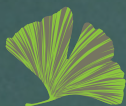


仁
心
仁
術



Dr. Kuiperstraat 5
2514 BA Den Haag
www.acupunctuur-yinxiang.nl

Arina Marsman | Acupuncture & Herbal therapy
M: (+31) 06 420 64 691
E: arina.marsman@acupunctuur-yinxiang.nl

Iza van Geelen | Acupuncture & Herbal therapy
M: (+31) 06 480 70 518
E: iza.vangeelen@acupunctuur-yinxiang.nl



NEDERLANDSE
VERENIGING VOOR
ACUPUNCTUUR

Yinxiang

Acupuncture | Herbal therapy
Marsman | van Geelen

Traditional Chinese Medicine

Traditional Chinese Medicine originated around 5000 years ago. Taoism, an Eastern philosophy, is central to this healing method. The physicians at the imperial court had the duty to keep the emperor healthy. In the West we are used to only intervene when there is an illness.

The TCM has a holistic starting point; body and mind are considered as a whole and are influenced by environment, season and emotions, among other things. Within TCM, a distinction is made between internal and external medicine. Internal medicine includes herbal therapy and nutrition.

External medicine includes acupuncture, tuina and/or shiatsu (massage and manipulations), but also Qi Gong and Tai Qi (energy moving exercises). In addition, the TCM is also used preventively. It is an empirical medicine, that is, based on the experience gained in treating millions of people.

Acupuncture

In TCM it is assumed that, in addition to the vascular and nervous system known to us, a network of meridians runs through the body. Life energy (Qi) and blood (Xue) circulate in these meridians, so to improve the circulation of energy and blood. There are more than 400 points on the human body; each of these has a specific function and indication. After the intake interview, a diagnosis is made according to Traditional Chinese Medicine and a treatment plan is made. For each treatment, a combination of points is selected that suit the diagnosis, the condition and the individual.

Herbal therapy

In China, herbs have been used since ancient times, as the way to treat (mainly internal) disease. Only in recent decades has the interest in Chinese herbs also increased in the West. Herbal therapy works with formulas: combined herbs. In this way the effectiveness increases; herbs can strengthen each other but also inhibit the side effects of each other. The composition of the formula is adapted to the client's energy balance. The recommended herbs are ordered from a recognized pharmacy, which specializes in Chinese herbs.

The World Health Organization (WHO) currently describes more than 90 conditions that can be successfully treated by acupuncture and/or Chinese herbal therapy. A complete list of these disorders can be found on the website of the Dutch Association for Acupuncture (NVA).

This could include

- Gynecological complaints such as PMS, menopause, fertility problems, childbirth counseling around, and during pregnancy
- Pain complaints, acute and chronic, eg headache, migraine, pain in the musculo-skeletal system
- Gastrointestinal complaints
- Rheumatic disorders
- Stress problems, mental complaints.

Treatment

A treatment lasts about an hour and the frequency depends on the complaints and is determined in consultation.

Payment and reimbursement

In practice you can pay directly by debit card, which is the most desirable. You will immediately receive an invoice by email.

Many health insurers include acupuncture in the supplementary package. Most health insurers do set a maximum number of treatments or the amount that they reimburse per calendar year.

You can see a list of reimbursed insurers via the website of the Dutch Association for Acupuncture (www.acupunctuur.nl).

Iza van Geelen and Arina Marsman are both affiliated with the NVA.



NEDERLANDSE
VERENIGING VOOR
ACUPUNCTUUR