

Our offer:

3 weeks:

I	50 min	Acupuncture and diagnostics
II	25 min	Acupuncture
	50 min	Chinese physiotherapy
III	50 min	Chinese physiotherapy
	50 min	Acupuncture final assessment

€ 295,00

4 weeks:

I	50 min	Acupuncture and diagnostics
II	25 min	Acupuncture
	50 min	Chinese physiotherapy
III	25 min	Acupuncture
	50 min	Chinese physiotherapy
IV	50 min	Chinese physiotherapy
	50 min	Acupuncture final assessment

€ 395,00

Individual prices (for therapy extensions or individual bookings)

25 min	Chinese physiotherapy	€ 40,00
50 min	Chinese physiotherapy	€ 65,00
25 min	Acupuncture	€ 20,00
50 min	Acupuncture and diagnostics	€ 90,00
50 min	Acupuncture final assessment	€ 90,00

TCM

Traditional Chinese medicine
in the Private Clinic Laßnitzhöhe



Private Clinic Laßnitzhöhe

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PRIVATKLINIK
LASSNITZHÖHE

TCM - Traditional Chinese Medicine

Traditional Chinese Medicine (TCM) is a millennia-old medicine originating from China, which is becoming increasingly important as a supplement to conventional medicine in the western world.

TCM not only treats existing symptoms, but also considers and treats people as a whole. A balance between **YIN (matter)** and **YANG (energy)** is crucial for a person's health and well-being. If this balance is disturbed, **the life energy** - the Qi - cannot flow properly and illness and pain can arise.

Based on **five pillars**, TCM tries to restore this balance. These five pillars are acupuncture, herbal medicine therapy, the 5-element nutritional theory, physical and breathing exercises (Qigong) and traditional massages (Tuina).

At the Private Clinic Laßnitzhöhe, TCM is offered as part of orthopedic and neurological rehabilitation in both inpatient and outpatient settings.

Team

Dr. Claudia Topolovec
Dr. Ze Min Sheng
Esther Kehling

Our entire medical team will be happy to provide you with further information.



The 5 pillars

Acupuncture

In acupuncture, fine needles are pierced into specific points on the body (the acupuncture points), in order to positively influence the flow of life energy („Qi“), which, according to Chinese beliefs, is disturbed by illness. The effect of acupuncture is based on the release of endorphins, cortisone and anti-inflammatory substances in the body. In addition, it stimulates blood circulation, decreases swelling, regulates muscle tone and restores psychological balance. Laser acupuncture is a painless alternative.

Chinese herbal therapy

The combination of medicinal plants and sometimes minerals forms the basis for Chinese herbal therapy. It is administered in the form of complex formulas that are individually tailored to the patient.

Qigong

Qigong is a combination of breathing, movement and meditation exercises. The exercises try to harmonize the „Qi“ and make it flow. Qigong is said to promote health and mental equilibrium.

Tuina

„Tui“ stands for pushing, moving, „Na“ for gripping, pulling. The flow of „Qi“ and blood should be stimulated through different massage techniques.

5 elements of nutrition

The 5-element diet helps to keep Yin and Yang in balance or to restore the balance in the first place. The basic theory is that every person and every food has a temperature - cold, cool, neutral, warm or hot. If the temperature of the person and the food do not match, the well-being is disturbed.