

Class: Conference English, Dr. Yac hien

Date: 2011/3/22

The benefits of traditional Chinese Medicine

Multicultural and Linguistic studies

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(Ten minutes speech)

Everyone knows that Chinese medicine has been used for centuries. Obviously it has lots of beneficial points for people to apply into multiple aspects. The most wonderful known is its All-nature made procedures and products. Comparing to the modern medicine, the Chinese medicine is mostly made by herbs, and its side effects for the modern medicine can be tell as nothing and harmless.

And here are some other benefices. First, the curing way of traditional Chinese medicine is trying to figure out what caused your symptom and aim to that. On the other hand, the modem medicine might be just focus on the condition. Second, the Chinese medicine can be used in a board range of things, such as headache and common flu; it can also apply in the daily life to improve general health since it's not common occur side effects. Moreover, differ to the modern medicine; the treatments of traditional Chinese medicine are abundant as following: herbs, massage and food therapies, and among other things. Also, the usages of this type of medicine are quite a lot, it's often uses to calm anxiety and helping sleep or even use for strengthens blood and tonic nerves. Finally, the traditional Chinese medicine is in the high honorable position, the role of it is no longer just a medicine but a kind of Balance. People becoming to favor it due to it's not merely pay attention to the physical part of illness, get more extension, it works on returning to mind, spirit, body and the soul to proper balance.



As being a speaker and an experimenter here, the traditional Chinese medicine has contributed me a lot. Because my grandfather was a doctor of Chinese herb medicine, he taught my family lots of knowledge for the Chinese medicine even though he passed away when I was two. Now I live out from my family. Still, I always massage the acupoints when I get tired or feeling somewhere wrong. And I cook ginger black sugar soup during winter time, to strengthen my body condition.

The traditional Chinese medicine is definitely a good way for people to choose, no matter illness or body conditions, furthermore, it's always okay for you to share with friends. However, except knowing it's a wonderful therapy, if you are really seriously in sick, not just rely on the traditional Chinese medicine, go to consult with a doctor is more useful!