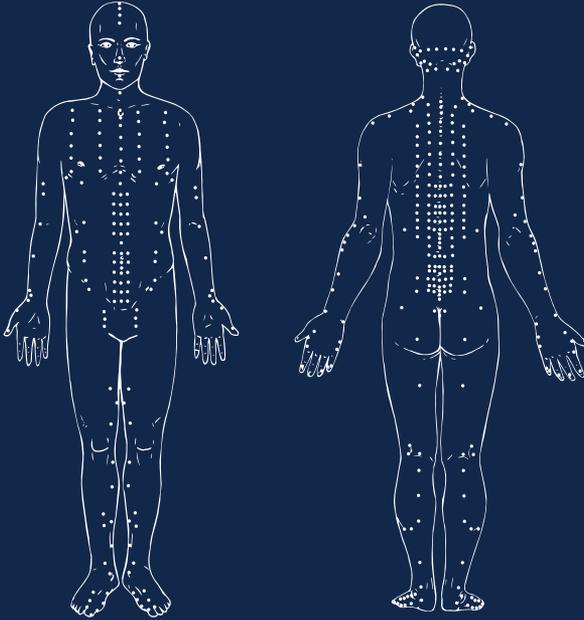


Clever Guide To
Eastern
Medicine





At Clever Care, our focus is on a person's complete well-being. Our holistic approach to care combines the centuries-old healing therapies of Eastern medicine with the innovative practices of Western medicine.



Eastern Medicine Background

Eastern medicine explores the intimate relationship between the human body and its natural environment. Disease is understood to be a deviation from natural environment and can be treated with specific interventions. Natural treatment methods such as acupuncture, herbal remedies, and cupping are used. Additionally, energy-balancing exercise supports the well-being of the mind and body. The combination of these techniques enhances the management of chronic conditions and its symptoms and improves disease prevention.

Health Benefits of Eastern Medicine

Eastern medicine is a 2,000-year-old medical system, derived from the theory that “Qi” (the life force) flows throughout the body. When the Qi is compromised, the body is susceptible to disease.

Specialists who use Eastern medicine understand that the cause of health problems is an imbalance in the body rather than a one-way direct diagnosis and treatment perspective.



Acupuncture



Herbal Supplements

Acupuncture

Acupuncture is a treatment using needles to manage pain, such as headaches, tennis elbow, myofascial pain, lower back pain, or dental pain after surgery. It is also used to improve the functionality of patients with osteoarthritis, fibromyalgia, asthma, or carpal tunnel syndrome.

Electroacupuncture is a type of acupuncture using electric stimulation to help patients manage pain.

Tai Chi

Tai Chi enhances brain metabolism and muscle energetics in older adults. Overall, tai chi helps people suffering from osteoarthritis, pain, depression, balance-confidence, general falls, and can improve management of hypertension.

Herbal Supplements

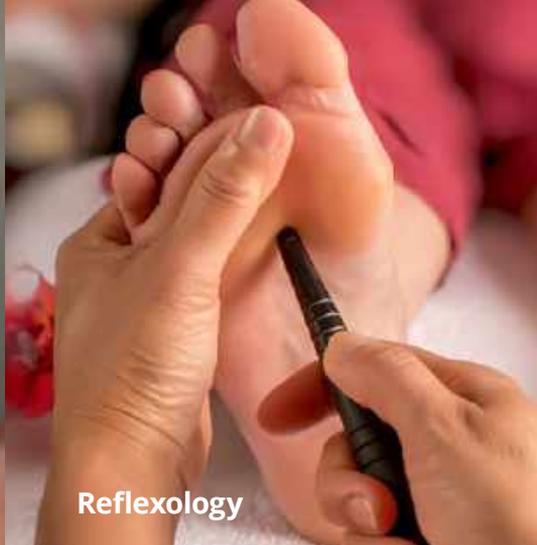
Herbal supplements, such as Fucoidan, White Flower oil, Birds' Nest, and many others, have been used in many Asian cultures for thousands of years to address a multitude of health concerns. Herbal therapy addresses health conditions by restoring balance within the body and improving resistance to disease. Herbal supplements have shown effects promoting anti-inflammation, anti-oxidation, anti-apoptosis, and autophagy.

Massage and Reflexology

Massage and reflexology improve general well-being, particularly in people with chronic conditions. Additional benefits are better sleep, stress management, and practice of relaxation.



Cupping Therapy



Reflexology

Cupping Therapy

Cupping is a technique in which glass or plastic cups are placed on the body. The pressure inside of the cup lifts the skin and the muscle to assist in various medical ailments. Joint pain, back and neck pain, arthritis, abscess, facial paralysis, are some of the conditions treated with cupping.

Tui Na

Tui Na is a massage method designed to increase muscle strength, flexibility, balance, and aerobic conditioning.

Infrared Therapy

Infrared therapy is a process of placing heating pads on the body to increase blood flow, which treats cardiovascular, autoimmune, and other chronic health problems.

MedX™ Treatments

MedX is a brand of advanced rehabilitative equipment designed specifically for the isolation and treatment of chronic back pain and dysfunction. Developed by Arthur Jones, the founder of Nautilus exercise equipment, MedX treats and reduces chronic back pain and dysfunction through specific spinal strengthening exercises using the MedX Lumbar and Cervical Extension Machines. MedX focuses on increasing strength, decreasing pressure on spine and nerve roots, ultimately decreasing pain.



The Clever Care Approach

Clever Care is committed to delivering care with a focus on preventive treatments through integrating Eastern and Western Medicine. While Western medicine is focused on treating illnesses, which is crucial for long-term conditions, Eastern medicine focuses on managing stress and returning the body's natural balance. Eastern medicine promotes the practice of focusing a person's energy towards adapting their own lifestyle beyond diagnosis. Together, the principles of East and West create a balanced healthcare solution that promotes preventive measures, specialty care, healing, and management of chronic conditions.





We encourage those interested in trying herbal supplements or any wellness therapies or acupuncture to talk to their doctor before beginning any regimen or treatment. Seek services from licensed acupuncturists and trained herbalists to ensure quality and safety.

Visit us at
clevercarehealthplan.com
to learn more.





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