

Understanding TCM Diagnosis

NEEDLES FOR HEALTH ACUPUNCTURE



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How Traditional Chinese Medicine Assesses Your Health

Traditional Chinese Medicine (TCM) looks at the body as an interconnected system. Rather than just treating a symptom, TCM diagnosis aims to understand the **underlying pattern** causing it — leading to more personalized, effective care.



In this newsletter
you can expect:

Tongue
Diagnosis

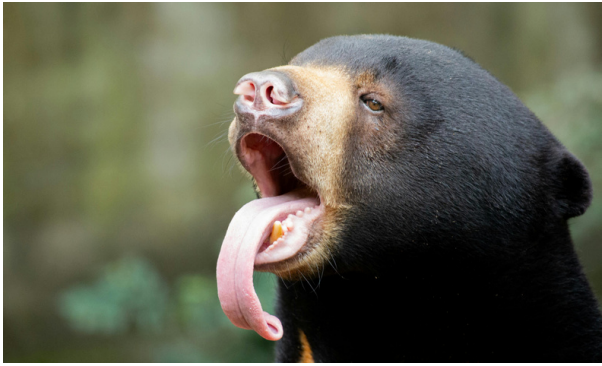
Pulse Diagnosis

Pattern
Differentiation

Internal vs.
External
Patterns

Why This
Matters for You

Curious About
Your Pattern?



Tongue Diagnosis

Your tongue offers a window into your internal health.

- **Colour** — May indicate heat, cold, or blood circulation
- **Coating** — Can reflect digestive health
- **Shape & Texture** — Offers clues about fluid balance and organ function



Pulse Diagnosis

Practitioners check pulse quality at specific points on the wrist to assess:

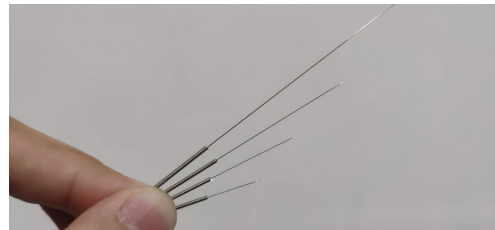
- Overall energy (Qi) and blood flow
- Balance between internal organ systems
- Signs of stress, fatigue, or imbalance



Pattern Differentiation

TCM identifies **patterns**, not just isolated symptoms. For example, two people with knee pain may receive different treatments if one shows signs of "cold and dampness" and the other shows "Qi stagnation."

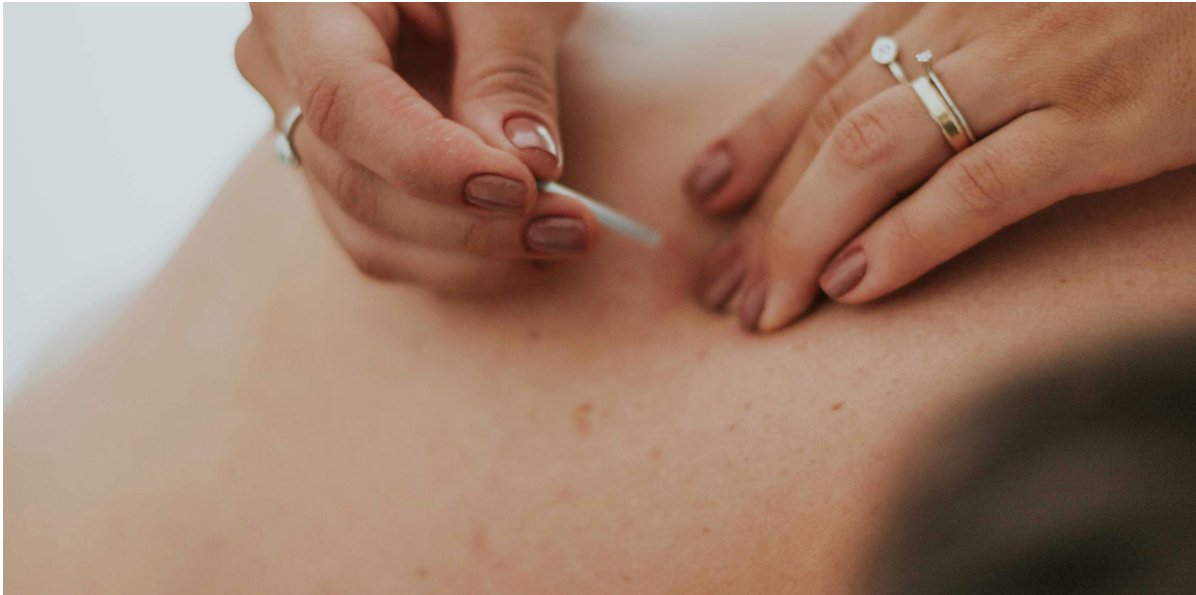
- This is why your assessment may include questions about:
- Sleep, digestion, stress, and energy levels
- Temperature sensitivity
- Emotional wellbeing



Internal vs. External Patterns

- **External patterns** — Often related to acute injury, weather exposure, or recent onset issues
- **Internal patterns** — Often linked to chronic conditions, lifestyle, or long-term imbalances

Recognizing both allows for a more complete, whole-person treatment approach.



Why This Matters for You

Understanding your unique pattern allows for:

- More targeted point selection
- Modality choices tailored to your body's needs (cupping, Gua Sha, electroacupuncture, etc.)
- A treatment plan that evolves as your body changes

Curious About Your Pattern?

Book an assessment to discover how TCM diagnosis can inform your personalized treatment plan.

Questions?

Let's Connect!

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Thank you for reading!
