



STROKE  
RECOVERY  
CANADA®

# The Phoenix

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## Alternative Therapies: *Secondary stroke prevention through Chinese Medicine*

### **Chinese medicine can offer you additional protection**

If you have experienced a stroke, Chinese medicine may be able to offer you further protection because it is based on prevention. A successful stroke prevention program using Chinese medicine begins with the daily practice of traditional health exercises as Tai Chi and Chi Kung. Chinese medicine also includes the practice of acupuncture, Tuina (Chinese massage therapy), and the use of traditional herbs.

### **Tai Chi Chuan**

Practised by millions of people worldwide, this ancient martial art uses slow dance-like movements for self-defence and health maintenance and enhancement. Studies have shown that one of the major benefits of Tai Chi Chuan practice is a lower and stabilized blood pressure. Research has also revealed that the practice of Tai Chi helps stroke survivors and patients with heart disease improve their health.

### **Chi Kung**

Chi Kung is a 2500-year-old activity practiced around the world for resilience against illness. It is a staple of Chinese medicine and is taught by doctors in Chinese hospitals

to help patients recover more quickly. Chi Kung is comprised of breathing exercises, stances and movements. A 30-year study completed in China in 1993 showed that people who practiced Chi Kung had lower blood pressure and a 50% decrease in death and illness from stroke. Many studies carried out in the West have confirmed that regulated deep breathing exercises help to lower blood pressure.

### **Acupuncture**

Acupuncture is the ancient Chinese practice of inserting needles into acupuncture points (acupoints) on the body in order to stimulate energy and blood flow. Studies have shown that acupuncture can help reduce blood pressure. A recent pilot study conducted at the Daniel Freeman Rehabilitation Center in Los Angeles, California concluded that acupuncture provides significant benefits to physical functioning when used with conventional stroke rehabilitation.

### **Tuina**

#### **(Chinese massotherapy)**

Many people get massages to help reduce blood pressure. Tuina massage (also known as Chinese massotherapy) is credited as being the oldest form of massage.

Massage strokes as well as acupressure (finger pressure on acupoints) are used in Tuina to help patients rebalance their energy and heal. Studies have shown that massage and acupressure can help to reduce blood pressure and enhance general health and well-being.

You may be interested in what Chinese medicine can do to significantly reduce your risk of a second stroke. Seek the help of a qualified Chinese Medicine practitioner to help you decide which exercise, breathing, acupuncture, natural herbal remedies and other techniques may be right for you.

For more information please feel free to contact Craig Cormack at [info@risingtao.ca](mailto:info@risingtao.ca).

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