

Ancient answers to health problems of 21st century

By Richard Bishop

I FIRST met Dr Daian Zou a few years ago when she did the business on my torn cartilage, the result of a mishap on the rugby field.

To quote one of Daian's patients: "When I first arrived here the pain of staggering just 50 yards was almost unbearable. When I left, some 45 minutes later, I couldn't believe the transformation."

This is an often-heard response on introduction to a practice that dates back to before the 21st century BC.

Daian runs the St John's Hill Clinic for Chinese Medicine. She graduated in the Traditional Chinese Medicine University, Hunan Province, China, before practising conventional and Chinese medicine in China.

She then completed an advanced training programme in acupuncture in the attached hospital at TCM University of Hu Nan Province. Since she arrived in the UK, Daian has worked at clinics in London, Hampshire and Shropshire.

Dr Daian's approach is to integrate traditional and modern medical techniques for diagnosis, resulting in a natural treatment plan combining acupuncture, herbs and herbal medicines, nutritional therapy, exercise and lifestyle management.

She is also very interested in applying acupuncture and acupressure to pain and stress relief, and skin problems.

The clinic was established in 2002 and has built up a good reputation in Shropshire for its friendly and effective service, specialising in pain relief, skin problems, female and male problems, addiction, weight loss, stress and so on.

Fundamental principle

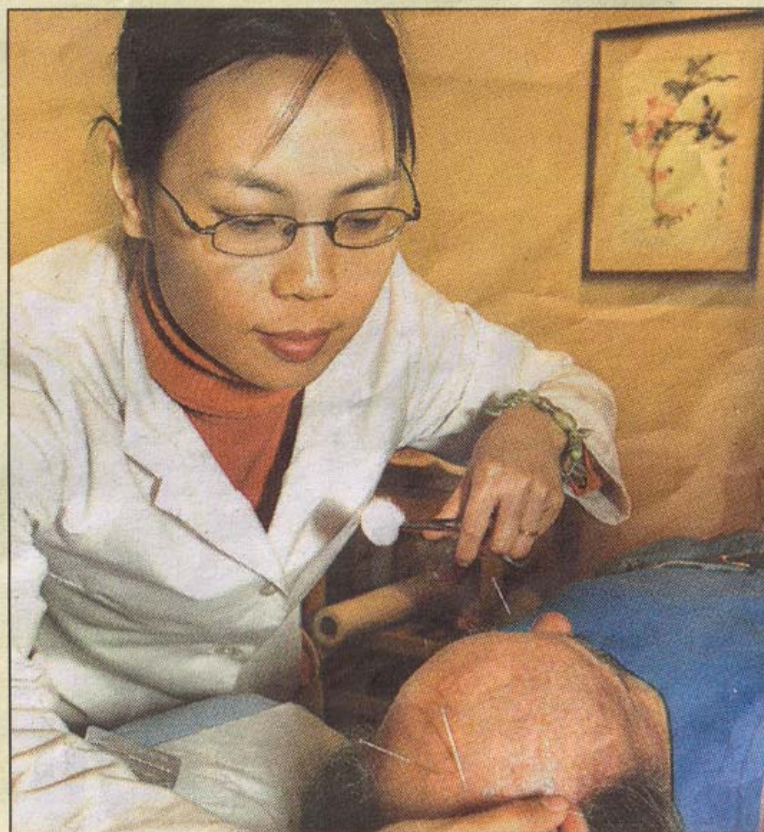
Daian says: "The fundamental principle of Chinese medicine is that the human body is considered as a whole system. The balance of yin-yang, or life forces, is the basic condition of human health, and thus the imbalance of yin and yang by any means will result in ill health.

"The purpose of Chinese medicine treatments is to analyse all symptoms and experiences while taking into account age, sex, lifestyle, physical and emotional traits as well as other aspects of the individual. An overall picture of the patient is then set up. The medical treatment is to rebalance yin and yang in the body rather than to just treat symptoms."

Daian believes that a well-trained practitioner not only uses the traditional way of diagnosis, but is also able to use other approaches integrated with conventional western medicine.

The medical materials of Chinese medicine are natural plants and minerals which have fewer side effects than some synthetic drugs. Chinese medicine has three basic forms of treatment; acupuncture, Chinese herbal therapy and acupressure. It is suitable for all age groups from young babies to the elderly.

The clinic offers a free initial consultation, after which a treatment method is recommended. For more information call 01743 350358 or visit www.sjhill.co.uk



Dr Daian Zou applying acupuncture to a patient at the St. John's Hill Clinic.

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