

We are open
7/7 9:30 to 20:00



YOUR HEALTH OUR MISSION

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WHY ACU CARE?

At Acu Care Pain & Rehab Centre we will clear the confusion that you may have in your mind for making a proper decision and choice between western medicine and traditional medicine as we have experts in both fields to guide you make a better choice for a better you.

We have doctors, handpicked from China, who are very well trained and experienced in their fields so that you can profit authentic traditional treatments at your comfort.

Our Standards:

- 1.Rehabilitation and Pain Management Centre
- 2.We abide to all local laws
- 3.Strict patient confidentiality
- 4.Traditional Medicine driven – western medicine assisted facility
- 5.We respect all religious and political adherence
- 6.Respect every medical facility/practice and hope for a healthier Mauritius
- 7.We welcome all compliments and/or complaints to improve our service
- 8.We are in constant search of new alternative medicine practices of different regions/countries to serve more people.

Our facilities:

- 1.Medical Consultation
- 2.General Check-up
- 3.Acupuncture
- 4.Massage
- 5.Cupping
- 6.Scraping
- 7.Moxibustion
- 8.Physiotherapy
- 9.TENS - Transcutaneous
Electrical Nerve Stimulation
- 10.Spinal Traction
- 11.Acupressure
- 12.Reflexology
- 13.Counselling
- 14.Guidance
- 15.Transport services



Treatment for:

- 1.All kinds of Pain
- 2.Migraine
- 3.Insomnia
- 4.Rhinitis
- 5.Facial Palsy
- 6.Spine problems
- 7.Gout
- 8.Arthritis
- 9.Soft Tissue Injury
- 10.Stroke/Paralysis
- 11.Weight Loss
- 12.Menstrual Pain
- 13.General Wellbeing

What's the Idea Behind TCM - Traditional Chinese Medicine?

Western medicine tends to view the body a lot like a car. It has different systems that need the right inputs and outputs. It's very concrete and logical.

TCM, on the other hand, doesn't focus on science and medicine. Instead, it's based on balance, harmony, and energy. There are two central ideas behind TCM:

Qi - Chi: This is also called life energy or vital energy. The belief is that it runs throughout your body. It's always on the move and constantly changes. TCM treatments often focus on ways to promote and maintain the flow of qi.

Yin and Yang: These are opposites that describe the qualities of qi.

Yin: hot, light, feminine, day, hollow

Yang: cold, heavy, masculine, night, solid

The belief is that everything in life has a little bit of its opposite, too, and balance is the key. For example, a drug from your doctor might heal disease. But it's dangerous if you take too much of it.

According to TCM, these ideas play out in our bodies. When you balance the yin and yang of Qi, you feel healthy and well. If they're out of whack, you feel sick. TCM aims to create harmony and a healthy flow of qi.

The Meridians

The flow of qi through the body occurs within a closed system of channels, or meridians. There are 12 major meridians, and they correspond to the 12 organ systems: six yin organs and six yang organs. Traditional organ theory pairs yin and yang organs according to their structure and function and the interconnection of their meridians.

The flow of qi travels from channel to channel, passing through all the meridians every 24 hours. For example, the flow of qi in the heart meridian is strongest between the hours of 11 a.m. and 1 p.m. From there, the qi flows into the meridian of the small intestine, staying there until 3 p.m., at which time the flow passes into the bladder meridian.

Although many types of specialized qi exist in the body, such as those associated with a particular organ, all varieties share some basic functions. These functions are as follows:

Transformation: Qi transforms one type of substance into another. Spleen qi transforms food into qi and blood the body can use; kidney qi transforms fluids into pure essence and waste water; lung qi transforms air into the energy to sustain life.

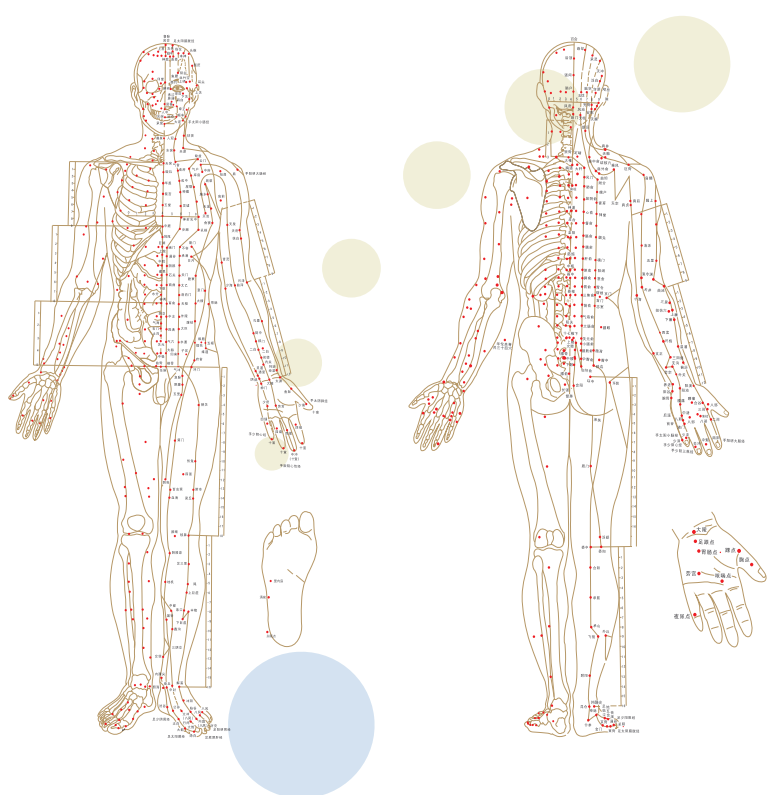
Movement: All movement is accompanied by its own qi, including growth and development and even walking, breathing, and thinking. Qi moves the blood through the vessels, giving rise to the saying, "Qi is the commander of the blood."

Protection: Qi protects the body from attacks by disease-causing organisms. Therefore, if a person's qi is weak, that person may experience frequent illnesses.



Retention: Qi keeps the organs in their proper place, keeps blood within the vessels, and keeps body fluids inside the body. Deficiency of qi can lead to sagging organs (prolapse), bleeding disorders, and excessive sweating or urination.

Warming: The yang aspect of kidney qi keeps the entire body warm; when it is deficient, chronic cold extremities and decreased function in all activities that require warmth, such as digestion, can occur.



Disorders of Qi

Chinese medicine seeks to ensure that the levels, direction, and flow of qi are all appropriate for their particular organs. The various disorders of qi that can occur involve deficiency, sinking, stagnation, or incorrect movement of qi.

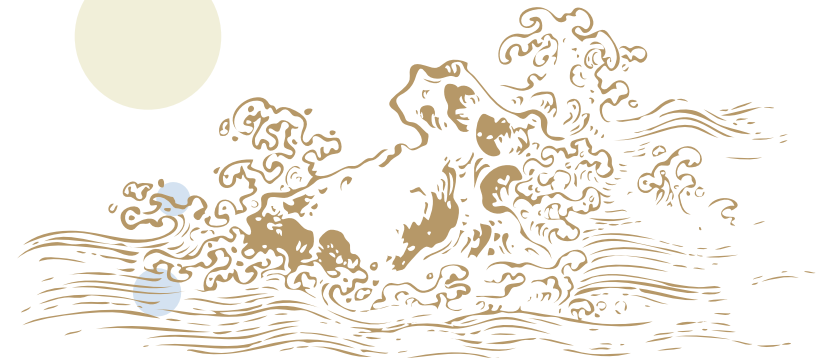
Is TCM Safe?

Experts believe it's safe, if you go to someone who knows what they're doing.

Does TCM Work?

TCM is an approach that covers a lot of ground, and results vary. The practices haven't been studied in the same way as Western medicine. More research has been done on herbs and acupuncture than other treatments. But studies show a lot of promise.

You can also find many leading health care centers, like the Mayo Clinic, Cleveland Clinic, and Johns Hopkins offering TCM practices such as acupuncture



Who Should Use TCM?

That's a personal decision.

People use TCM for anything from carpal tunnel syndrome to lowering stress.

Sometimes they use it along with Western medicine. It may be a good choice if you:

- Have a lot of different symptoms with no clear cause
- Need to treat side effects from drugs
- Have tried Western medicine but didn't get results
- Want to prevent illness



Who Should Avoid TCM?

In general, doctors suggest you don't use it to totally replace Western medicine, especially if you have a serious long-established disease.

We have very well-trained and experienced traditional medicine practitioners @ Acu Care Pain & Rehab Centre. Our patients are very happy and we are highly recommended on our social platform.

Traditional herbs is also a fundamental part of TCM, but as it is difficult to keep all these different herbs in a humid place as Mauritius. We bring medicines only after seeing patient and confirm the medication specifics and the general condition of the patient.



Acupuncture

Acupuncture is the insertion of needles into superficial structures of the body (skin, subcutaneous tissue, muscles) – usually at acupuncture points (acupoints) – and their subsequent manipulation; this aims at influencing the flow of qi. According to TCM it relieves pain and treats (and prevents) various diseases. The US FDA classifies single-use acupuncture needles as Class II medical devices, under CFR 21.

In electroacupuncture, an electric current is applied to the needles once they are inserted, in order to further stimulate the respective acupuncture points.

According to the US NIH National Cancer Institute, a review of 17,922 patients reported that real acupuncture

relieved muscle and joint pain, caused by aromatase inhibitors, much better than sham acupuncture. Regarding cancer patients, The US NIH National Cancer Institute states that acupuncture may cause physical responses in nerve cells, the pituitary gland, and the brain – releasing proteins, hormones, and chemicals that are proposed to affect blood pressure, body temperature, immune activity, and endorphin release.

Patient is advised to not bath for 2 hours after this treatment to prevent complications.



推拿

Deep Tissue Therapeutic Massage

Deep tissue massage involves applying firm pressure and slow strokes to reach deeper layers of muscle and fascia (the connective tissue surrounding muscles). It's used for chronic aches and pain and contracted areas such as a stiff neck and upper back, low back pain, leg muscle tightness, and sore shoulders.

Deep tissue massage techniques are used to break up scar tissue and physically break down muscle "knots" or adhesions (bands of painful, rigid tissue) that can disrupt circulation and cause pain, limited range of motion, and inflammation.

Uses:

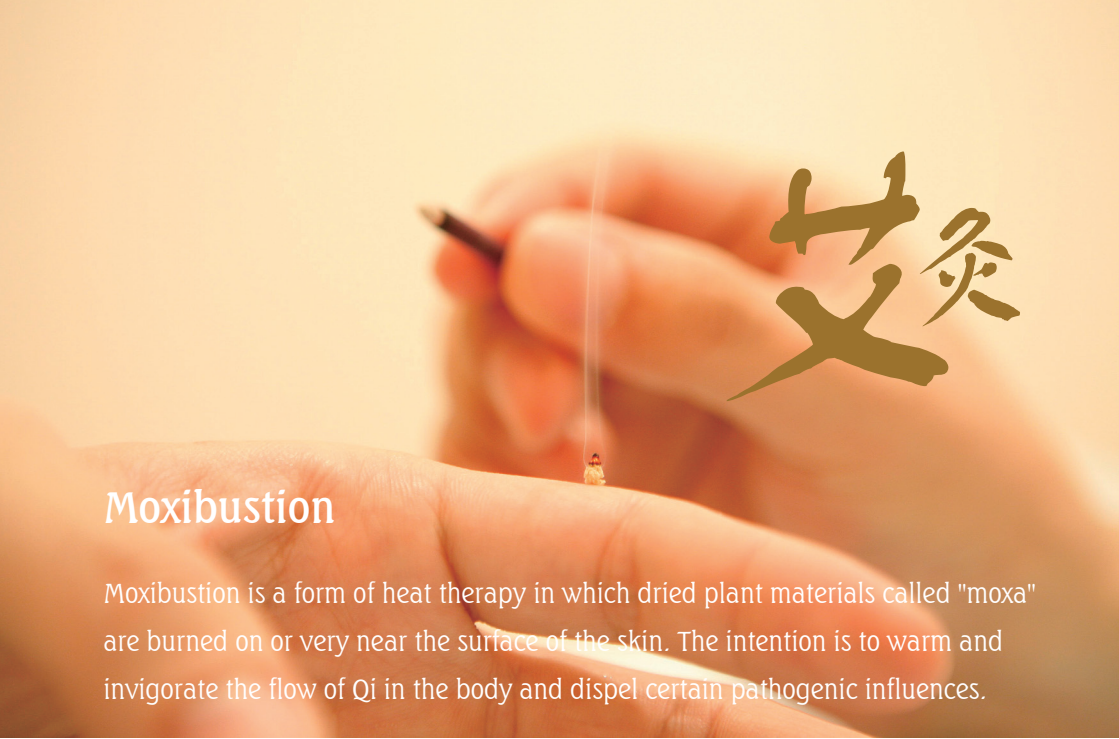
- Eases Chronic Muscle Pain and Tension
 - Aids Injury Rehabilitation
 - Improves Postural Problems
 - Relieves Back and Neck Pain
 - Improves Mobility
 - Eases Condition Related Pain
- Aids Sports Related Muscle Recovery
- Repetitive strain injury – like Carpal Tunnel Syndrome
 - Osteoarthritis Pain
 - Piriformis Syndrome
 - Fibromyalgia
 - Sciatica
 - Tennis Elbow



After the massage, you may feel some stiffness or soreness, but it should subside within a day or so.

At certain times during the massage, you may feel some discomfort or even some pain as the massage therapist works on areas where there are adhesions or scar tissue. Bear with the pain but if the pain is too much that you cannot tolerate and does not make you feel good, please tell our doctors so that the treatment can be readjusted.





Moxibustion

Moxibustion is a form of heat therapy in which dried plant materials called "moxa" are burned on or very near the surface of the skin. The intention is to warm and invigorate the flow of Qi in the body and dispel certain pathogenic influences.

Moxa used @ AcuCare Pain & Rehab Centre is made from more than dozens of dried leafy materials of Chinese traditional herbs - mug wort. Mug wort - artemesia vulgaris has shown to act as an emmenagogue that is, an agent that increases blood circulation to the pelvic area and uterus and stimulates menstruation in female whereas in male increases fertility and general wellbeing. We handpicked the supplier of these moxa to assure best quality treatment results.

At times after moxibustion there can be sudden flooding of warmth that quickly radiates along a specific pathway (usually corresponding with the meridian channel that is being treated) away from the site of application. This is a good result, as it indicates the arrival of the Qi and signals that the flow of Qi and xue has been freed in the channel.

Moxibustion is used for:

- Pain due to injury or arthritis, especially in "cold" patterns where the pain naturally feels better with the application of heat.
- Digestive problems and irregular elimination
- Gynaecological and obstetrical conditions, including breech presentation in late term pregnancy
- Protection against cold and flu strains

At AcuCare Pain & Rehab Centre we also train our patients to use moxa on themselves to strengthen the effect of the clinical sessions between appointments.



Please feel free to talk to our representatives for more information and training.

We have tailor made moxibustion beds at our centre. With this facility we can make sure our whole body is treated together. The Qi in our body can be more abundant and any deficiencies can be dealt with.

Patients are advised to change clothes when back home after treatment as the smell can be disturbing. Dark coloured clothes are preferred as smoke can stain pale colours.



Cupping / Scrapping

Cupping: Special cups are placed on your skin for a few minutes to create suction. People use it for many purposes, including to help with pain, inflammation, blood flow, natural detox, relaxation and well-being, and as a type of deep-tissue massage.

Scrapping: A more modern version of cupping using a rubber pump instead of fire to create the vacuum inside the cup. This can move from place to place on your skin for a massage-like effect.



Benefits to the body:

- Opens the nerves which have become stiff. When this happens, blood is released to the parts of the body which need it most. Also, any obstructions in the vessels are released without causing damage to the muscles.
- Aids in the creation of lymph fluids. These are necessary for fighting off bacteria and various pathogens.
- Cupping therapy helps improve the skin's respiration. In dermatological diseases it releases stagnant and congested blood so as to eliminate any toxic substances from the skin's surface.
- The body has three major powerhouses. Intestines, the spleen, and the stomach. These powerhouses are in charge of generating heat and energy for the body. Cupping ensures adequate maintenance to them.

The British Cupping Society uses cupping therapy to treat:

- Herpes zoster
- Facial paralysis
- Cervical spondylosis
- Rheumatic diseases such as arthritis and fibromyalgia
- Fertility and gynaecological disorders
- Skin problems such as eczema and acne
- High blood pressure
- Migraines
- Anxiety and depression
- Bronchial congestion caused by allergies and asthma
- Varicose veins



Usual reactions after treatment:

- Mild discomfort
- Burns – mild- talk to our representatives for assistance
- Bruises
- Skin infection – we highly recommend our clients to not bath for four - 4 hours after cupping to prevent bacterial entry via opened skin pores

Spinal / Cervical Traction

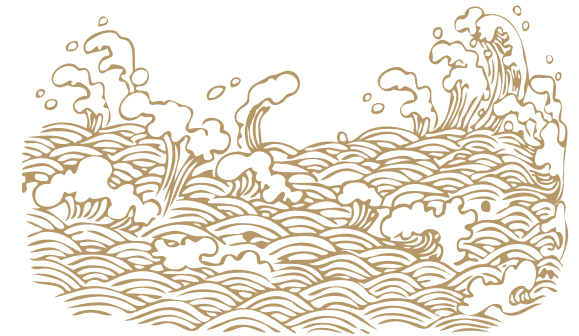
What does spinal traction do?
Spinal traction stretches the spine to take pressure off compressed discs. This straightens the spine and improves the body's ability to heal itself.

People with spinal conditions benefit from this therapy because the traction reverses the force of gravity.



It is most commonly used to treat:

- Slipped discs
- Bone spurs
- Degenerative disc disease
- Herniated discs
- Facet disease
- Sciatica
- Foramina stenosis
- Pinched nerves



Traction should NOT be used to treat these conditions:

- Acute or Traumatic injury
- Rheumatoid Arthritis
- Spinal Instability
- Spinal Cord Compression
- Fracture
- Malignancy
- Infections and Inflammatory diseases
- any other conditions that may be made worse by movement



Transcutaneous Electrical Nerve Stimulation- TENS

Use of electric current produced by a device to stimulate the nerves for therapeutic purposes. It is a non-invasive nerve stimulation intended to reduce both acute and chronic pain.

TENS may be able to help reduce pain and muscle spasms caused by a wide range of conditions including:

- Arthritis
- Period pain
- Pelvic pain caused by endometriosis
- Knee pain
- Neck pain
- Back pain
- Sports injurie
- Osteoporosis-related joint, bone, or muscle problems
- Fibromyalgia-related joint, bone, or muscle problems
- Tendinitis (muscle tissue inflammation)
- Bursitis (inflammation of the fluid-filled pads that cushion the joints)
- Cancer pain

Chinese Lifestyle Tips

1. Early to Bed, Early to Rise
2. Health and heavy Breakfast, Balanced Lunch, Small half an hour break at noon, no afternoon tea and snacks, balanced Dinner before 7 pm.
 3. 30 minutes walk every day.
4. Stay calm and do not keep anything at heart – time heals everything. Do not get angry, use everything as a learning lesson.
5. Drink about 3 L of warm liquids- water and green tea every day. Drink more water before 3 pm and less at night to prevent frequent visits to toilets. Do not drink cold water and cold drinks. Do not drink soft drinks as it is too sugary.
 6. The upper chest is warm with the heart, lungs and liver activities. There is a temperature difference between front and back. Always wear adequate clothes, cover the upper back.
 7. Sleep for 6 hours at a minimum every day. 10pm to 4 am is a reference.
8. Our body is the best investment. When young do not lose your health for wealth- when old you will have to lose wealth for health and whole life you will only live to work.

Bad Habits

1. Smoking – this is the most easy and addictive drug.
 2. Excessive Drinking alcohol
3. Excessive work for prolonged hours. Remember you need to work the whole life – enjoy your work and live your life.
4. Insulting or harming others – our body learns to treat ourselves by the way we treat others.

We hope that above information was helpful. Feel free to enquire more on Traditional Chinese Medicine.

We encourage prevention of disease.

AcuCare Pain & Rehab Centre guarantees that all medicines, treatments and expertise are composed of pure Traditional Chinese Medicine that is routinely used in official pharmacies and hospitals in People's Republic of China.

Large scale consumption and practise does not show toxic side effects on the human body.

We are only a platform that is bringing these medications and medical practise to your reach.

We are trying our maximum to adapt these medications and practise to the local population and the constituents of Mauritian population.

Please feel free to give us your priceless feedback so as to improve our service and encourage us for better serving you.

Much Thanks:



Zhao Gang

Management
AcuCare Pain & Rehab Centre