



Treatment at the Yulong TCM Alternative Medicine Clinic

Principles of Treatment

1. **Treatment is always individual** — it is selected based on the combination of problems and the person's physical and psychological type.
2. **Treatment is individual for each stage of the illness** — it changes according to the patient's condition.
3. **Treatment is always holistic** — a combination of various methods of traditional Eastern medicine is used. These include stimulation of biologically active points connected with body systems (through massage or warming), Chinese Tui Na massage, Japanese Shiatsu, Indian massage, therapeutic Eastern exercises, herbal therapy, dietary therapy, aromatherapy, and other methods.
4. **The treatment focuses not on a single disease but on the person as a whole**, addressing both physical and psychological issues.

Duration of Healing

- Improvement appears immediately, during the first sessions.
- Within six weeks, healing is achieved, though short relapses may occur due to external factors such as weather changes, stress, or dietary and lifestyle errors.
- Within 3–4 months from the beginning of treatment, a stable and good condition is usually achieved.

Treatment Schedule

Each session lasts one hour, except for the first one.

A treatment session includes acupuncture, moxibustion, Chinese herbal therapy, combined with Tai Chi and Qigong.

Treatment rhythm options:

- **Option 1:** 7–14 (or more) sessions, held initially every 2–3 days, later once a week. The course lasts 1–1.5 months.
- **Option 2:** 7–14 (or more) daily sessions. Two sessions a day are possible, with a 5-hour interval. The course lasts 1–2 weeks.

Note: For chronic diseases, at least 10–14 sessions are recommended.

Consolidating the Results

- To maintain the treatment results, a **mixture of Traditional Chinese herbs or formulas** is prepared for 3–4 months of use after the main treatment course. Optionally, a **tonic or monthly herbal tea** can be added.

- Individually formulated herbal mixtures can also be sent if needed.
- During the treatment course, **training is provided** on how to maintain and reinforce the healing results.
- All materials for post-treatment care are provided as illustrated text files or printed documents.
- **After completing the treatment course**, free consultations are available via Skype or email.

Treatment Cost

- The cost of one session is **€120**.
Each session includes acupuncture, cosmetic acupuncture (upon request), moxibustion, cupping, and if needed, Gua Sha, electro-acupuncture, Tai Chi/Qigong exercises, and Gua Sha therapy.
- The cost of **Traditional Chinese herbs** required during the course is calculated individually.
- The cost of **hotel accommodation** is **€55–65 per day** for an apartment (depending on the season).
The apartments include a living room, two bedrooms, a fully equipped kitchen, a bathroom with toilet, a shower with toilet, and a balcony.
For a small additional fee (for bed linen), up to **four people** can stay there.
The hotel features a **pool, sauna, tennis court, bowling, and bicycle rental**, and is located in a **picturesque forest area**.
The distance from the hotel to the clinic is **15–20 minutes by car**.
- **Airport pickup and daily transfers** between the hotel and clinic can be arranged.
Transportation costs are calculated separately.

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