



Traditional Therapy in Modern Life

A TCM Approach to Chest & Breathing Balance

Traditional therapies offer vital support for functional imbalances in modern life. This therapy focuses on gentle manual techniques applied to the chest and intercostal areas, based on Traditional Chinese Medicine and meridian theory, combined with guided breathing and acupuncture.

Modern Challenges

- **Stress & Tension**
Physical tightness from emotional strain.
- **Hormonal Shifts**
Transitions during natural life phases.
- **Sleep Quality**
Reduced ability to relax deeply.
- **Sedentary Strain**
Impact of prolonged desk-based work.

Potential Benefits

- ✓ Supporting breathing comfort.
- ✓ Promoting emotional equilibrium.
- ✓ Enhancing circulation flow.
- ✓ Improving recovery from stress.
- ✓ Supporting mind-body resilience.

The TCM Perspective

In Traditional Chinese Medicine, the chest is regarded as the “**Sea of Qi.**”

Key meridian pathways—including the **Kidney, Spleen, Liver, and Stomach** channels—pass through this area. By targeting the chest wall and associated soft tissues, this therapy aims to restore functional harmony and support the body’s natural regulatory processes.

MANUAL THERAPY

Soft tissue release and chest mobility focus.

BREATHING

Guided exercises for circulation and relaxation.

ACUPUNCTURE

Optional support to regulate energy flow.

RECOMMENDED CARE PLAN

1–2 Sessions Per Week *(4–8 sessions forming an initial course)*

Integrative Support: This therapy is designed as a complementary approach, working alongside Western medicine. It does not replace medical diagnosis or treatment but offers individualised support as part of an integrative care plan.

ENQUIRIES & APPOINTMENTS

Please contact our clinic to arrange a health consultation.

Phone: 02 6282 8898

CAPITAL HEALTH CENTRE OF TCM