



UNIVERSITY of the
WESTERN CAPE

FACULTY OF COMMUNITY AND HEALTH SCIENCES
SCHOOL OF NATURAL MEDICINE

CAMPUS TRAINING CLINIC

“Ancient wisdom for 21st century health and well-being“



Giving you the opportunity to experience healing with the natural therapies of Chinese Medicine and Acupuncture, Naturopathy, Phytotherapy and Unani-Tibb.

- Free consultation
- Free health screening
- Free lifestyle advise
- Therapies and medication will be charged at cost

For appointments please contact Ms Presens:

Tel: (021) 959 2703

Email: epresens@uwc.ac.za

Second floor, B-block (at Physiotherapy Clinic)



Chinese Medicine and Acupuncture (CMA)

Chinese medicine is the world's second largest medicinal system. Chinese Medicine differentiates diseases according to syndromes and patterns. Each patient would receive treatment tailored to their individual needs focussing on treating the person and not only the disease. In clinic CMA employs the use of Chinese herbal medicine, acupuncture, electro stimulation, moxibustion, Tuina (Chinese medical massage), cupping, lifestyle and dietary advice and Taiji in the treatment of its patients.

Naturopathy (NAT)

Naturopathic treatment is not directed against the disease only. Instead it supports the body's ability to mount a defence against the disease. As such, naturopathic treatment strengthens the body's own ability to regain and maintain health. Naturopathic treatment may include lifestyle and dietary advice, supplementation, massage, acupressure and tissue salts.

Phytotherapy (PHYTO)

Phytotherapy is the practice of herbal medicine and the oldest form of medicine known. In all societies of the world there is a long history of the use of herbs to treat disease. Now with advancements in science these ancient cures are being investigated and their healing power confirmed.

Phytotherapists prescribe herbs in the form of teas (whole dried herbs), tablets / capsules (powdered dried herbs) and tinctures (alcoholic extracts of whole plants). Creams, ointment and oils are also applied externally as needed whilst prescriptions are tailored to suit each individual. Treatment may thus include herbal prescription and advice on diet and lifestyle.

Unani-Tibb (TIBB)

It is based on the philosophy of empowering individuals to heal themselves. Within the discipline of Unani-Tibb (a Greek-Arabic form of medicine) you can expect to find natural and herbal medicine treatments, regimental therapies such as cupping, meditation, massage and diet therapy. It may include rectifying ones breathing, sleeping, eating, physical activity and other important lifestyle components.