



**Energy & Inspiration
Chinese Medicine**

For Corporate Health Care Management

Susanne Erçetin

Naturopathic Practice for Chinese Medicine

Weigandufer 17
12059 Berlin



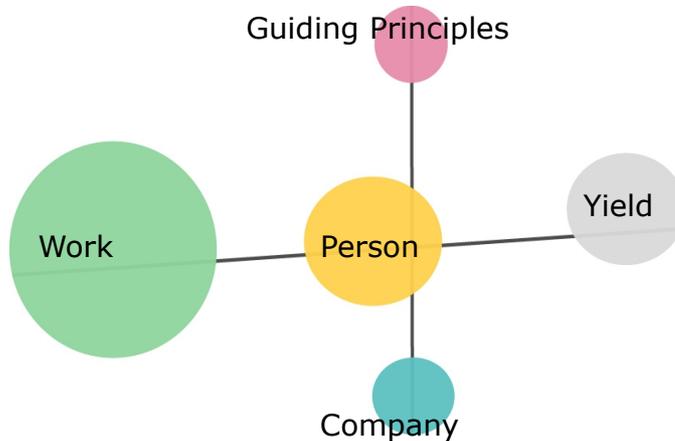
Phone + 49 (0)30 755 44 554
Mobile + 49 (0)172 930 43 76

post@einfach-su.de
www.einfach-su.de

As an entrepreneur, do you value your employees and support societal change? In your company, are people and their potential at the forefront? And, you realize that life requires balance?

Flussbotschaften - Go with the Flow

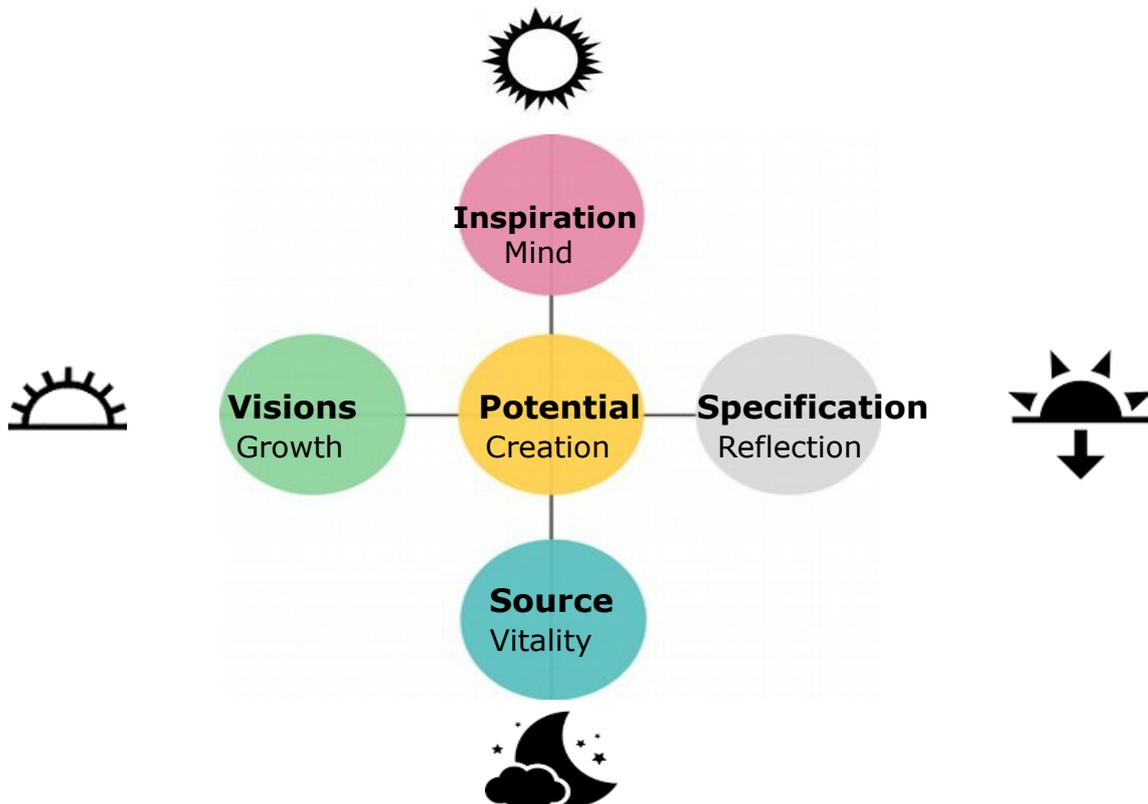
Not an easy task when external circumstances add pressure, constrain and demand. Unfortunately external circumstances can often only be changed gradually.



Yet, what are the options available to establish a healthy balance?

Chinese Medicine - Comprehensible & Viable

Make use of the **2.500-year old tradition** and **knowledge** of Chinese Medicine. Its basis is nature with its ever-recurring cycles. The course of the sun, determining time of day and seasons and natural laws linked to that are the foundation of a complex explanatory model, one that is simply and logically applicable to all areas of life.



Flussbotschaften - Go with the Flow

The human being at the centre represents the highest level of evolution. From all four poles many different energies flow into his centre. Here they are merged, transformed, and flow back as a new, unique human energy to the poles and create the environment.

This natural process repeats itself continuously – regardless of whether we are conscious of it or not. Traditional Chinese Medicine utilizes the knowledge of the functional relationships and therefore helps to establish balance simply and impressively.

Practical Implementation - a cost-effective tool for prophylaxis

This is what I offer on-site in your company:

Individual Sessions

Individual treatments in the workplace:

- ◆ Using pulse diagnosis the level of energy of pathways (meridians) can be determined. The pulse reveals an imbalance of energies much earlier than can be measured through conventional medical means, which is why this method is very suitable for the **prophylaxis and elimination of functional disorders.**
- ◆ With the help of **acupuncture** – with or without needles – as well as Moxibustion (heat treatment) a **balancing of energies is achieved** very effectively. If the centre is stable it is able to maintain the four poles in a steady balance.
- ◆ Individual guidance and advice on further self-treatment (finding of treatment points, nutritional advice, lifestyle questions). **Strengthening of personal responsibility.**

In this way complaints that commonly occur at work, such as headaches, back- or stomach pains, muscular tensions, dizziness, nausea, and similar can be treated easily and effectively.

Group Sessions

- ◆ Clear and comprehensible explanation of the basic principles of Traditional Chinese Medicine and how it can be applied in everyday life, in a corporate environment and other areas of life. **Talks and guidance for employees and management.**
- ◆ Easy-to-learn exercises, which can also be carried out in the work place, to **reduce tension** and to **increase active presence.**

Depending on the terms of contract of insurance policies my fees are covered by private and supplementary health insurance.

My Background

Through family tradition I have been living and working with Traditional Chinese Medicine for the past 20 years in my own practice.

I completed my three-year elementary training at the AGTCM and awarded a diploma degree. Since then I have been a member of this working group and continue to attend further training courses. Please see my website for further details.

Flussbotschaften - Go with the Flow

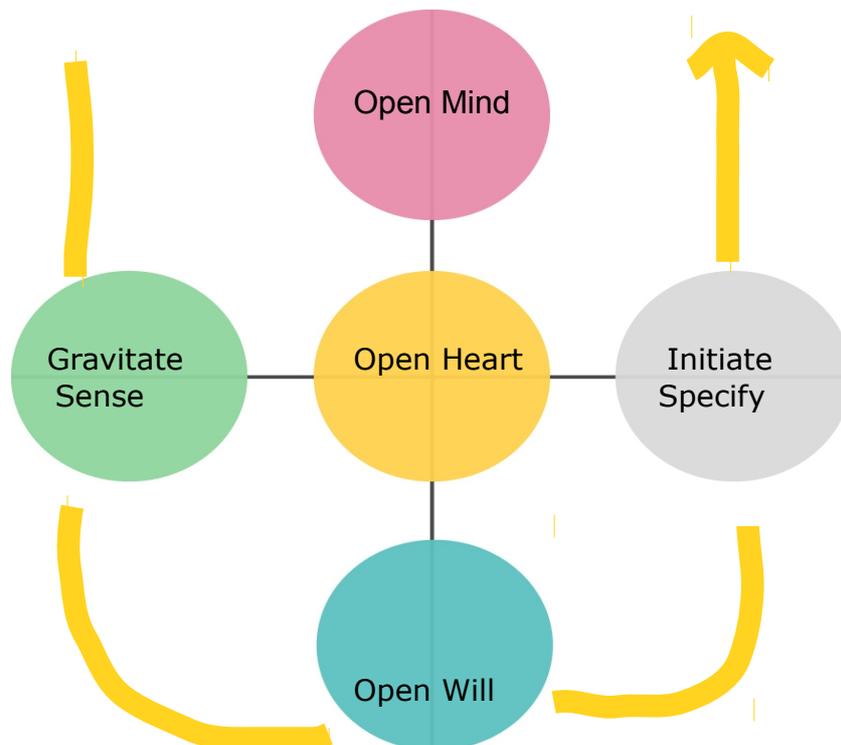
Life is Change

It is a fine art to glimpse the trace of a new path before the foot takes the step on solid ground. New paths are often strewn with obstacles and difficulties; this develops into personal growth once these transform into challenges.

We can't change the world but we can evolve and thrive as individuals. May it *only* be as a small part of something larger – and maybe as the first domino in a long line after all.

Society and Companies Changing

For some time scientists and thinkers have been occupied with the emerging of a collective consciousness (Gesamtbewußtsein). One of them is Dr. Claus Otto Scharmer, an action researcher and management trainer. With his 'Theory U' (the figure below shows a simplified version of it) Scharmer developed a new social theory that aims to convey a deeper level of leadership and change. He advocates the awakening to a greater overall context that we are all part of.



Therefore it is not surprising that Scharmer's 'Theory U' corresponds with the fundamental structure of Traditional Chinese Medicine. For nature is the basis of everything, as it teaches and nurtures us. Once we learn to read it, to understand and to advance with nature we will experience ourselves as empathic and creative individuals imbedded in a bigger picture.

Contact

Susanne Erçetin, Natural Health Professional
Praxis for Acupuncture & Development
Weigandufer 17 * 12059 Berlin * Phone + 49 (0)30 755 44 554
* post@einfach-su.de

Flussbotschaften - Go with the Flow

Der Einsatz der Chinesischen Medizin hat sich bei einer Vielzahl von Erkrankungen bewährt und wird auch von der WHO wie folgt angegeben:

Erkrankungen des Stütz- und Bewegungsapparates:

- Wirbelsäulenerkrankungen
- Gelenkerkrankungen
- Sehnenerkrankungen (z.B. "Tennisellenbogen")
- Rheumatische Erkrankungen

Neurologische Erkrankungen

- Migräne und Kopfschmerzen
- "Nervenschmerzen"
- Schmerzen nach einer "Herpes Zoster"-Erkrankung (Gürtelrose)
- Multiple Sklerose (MS)

Psychosomatische Störungen

- Erschöpfungszustände, Burn-Out-Syndrom
- Unruhe und Angstzustände
- Stimmungsschwankungen

Hauterkrankungen

- Neurodermitis
- Psoriasis (Schuppenflechte)
- Akne
- Juckreiz
- Chronische Wunden

Lungenerkrankungen

- Asthma bronchiale
- Überreagierendes Bronchialsystem, Allergien
- Chronische Bronchitis

Erkrankungen des Magen-Darm-Traktes

- Chronischer Durchfall, Verstopfung
- Reizdarmsyndrom
- Chronisch-entzündliche Magen-Darm-Erkrankungen (Colitis ulcerosa, Morbus Crohn)
- Entzündungen der Speiseröhre

Hals-Nasen-Ohren-Erkrankungen

- Chronische Nasennebenhöhlenentzündung
- Störungen von Geruch und Geschmack
- Zungenbrennen
- Tinnitus (Ohrgeräusch)

Gynäkologische Erkrankungen

- Regelbeschwerden
- Geburtsvorbereitung
- Brustschmerz
- Beschwerden während der Wechseljahre

Urologische Erkrankungen

- Bettnässen
- Blasenentzündungen

Augenerkrankungen

- Entzündung der Bindehaut
- Sehschwäche
- Grüner Star
- Altersbedingte Makuladegeneration/Altersblindheit
- Trockene Augen

Allgemeine Beschwerden

- Chronische Müdigkeit
- Leistungsschwäche

Zusätzliche Informationen finden Sie hier: <http://www.agtcm.de/patienten/tcm/krankheit.htm>