



04

Traditional Chinese Medicine

Vocabulary · Listening · Sentence · Speaking · Role-play · Reading · Testing

New Words

1. herbal ['hæ:bl] adj. 药草的
2. herb [hɜ:b] n. 草，草本植物；药草，香草；牧草
3. simmer ['simə] vt. 炖；使（液体）的温度维持在沸点或稍低于沸点的温度
4. dose [dəʊs] n. 剂量，药量
5. decoct ['di:kɔkt] vt. 熬，煎（药等）
6. daily ['deili] adj. 每日的，日常的；一日的；每日一次的
7. boil [bɔil] vt. 用开水煮，在沸水中煮
8. bowl [bəʊl] n. 碗；一碗东西
9. herbal medicine 中药，草药
10. the first\second dose 头煎\二煎

1. herbal ['hɜ:bl] adj. 药草的

connected with or made from herbs

Eg:

herbal medicine/remedies

herb [hɜ:b] n. 草，草本植物；药草，香草；牧草



2. dose [dəʊs] n. 剂量, 药量

A dose of medicine or a drug is a measured amount of it which is intended to be taken at one time.

Eg:

One dose of penicillin can wipe out the infection.

一剂青霉素即可消除感染。



Task 1 Listen to the dialogue and choose the best answer to each question.



- B 1. Where is George Mason?
A. At home. B. At work.
- A 2. What does Mr. Mason need to see the doctor about?
A. Having a cold and a cough. B. Having a high fever.
- A 3. The clinic had a cancellation for _____.
A. Two o'clock. B. Three o'clock.

4. Traditional Chinese Medicine

Gap Filling

Listening



Task 2 Listen to the dialogue and fill in the blanks with what you hear.

Patient: Excuse me. I'd like to have my prescription filled.

Pharmacist: Ok, please wait a minute.

Patient: Thanks a lot.

Pharmacist: Here is your medicine.

Patient: Oh, how do I make the _____? Can you give me some explanation?

Pharmacist: Of course. Put herbs into a pot, and add about 400ml of cold water. Simmer for 20 minutes, then turn off the _____. Pour out the liquid to drink. This is the first _____. Be careful not to let any of the leaves go into the cup.

Patient: Then what shall I do next?

Pharmacist: Don't worry. Take it easy. Don't throw the herbs away, do the same in the evening. That is the _____ dose.

Patient: Thanks, but when should I _____ the first dose?

Pharmacist: Make the first dose in the morning, and the second in the evening.

Patient: Thank you very much. It's so difficult.

Pharmacist: We can make the _____ for you for five days. Take one cup daily, half in the morning, and half in the evening. Please keep them in a very _____ place.

Patient: Should I boil it before taking it?

Pharmacist: No, you can only warm it in hot water.

Patient: Thanks so much!

Pharmacist: You are welcome.



4. Traditional Chinese Medicine

Listening

Gap Filling



Script

Patient: Excuse me. I'd like to have my prescription filled.

Pharmacist: Ok, please wait a minute.

Patient: Thanks a lot.

Pharmacist: Here is your medicine.

Patient: Oh, how do I make the herbal medicine? Can you give me some explanation?

Pharmacist: Of course. Put herbs into a pot, and add about 400ml of cold water. Simmer for 20 minutes, then turn off the heat. Pour out the liquid to drink. This is the first dose. Be careful not to let any of the leaves go into the cup.

Patient: Then what shall I do next?

Pharmacist: Don't worry. Take it easy. Don't throw the herbs away, do the same in the evening. That is the second dose.

Patient: Thanks, but when should I decoct the first dose?

Pharmacist: Make the first dose in the morning, and the second in the evening.

Patient: Thank you very much. It's so difficult.

Pharmacist: We can make the solution for you for five days. Take one cup daily, half in the morning, and half in the evening. Please keep them in a very cool place.

Patient: Should I boil it before taking it?

Pharmacist: No, you can only warm it in hot water.

Patient: Thanks so much!

Pharmacist: You are welcome.

Sentence Patterns



- What can I do for you?
- Please wait a minute.
- Here is your medicine.

-...

-You are welcome.

- I'd like to have my prescription filled.
- Thanks a lot.
- How do I make the herbal medicine?
- Can you give me some explanation?
- Thanks very much.

4. Traditional Chinese Medicine

Pairwork

Speaking



Task 3 Work in pairs. Practice making conversations between a pharmacist and a patient.



-What can I do for you?
-Please wait a minute.
-Here is your medicine.

-...
-You are welcome.

..

-I'd like to have my prescription filled.
-Thanks a lot.
-How do I make the herbal medicine?
Can you give me some explanation?
-Thanks very much.

A Brief Introduction to Traditional Chinese Medicine

Traditional Chinese Medicine (TCM) is a complete medical system that has been used to diagnose, treat, and prevent illnesses for more than 2,000 years. TCM is based on a belief in yin and yang- defined as opposing energies, such as earth and heaven, winter and summer, and happiness and sadness. When yin and yang are in balance, you feel relaxed and energized. Out of balance, however, yin and yang negatively affect your health.

Practitioners also believe that there is a life force or energy in every body, known as qi (pronounced "chee"). In order for yin and yang to be balanced and for the body to be healthy, qi must be balanced and flowing freely. When there's too little or too much qi in one of the body's energy pathways(called meridians), or when the flow of qi is blocked, illness results.

A Brief Introduction to Traditional Chinese Medicine

The ultimate goal of TCM treatment is to balance the yin and yang in our lives by promoting the natural flow of qi. In an interesting analogy, often used to explain its nature, qi is described as the wind in a sail; we do not see the wind directly, but we are aware of its presence as it fills the sail.

The first writings about TCM date back to 200 B C. Herbal medicine and acupuncture, including theory, practice, diagnosis and treatment, were recorded in classical Chinese texts and refined over many centuries.

The practice of TCM stayed in Asia for centuries. Chinese immigrants had been practicing TCM in the United States since the mid-19th century, but its existence was unknown to most Americans before 1971. That year, New York Times reporter James Reston, who was in China covering former President Nixon's trip, had to have an emergency appendix operation. After the operation he received acupuncture for pain, and his stories about this experience with TCM fascinated the public. Since then, TCM has gone on to become a mainstream alternative medicine practiced all over the world.

A Brief Introduction to Traditional Chinese Medicine

Disease (alterations in the normal flow of qi such that yin and yang are imbalanced) is thought to have three major causes: external or environmental factors, your internal emotions, and lifestyle factors such as diet. Through the use of its therapeutic modalities, TCM stimulates the body's own healing mechanisms.

Practices used in TCM include:

- acupuncture and acupressure
- moxibustion (burning an herb near the skin)
- herbal medicine
- nutrition
- Chinese massage(called tui na)
- Exercise (such as tai chi and qi gong which combine movement with meditation)

A Brief Introduction to Traditional Chinese Medicine

In TCM, the body's internal organs are not thought of as individual structures, but as complex networks. According to TCM, there are five organ systems (kidney, heart, spleen, liver and lung) through which qi flows via meridians. Despite their specific names, these five systems correspond to more than individual body parts. The kidney, for example, represents the entire urinary system along with the adrenal glands that sit at top of the kidneys. The heart represents both the heart and the brain.

Over the centuries, TCM has been used to treat countless conditions. Western scientists are still studying its effectiveness for various diseases. Some of the conditions for which TCM is known to be particularly helpful include:

- obesity
- diabetes and its complications such as retinopathy (damage to the retina located in the back of the eye)
- high cholesterol
- male and female fertility disorders

A Brief Introduction to Traditional Chinese Medicine

- Alzheimer's disease
- digestive disorders (such as irritable bowel syndrome)
- recurrent cystitis (inflammation of the bladder)

TCM may also be an effective treatment for the following ailments

- allergies
- sinusitis
- addictions
- pain (including childbirth and abdominal)
- menopausal symptoms
- osteoporosis
- arthritis
- infections (respiratory, bladder, vaginal)
- sleep disorders
- stress
- constipation

A Brief Introduction to Traditional Chinese Medicine

Already there are 35 Oriental medicine training programs in the United States. Recently, nine Chinese medical institutions and Ohio University College of Osteopathic Medicine joined forces to study how TCM can be applied to Western medicine. Similarly, the University of Pittsburgh created an International TCM Center to coordinate research efforts with TCM institutions in China. Future research studies and clinical trials on TCM are needed to find out exactly how it works, and its effectiveness, safety and cost.



Task 4 Comprehension of the Text. Answer the following questions.

🔑 1 What is TCM based on?

TCM is based on a belief in yin and yang-defined as opposing energies.

🔑 2 When will illness results according to the text?

When there's too little or too much qi in one of the body's energy pathways called meridians, or when the flow of qi is blocked, illness results.

🔑 3 What is the ultimate goal of TCM ?

The ultimate goal of TCM treatment is to balance the yin and yang in our lives by promoting the natural flow of qi.

🔑 4 When and why was TCM known in the United States?

In 1971, when New York Times reporter James Reston wrote the story of his having acupuncture for pain after an emergency appendix operation.



Task 4 Comprehension of the Text. Answer the following questions.

5 What are the practices used in TCM ?

Practices used in TCM include acupuncture and acupressure, moxibustion (burning an herb near the skin), herbal medicine, nutrition, Chinese massage (called tui na) and exercise (such as tai chi and qi gong which combine movement with meditation).

6 What the body's internal organs are thought of in TCM?

In TCM, the body's internal organs are not thought of as individual structures, but as complex networks. According to TCM, there are five organ systems (kidney, heart, spleen, liver and lung), through which qi flows via meridians.



Task 5 Interpreting.

1 我要拿药。

I'd like to have my prescription filled.

2 我怎样熬制中药？

How do I make the herbal medicine?

3 这是头煎。

This is the first dose.

4 我们可以给你煎出五天的药。

We can make the solution for you for five days.



Task 5 Interpreting.

1 每天服一瓶，早上半瓶，晚上半瓶。

Take one bottle daily, half in the morning, and half in the evening.

2 每次服用前都要煮开吗？

Should I boil it before taking it?

**Task 6 Complete the following sentences with the words given below.**

release prescription adhesive
dose tablets apply

1. Could you fill my prescription for me please?
2. This is the first dose.
3. This is a special adhesive for releasing the pain. Apply it to the painful area and change it every 3 days.
4. How do I use this adhesive?
5. Please take the medicine after meals, two tablets one time, four times a day.

4. Traditional Chinese Medicine

Shooting Your Own Video

Testing



Task 7 Shooting your own video about Traditional Chinese Medicine.



THE END