

## **Balance Method Revolutionizes Acupuncture**

Dr. Richard Teh-Fu Tan is gaining worldwide acclaim following the TCM Congress held in Rothenburg in May. The conference introduced Dr. Tan's "Balance Method" to acupuncturists who are finding his method to be both simple and amazingly effective. Dr. Tan is already famous in the United States for his unique treatment style, which is comprised of 5 systems that are based on channel theory. These 5 Systems arise from classical acupuncture that was in use for thousands of years in pre-communist China. In fact, Dr. Tan began his traditional studies in Chinese Medicine as a small child living in Taiwan. There he apprenticed with four masters and studied herbal medicine, five elements, zang-fu energetics and channel theory. As a young man, he took his training to the army hospital where he treated hundreds of patients in conjunction with their western medical treatment. After moving to the United States, Dr. Tan recognized frustration in the acupuncture community where many practitioners complained about the lack of clinical results and the length of time that it took for patients to feel better. Many acupuncturists would report that patients had minimal progress even after 5 treatments. Yet, the classical texts state that the effectiveness of acupuncture treatments should be seen immediately, just as "the shadow appears instantly when a pole is placed under the sun." In fact, Dr. Tan's favorite calligraphy depicts this philosophy as "Li Gan Jian Ying." Dr. Tan had an overwhelming desire to share this information, and he began to lecture about the classical methods of acupuncture that yield instant results.

Dr. Tan believes that modern practitioners memorize point functions based on Zang-Fu diagnosis. While this is effective for herbal treatments, he emphasizes that Channel Theory has historically been used as the

diagnostic tool for *acupuncture* treatment plans. Dr. Tan is now renowned for sharing his knowledge of the Balance Method to thousands of practitioners worldwide who are enthralled with the instant results that are obtained in clinical practice. The classes on the Balance Method begin with the basics of Yin-Yang theory and explain how the meridians correlate with the Ba Guas of the I Ching. These classes are extraordinary because the philosophy comes to life as both a foundation for Chinese Medicine, as well as everyday life.

Dr. Tan's students are often amazed at the instant pain relief that is obtained during the audience demonstrations at his seminars. However, Dr. Tan stresses that the Balance Method is equally effective for a variety of internal disorders including digestive complaints, neurological diseases and respiratory problems. Dr. Tan always tells his students that he did not invent the theory that forms the basis for the Balance Method. Rather, the ideas have been around for thousands of years and recorded in classical texts and papers. However, he did work for many years to combine them into a systematic method that can be applied easily in clinical practice. It is not new knowledge, but he is one of only a few people who compiled these teachings and present them in an organized fashion. However, Dr. Tan's also expands on the Balance Method in his advanced classes. One class includes the "Strategy of Twelve Magical Points" which is Dr. Tan's own invention that he developed due to a growing need in his clinic. He explains that many modern patients now present with multiple complaints, or complicated disorders that affect numerous systems in the body. Some examples include fibromyalgia, irritable bowel syndrome, chronic fatigue syndrome and complicated headaches. The 12 Magical Points is based on a dynamic system that combines Yin-Yang balance, the 5 transporting points of the Nan Jing, and hologram/imaging formats. The idea behind the

strategy is to cover all 12 main meridians and create a global balance in the body.

Dr. Tan will be offering more classes in Europe due to the increasing worldwide interest in his teachings. In October, Dr. Tan will offer classes in Berlin including the Basics of the Balance Method for beginners and a public class on Face Reading and Qigong. In addition, Dr. Tan will have an advanced class on Internal Disorders that includes the Strategy of Twelve Magical Points. You can visit Dr. Tan's website for more information and class schedules: [www.drtanshow.com](http://www.drtanshow.com).