

# Chinese Medicine

as a **Way of Life**

*Heal the mind and cure illnesses*

*Strengthen the physical body  
to maintain fitness*

*Nourish the finer energy  
to raise consciousness*



## Contact Us

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## Our services:

### Acupuncture Consultation & Treatment

#### Meridian-style Acupuncture

**Master Tung's Magic Points:** A set of ancient-lineage acupuncture points applied using body imaging or mirroring. Needles are not inserted at the painful spot or site of injury.

**Dr Tan's Balance Method:** A therapeutic system based on directing the energy of interconnected meridians to heal the sick meridian or painful area.

#### Effective therapies for:

- Painful conditions: migraine, chronic headache, knee and hip osteoarthritis pain, shoulder and neck pain, tennis elbow, post-operation pain, acute and chronic low back pain
- Post-stroke rehabilitation: insomnia, shoulder pain and spasticity
- Menopausal insomnia, hot flushes and sweating
- Irritable bowel syndrome
- Allergic rhinitis (hay fever)

#### Esoteric Acupuncture

An advanced energy healing system developed by **Dr Mikio Sankey**, focusing on raising consciousness and shifting to a more harmonious positive frequency. The esoteric acupuncture patterns work on and balance the non-form or spirit state.

#### Effective therapies for:

- Physical illnesses and mental-emotional discomfort not resolved by other forms of treatment.

## Our services:

### Chinese Herbal Medicine Consultation & Dispensing

Using the 'formula-disease-patient-type' approach, we treat complex disorders through applying time-tested classical formulas to common and modern clinical presentations.

#### Effective therapies for:

- Infertility (female and male)
- Preconception and perimenopausal care
- Menopausal hot flushes & night sweats
- Acne, rosacea and eczema
- Chronic rhinitis and sinusitis
- Stress-induced insomnia and digestive disorders

### Women's Health Herbal Formulas

#### Online consultation Formula Pick-up or Mail Order

- Fertile-A (Ovulation)
- Fertile -B (Implantation)
- Menopause Cool
- Mood Lift
- Pain Ease (Menstrual-Endo)
- PMS Relief
- Preconception Care
- Stress Relief
- Women's Cycle-A (Heavy Periods)
- Women's Cycle-C (Irregular Periods)



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*“It is no longer possible to say that the effectiveness of acupuncture is attributed to the placebo effect or that it is useful only for musculoskeletal pain.”*

*“Over 1000 trials have demonstrated NHMRC Level 1 evidence for the effectiveness of acupuncture for 117 conditions.”*

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#### Recent clinical trials established that.

- Acupuncture is as effective as conventional preventative medication in reducing migraine frequency. In treating **migraine**, acupuncture has been reported to block the inflammatory and actions of neuropeptides CGRP and SP.
- High quality evidence was found in acupuncture's efficacy, safety and cost-effectiveness in the treatment of seasonal and persistent **allergic rhinitis**. Acupuncture down-regulate the action of antibodies IgE, reducing inflammatory pain and hypersensitivity.



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*“Acupuncture has been shown to be effective in alleviating inflammatory, neuropathic, cancer and visceral pain.”*

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- Acupuncture significantly reduces pain intensity for **knee osteoarthritis**, improves functional mobility and quality of life. The effect of acupuncture is superior to standard care, muscle-strengthening exercise, aerobic exercise and weight loss.
- When using as a sole therapy, or added to conventional care, acupuncture provides short-term improvement in pain and function for **chronic low back pain**.
- Acupuncture reduces the frequency of acute vomiting for patients suffering from **chemo-induced or post-operation nausea and vomiting**. Acupuncture also reduces **post-operation pain** and ibuprofen use after surgery.

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*“Acupuncture has already been incorporated into clinical guidelines for over 100 conditions”*

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Four **International Symposia of Evidence-based Clinical Practice Guideline in Traditional Medicine** held during 2012 and 2015 saw the inclusion of acupuncture in the management of allergic rhinitis (USA), chronic low back pain and osteoarthritis (Scotland), migraine and tension-type headache (UK), and 12 symptoms associated with breast cancer treatments (Germany).



#### Practitioner Bio

**Dr Joanne Vidich** BHSc CM (Melb)  
Acupuncturist & Chinese Med Herbalist  
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ATMS member no. 27527  
Private health funds service provider

Joanne Vidich established her Chinese medicine clinic at Newport in 2011. Originated from a Malaysian Chinese family, Joanne witnessed the extensive use of Chinese medicine healing practices, including dietary therapies, acupuncture and herbal medicine.

Joanne believes that health and vitality arise from internal harmony between the mind and the physical body. During her professional life, Joanne is mentored by Chinese Medicine practitioners of diverse expertise, in the process gained valuable insights in the management of women's health, chronic pain, skin problems, mood and digestive disorders.

In her clinical practice, Joanne combines traditional Chinese methods with mind-calming and consciousness-raising protocols. The holistic approach of simultaneously treating the consciousness, mind and physical body enables sustained healing from the deepest level. This treatment approach produces excellent therapeutic outcome in the treatment of disorders having their root in chronic stress, dietary irregularity and unchecked lifestyle excesses.