

A n x i e t y



Everyone needs to feel anxious at times – it causes a reaction which pumps the hormone stimulant adrenaline into the system. It spurs people to do challenging and uncongenial tasks and prepares them to cope with different situations. What is not desirable is for anxiety to become a problem – for normal temporary feelings of uncertainty, worry or fear to become persistent states of mind.

Normal anxiety almost always has a cause of which you are aware – for example; an important interview or a test of some kind might be looming up. But anxiety can become a problem when worry or apprehension is experienced for no apparent reason, or is much worse than the situation warrants. Although anxiety is an emotional state, it can include physical symptoms that “are not all in the mind” – pain, insomnia, muscular tension and dizziness. Often there is nausea and vomiting, diarrhea or frequent urinating. The sufferer may show signs of panic such as sweating, palpitations and abnormally deep breathing, or feel tired, weak and listless. Generally, the symptoms disappear when there is no longer a reason to be anxious. Yet some people suffer from the illness known as chronic anxiety.

TCM Drug Free Pain Control

Acupuncture works in a preventative capacity as well as dealing with the problem initially. The following regime is always followed, but each type of ailment is unique to the individual and so will be treated according to the individual cause.

- All treatments take into consideration the psychological effect the ailment has on you and your lifestyle
- Acupuncture
- Herbs which are prescribed in pill or raw form depending on the individual palate and case
- Cupping/Moxibustion
- Massage
- Exercise
- Dietary advice

What a relief! A drug-less alternative to the problem you have been experiencing. And it has been proven for thousands of years. TCM works because it establishes your body's equilibrium by correcting your energy imbalances.

TCM works in a curative and preventative manner. Incidentally, the frequency and duration of your treatment will vary according to your individual condition. Generally speaking, the longer a patient has had a particular condition, the longer it will take to treat.

TCM has a strong sense of commitment and purpose to each patient, this is why we are the only clinic offering one hour treatments with each appointment and an extremely high success rate.

If we can be of further assistance please do not hesitate to call.

masters of TCM Pty Ltd

A.B.N. 22 074 633 211

435 Riversdale Road Hawthorn East Vic 3123 Phone 9882 2255 www.mastersoftcm.com.au