

The Chinese Herbal Telemedicine Clinic

**Delivering patient centered care safely and effectively**

No matter how far the distance between you and your health care providers, technology is now helping to bridge the gap. This approach, called \*\*Telemedicine, will radically expand access to high-quality health care.

In Traditional Chinese Medicine, the key to good health utilizes common sense.

1. Eating a balanced diet and getting plenty of rest.
2. Exercising regularly.
3. Enjoying harmonious and appropriate relationships.
4. Avoiding excessive amounts of alcohol or other poisons/toxins.

In situations where disharmony is manifested, the primary goal of Traditional Chinese Medicine is to restore balance using herbal remedies and lifestyle modifications.

\*\*Telemedicine appointments are confidential and HIPPA compliant and herbs are shipped to your home or office safely.