

Traditional Chinese Medicine and Detox



January is one of the most popular times of the year for people to choose a detox plan. Many people enjoy the holiday season by indulging in rich foods and drinks and may leave their healthy habits out the window. January brings the start of the new year and along with that a chance to recharge the body. Traditional Chinese Medicine has been known for thousands of years to work as a detox to return the body to a healthy state of balance. Acupuncture acts as a natural diuretic, flushing out toxins from the body by the specific placement of needles on acupuncture points. When the

body is not in optimal health, TCM believes it is due to a stagnation or blockage in the natural energy flow called qi. Acupuncture and TCM work to release these blockages and improve blood circulation and functionality of the organs. When the kidneys and bladder are working correctly, the body is able to eliminate unwanted toxins more efficiently. A study published in the *Journal of Ethnopharmacology* found that patients with type 2 diabetes lowered their risk of kidney failure by 31 percent after taking a TCM herb treatment that consisted of six herbs that were combined in pills. The research looked at 40,163 patients over a nine year period to conclude that the TCM treatment was effective in lowering their risk.

Sources

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