

Classical: because it is founded on principles established by the earliest physicians of China; who like Hippocrates established medicine based upon rational thought, observation and experience and recorded it in the *Cannons of Chinese Medicine*.

Five Elements (along with Yin/Yang) these are the basic principles for the organization of knowledge about, the natural world, including the healthy function of mind and body and understanding disease as imbalance in this system.

Learn how the Chinese promoted health and longevity by living in accord with the natural relations of the seasons, nutrition, and emotions.

Why two different diagrams? – come to the introductory talk to find out!

Acupuncture and Moxibustion: the unique system of medicine developed by the Chinese over 2,000+ years ago using 針灸 zhēn-jiǔ - ‘needles and fire’.

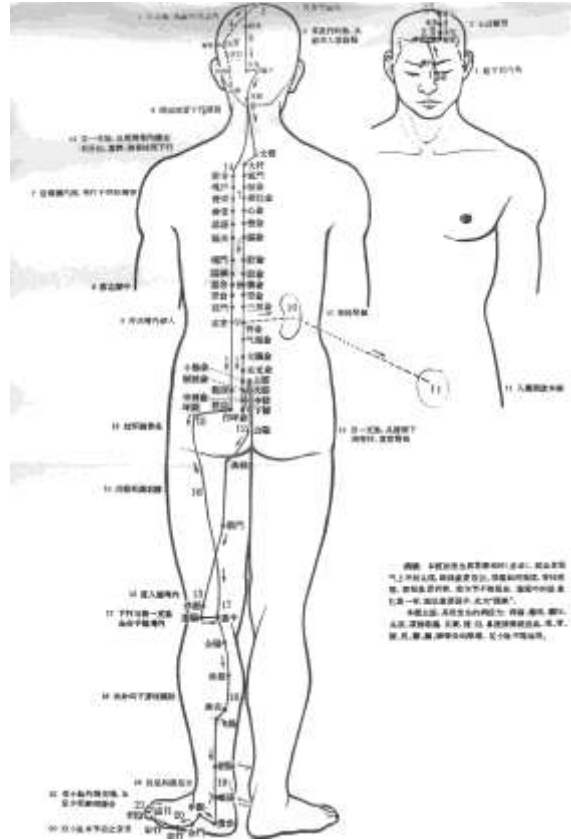
針灸

Can acupuncture and moxibustion help me? – come to the talk to find out. (Hint - the answer is ‘yes’).

The Chinese described a circulatory system of Qi (pronounced Chee) through virtual channels on the body.

氣

What is Qi? – come to the talk and find out!



Nourishing Life: the ancient Chinese believed that the best medicine was prevention; they called this ‘nourishing life’. This entailed living in harmony with the four (five) seasons and their climates: wind, cold, damp, dryness; balancing the emotions, and balanced nutrition. Modern life can seem a long way removed from the natural lifestyle that is advocated.

The ‘climates’ that batter us would seem to be the ‘winds of change’ more than the external wind.

Our modern tendency to burn the candle at both ends with inadequate rest, sleep and relaxation would especially have had the ancients shaking their heads in wonder that we survive at all.

And our modern diet is also a long way removed from the wholesome natural diet of those times.

In regard to direct medical treatment there is a tradition that favoured acupuncture over herbal medicine, and a particular tradition of acupuncture that places greatest emphasis on balancing the body systems in order to maintain health, and support the body to heal in the most natural way.

Over the last 2,000 years the Chinese began to emphasize strong medicine (what are called ‘toxic remedies’ over what are characterized as ‘tonic’ herbs, and also a stronger more vigorous approach to acupuncture. However, the Japanese tended to favor a more gentle approach to acupuncture based upon the Five Elements. The latter is the tradition on which we mainly base our practice.

Biographical Information

Andrew Prescott B.Ac.(UK), Dipl.Ac.
(NCCAOM), L.Ac. (NC), MBAcC.

Has been practicing Acupuncture since 1977. He qualified as a Registered Psychiatric Nurse in 1975 at Glenside and Barrow Hospital, England. He worked at the Bristol Children's Hospital, Bristol, England. He then completed his initial training in Acupuncture (Lic. Ac.) at the College of Traditional Chinese Acupuncture (CTA, UK), Leamington Spa, England in 1977. He holds an advanced degree in Acupuncture (B. Ac.) from the College of Traditional Acupuncture, representing additional clinical training.

Prior to moving to the USA Andrew Prescott obtained his Diploma from the National Commission for Certification of Acupuncture and Oriental Medicine (Dipl.Ac., NCCAOM) and North Carolina license in 1995. He is also an overseas member of the British Acupuncture Council.

In addition to clinical private practice since 1977, for seven years was Clinic Director at an acupuncture school.

He is currently in private practice at Harmony Gate in Durham, NC, in partnership with Ian Barbara Florian M.Ac.(US), M.Ac.(UK), L.Ac.(NC), Dipl.Ac.(NCCAOM), MBAcC, Ph.D, (Holistic Nutrition)

Talk Details.

Presenter: Andrew Prescott

Date: Sunday, April 22nd 2012

Time: 2:00 pm

Venue: Harmony Gate 1410, Broad Street,
Durham, NC 27705

Please RSVP as space is limited.

Tel: 919-225-5032

www.harmonygate.com

info@harmonygate.com

Nourishing Life with the Five Elements

An introductory talk on Classical Five Element Acupuncture and Moxibustion, and principles of maintaining health, and preventing, or healing disease

