

TCM Chan

Practice for Traditional
Chinese Medicine

TCM Chan – your health
in harmony with nature

Traditional Chinese Medicine is notable for viewing the human individual as a whole. It can make an essential contribution to improving health and enhancing quality of life.

You can rely on the professionalism and experience of our highly qualified team.

Recognised by health
insurers through the
corresponding
supplementary insurances

TCM Chan: therapies tailored to individual requirements

TCM treatment begins with a holistic diagnosis, comprising the introductory meeting, observation and pulse and tongue analysis. The therapist then designs an individual treatment plan based on the diagnosis. Depending on the findings, treatment may focus on a single TCM method or comprise several complementary methods.

Where the condition is acute, a successful outcome can sometimes be obtained after just a few sessions. With chronic conditions, treatment generally takes longer.

The best-known TCM method in the West is acupuncture. We only use fine, sterile disposable needles. We also offer laser acupuncture as an alternative, especially with children.

Other important TCM methods include herbal therapy, nutrition therapy, moxibustion, tuina massage, cupping and qigong.

TCM: officially recognized by the World Health Organization (WHO)

The WHO recommends Traditional Chinese Medicine as an effective form of treatment for a large number of indications, for example:

Orthopaedic disorders

e.g. arthritis, osteoarthritis, rheumatic diseases, chronic back pain

Respiratory diseases

e.g. asthma, chronic bronchitis, sinusitis

Allergies and skin disorders

e.g. eczema, neurodermatitis, psoriasis, shingles, disorders of wound healing, hay fever

Digestive tract disorders

e.g. acid reflux, inflammation of the stomach lining, constipation and diarrhoea

Neurological disorders

e.g. tinnitus, headache, migraine, paralysis of the facial nerves

Gynaecology

e.g. menstrual problems, conception and pregnancy, menopause, endometriosis

Internal disorders

e.g. metabolic disorders, high or low blood pressure, diabetes, anaemia, obesity

Urological diseases

e.g. bladder infections, prostatitis, incontinence

Oncology

e.g. alongside or following chemotherapy and radiotherapy, nausea, polyneuropathy

Immune system disorders

e.g. susceptibility to infectious diseases and colds

Psychosomatic illnesses

e.g. insomnia, anxiety and stress-related disorders, mild depression, stress, addictions

TCM acts preventively by helping to increase performance and resistance and by strengthening the immune system. TCM works well in combination with conventional methods and there are practically no known side effects.

Complementary expertise

A team of experienced therapists awaits you at the TCM Chan practice for Traditional Chinese Medicine. Our TCM specialists are highly trained and have extensive experience in the treatment methods of Traditional Chinese Medicine.

Our intercultural team comes from Asian and European backgrounds, marrying their expertise and authenticity in the application of TCM with the high standards and expectations we are used to in the West. TCM Chan is therefore perfectly placed to provide successful treatments. The practice works closely with the Swiss health service and maintains an exchange with general practitioners and specialists.

There are no language or cultural barriers at TCM Chan. Therapists are at home with the Western lifestyle and speak German or English. This allows them to communicate directly, without the presence of a translator.



Cost sharing by health insurers

Thanks to the recognition of the TCM Chan therapists by the main professional associations and representative bodies in this sector, health insurance companies will cover the cost of treatment according to the terms of the relevant supplementary insurance policies.

TCM Chan memberships

- Swiss Professional Association of TCM
- EMR Empirical Medicine Register
- ASCA Foundation for Alternative and Complementary Medicine
- SBO-TCM Swiss Professional Organisation for TCM

Personal health advice

Do you have any questions about Traditional Chinese Medicine? Would you like to know more about your current state of health? We will be happy to advise you in person.

Contact for registration and advice

TCM Chan, Practice for
Traditional Chinese Medicine
Phone 043 488 60 55
tcm@tcm-chan.ch

TCM Chan: within easy reach in Zurich

Our therapists look forward to welcoming you at one of our practices in Zurich. Treatment sessions at home can also be arranged.

You do not need a referral from your doctor: you can register with us directly at any time.

Practices

City / HB

Usterstrasse 17 | 8001 Zurich

Kalkbreite / Wiedikon

Badenerstrasse 131 | 8004 Zurich

Seefeld

Lindenstrasse 37 | 8008 Zurich

Witikon

Carl-Spitteler-Strasse 70 | 8053 Zurich

Oerlikon

Gubelstrasse 28 | 8050 Zurich

More details about TCM Chan and Traditional Chinese Medicine can be found on our website:
www.tcm-chan.ch

