Traditional Chinese Methods in Rehabilitation of Chronic Renal Disease in Hungary


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Rehabilitation
Medicament, Dialysis, Transplantation – and would this be all?! NOOO!!
The best Western Medicine Doctors would like to give their patients more:
A REAL REHABILITATION – to improve not only the physical state of the body but the Quality of their Life too!
This must be Medical plus Non-Medical rehabilitation in Teamwork, which is Interdisciplinary and Multiprofessional.

New Ways in ChrKD Rehabilitation
1stly in the World, by Dr. POLNER, Kálmán, M.D.:
Patients’ & Helping Family Member Co-Education in the Patients’ Education Camp, in Diósjenő, since 2007
They can learn how to take care of themselves:
• how to survive as long as it is possible with a special diet,
• how to accept the illness itself and the physical and non-physical constraints caused by it,
• how to co-operate with doctors – e.t.c.
Programs are continuing from 7.30 a.m. till 10 p.m. each day.

TCM for Chronic Kidney Disease Patients
TCM (Qi Gong, Tai Ji and Dr. Wus Headmassage) has been invited into the Education Camp, Diósjenő, since 2010.

Several thousands of years of TCM (Traditional Chinese Medicine) TCM is a complete healing system. TCM uses Herbal Therapy, Massage, Acupuncture, Moxa, Cupping, Qi Gong, Tai Ji to re-establish the balance of Yin and Yang not only in the body but in the whole Body-Breath-Mind system.

The Tai Ji Quan is a martial art using and moving the inner strength (called: “Qi”). This is the martial art which comes from the Greatest Unity ("Tai Ji") itself.
The special slow, light and circular movements help to collect, clean, calm down the “Qi” in the body and help to achieve a balance in the life too.
This is the way to Health and Holistic Life...

Dr. WU’s Headmassage™ (WHM) is to release stress, invigorate circulation, calm down the Mind. WHM acts on the treated areas of Head & Face, Neck & Shoulder, Arms & Hands, but it effects in all of the Body. WHM is a part of the TCM.

Experiences
Experiences with TCM (Tai Ji & Wu’s Headmassage)
• Feeling a Unity sensation with the wonderful environment • Comparing to Western gymnastics TCM movements were easy to do and painless • Less tired • Contact and acted as a group faster • People liked these TCM methods.

Special Experiences with Dr. WU’s Headmassage
• Discovers hidden sadnesses & fears (not seldom with crying). • Floating-like or peace sensation, seeing lights, cleared mind up. • Backache, headache removed. • Felt relief every time!

Conclusions
• TCM connects Body, Breath and Mind – people can pass bodily problems easier • TCM helps in Mental Health and Psychology • TCM can give a great contribution to Western Medicine’s results

Interculturalism
Applying Tai Ji and WHM in our Rehabilitation – we are linking East and West and building the Confidence!