywork and herbs. I also offer classes in tai chi (physical movement) and chi kung (internal energy exercises).

Bodywork

I offer three styles of Chinese bodywork: **Tui na** (Chinese medical massage); **Chi Nei Tsang** (abdominal and organ massage); **Jin Shin Do** acupressure. Each modality can be useful for an individual or particular condition. I often use a combination approach based on the person. The Chinese approach to bodywork can bring the same benefits of acupuncture, using touch instead of needles.

Herbs

With a complete herbal pharmacy, I develop a custom formula based on classical Chinese assessment. Chinese herbs can be very useful for a wide range of conditions: common cold to bronchitis; headaches to migraines; PMS to menopause; digestion, elimination, circulation, stress, emotional imbalances and general constitutional strengthening.

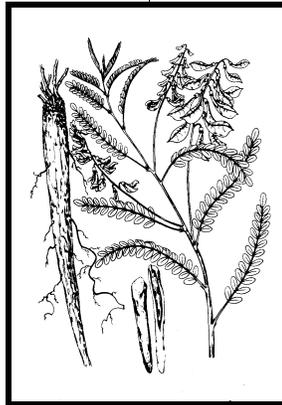
Tai Chi & Chi Kung

In addition to these treatments, I offer tai chi & chi kung classes. Internal and external energy exercises can be a useful tool for people to develop or expand their self-care. These practices empower us to cultivate self-healing and support other healing therapies.

During an initial appointment, I utilize the classic Chinese assessment techniques of pulse reading and looking at the tongue. These provide information about the energetic functioning of the internal organs, which leads to an appropriate treatment strategy. I also ask questions about general health history and the progression of the current condition. Based on this information I offer options that I think may best address the condition.

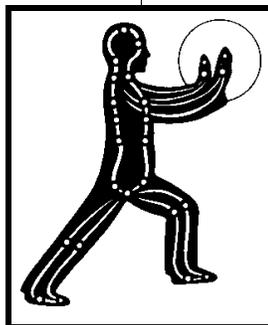


During 30 years of experience, I have learned that the human body has amazing healing capacity, if it is given support. I believe my role is to listen to each person, body, mind and spirit, to connect with that natural healing wisdom. Then together, we can explore what supports that marvelous healing process.



This is a fascinating process to witness as it unfolds. I feel very fortunate to do this as my life's work and be able to follow in the footsteps of Doc Hay, right here in Grant County.

Please feel free to call with any questions about how Chinese medicine could be a part of your overall health care.



Clinic Information

Appointments: Tues., Wed., Fri., Sat.
8:30am-6pm

Phone: 541-575-1011

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John Day

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