**Chinese vs. Western Medicine**

1. Write your answers next to the options below. How do you…?

	1. Treat a cold?
	2. Treat a headache?
	3. Treat a backache?
	4. Treat an injury?
	5. Treat allergies? (seasonal and food)
	6. Treat stress?
	7. Treat ADD?
	8. Treat anxiety and/or depression?
2. Yin =
3. Yang =
4. What does yin and yang describe?
5. Define qi (chi) =
6. List four possibilities of how to balance and cultivate qi:
7. Fill in the blanks: Traditional Chinese medicine believes the body has \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ that circulate in channels through the body called meridians. Illness occurs when qi is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
8. TCM maintains health by the use of \_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_, acupuncture and moxibustion, and physical training.
9. In “an introduction to Chinese medicine” video, why was Chinese medicine initially dismissed by westerners?
10. The most central concept of Chinese medicine is:
11. Wu Xing believes there are how many elemental stages to all things?
12. Traditional Chinese medicine is most prevalent in China, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and East \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
13. In the “What does TCM look like?” video, the first character Zhong means what?
14. The two most common Chinese medicinal practices in the west are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ & \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
15. For an epidemic, western medicine can cure it faster. For chronic illnesses, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ medicine is better.
16. AOMA Acupuncture Clinic in Austin mainly treats which two problems?
17. How would a traditional Chinese doctor treat the symptoms of a cold, headache, backache, injury, allergies?
18. Fill in the blank: Meditation has been practiced since antiquity as a component of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ including Judaism and Christianity.
19. The concept of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ attempts to take advantage of the health aspects of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ while removing the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ aspects of meditation.
20. In the TED talk, what was the aspect that proved that people who were most successful had in common?
21. According to the video, you will be judged by your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
22. The part of the teenage brain that regulates emotions has (circle one): **not fully developed / fully developed**
23. Who does the speaker believe should be in charge of teaching mindfulness to everyone?
24. What percent of 13-17 year olds suffer from one or more mental issue?
25. Styles of martial arts that focus on qi cultivation are called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, while others that concentrate on improving muscle and cardiovascular fitness are called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
26. Tai chi is described as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, tai chi promotes serenity through gentle, flowing movements.
27. Qi Gong is a practice involving \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
28. Feng Sui is defined as what?

**~\*~\*~\*~\*~Qi Gong practice time\*~\*~\*~\*~\***
29. **Eastern vs. Western.** How would you describe Asian medicine? How would you describe western medicine? How do the approaches to health differ?