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Traditional Chinese medicine (TCM) is a branch of traditional medicine in China. It has been described as "fraught with pseudoscience", and the majority of its treatments as having no logical mechanism of action.. TCM is said to be based on

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Compendium of Materia Medica and Huangdi Neijing. The practice includes various forms of herbal medicine, acupuncture, cupping therapy, gua sha, massage ...

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Traditional Chinese medicine - Wikipedia

Traditional Chinese medicine is made up of four distinct methods of treatment: the use of herbs, acupuncture, the use of certain foods, and massage. Its practices can be used side-by-side with traditional Western medicine and have been growing steadily in popularity in the U.S. over the past decade. Written by world renowned practitioner Dr. Henry C. Lu, Chinese Natural Cures is a complete and user-friendly guide to the principals and methods of Chinese medicine.

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Some mind and body practices used in traditional Chinese medicine practices, such as acupuncture and tai chi, may help improve quality of life and certain pain conditions. Studies of Chinese herbal products used in traditional Chinese medicine for a range of medical conditions have had mixed results.

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Traditional Chinese Medicine: What You Need To Know |  
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Treatment often combines food therapy, medicinal herbs, acupuncture, and therapeutic exercise. For sheer volume of information and comprehensive coverage by a renowned expert, Chinese Natural Cures will undoubtedly become an essential source book for patients and practitioners.

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Book Review - Chinese Natural Cures by Henry C. Lu |  
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In summary, Chinese herbal medicine is a popular method of treatment for many diseases, not only in Asian societies but also in Western societies. It would be unusual if a proportion of CKD patients in Western societies were not taking some Chinese herbal therapies with their conventional medicines.

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Chinese herbal medicines and chronic kidney disease: a ...

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