

Managing Arthritis with Chinese Medicine

Your practitioner's role to help your wellness

Your practitioner has been trained to recognise signs and symptoms of arthritic conditions and whenever possible, to intervene early to achieve the best results to improve movement and reduce pain and inflammation.

Effective long term treatment involves a balance between tonification and unblocking the Channels and collaterals. On average it takes about two weeks before noticeable results are seen. Sun Herbal medicines for arthritis are safe to use in the long term, and may be continued at a lower dosage for maintenance treatment over several years.

Quality, Safety & Potency

Only A grade herbs are used in the manufacture of Sun Herbal formulas.

All Sun Herbal medicines are produced to the most rigorous standards by an Australian GMP (Good Manufacturing Practice) certified manufacturer in China. This means that every step of production is subject to strict quality control.

All of these medicines must pass stringent tests for safety, purity and potency.

Experience the Sun Herbal difference now

Sun Herbal is the leading supplier of prepared Chinese medicines in Australia and New Zealand with ChinaMed® and Black Pearl® brands. You can be assured of getting safe and consistently reliable medicines made from the finest quality ingredients and concentrations.

Ask your healthcare practitioner how Sun Herbal can help you to manage your symptoms today!



Your healthcare practitioner

Arthritis Relief Recommendations

In addition to special herbal formulations, some general lifestyle habits* are helpful to manage Arthritis symptoms to increase mobility and reduce pain and inflammation:

1. Eat a healthy, nutritious diet.
2. Increase calcium intake.
3. Exercise regularly (daily, if possible).
4. Maintain a healthy body weight.
5. Reduce or restrict alcohol consumption.
6. Avoid smoking.

*SOURCE: Department of Health and Ageing – Prevention, treatment and self-management of musculoskeletal conditions. www.health.gov.au

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The Sun Herbal range of concentrated Chinese herb formulas can help you manage the pain and inflammation associated with arthritis or chronic joint pain.

Our Traditional Chinese Medicine (TCM) brands include:



A different approach to Arthritis

According to the theories of Traditional Chinese Medicine (TCM), the Kidney (which represents the Water element in the body) is closely associated with the bones; while Liver (representing the Wood element) is closely related to the tendons. TCM attributes the degenerative processes in arthritis to impairment of the Kidney and Liver.

TCM defines these organs in a completely different way to Western medical science. In TCM, bodily organs are seen as interrelated groups functioning together with related tissues. TCM theories see the Kidney as the centre of control for:

- overall growth, development and reproduction
- bone marrow production and bone development
- fluid metabolism
- reflex action of breathing in
- the ears and our sense of hearing
- the genitals, urethra and anus
- will, determination, concentration and memory
- hair and scalp condition

Arthritis identified over 2,000 years ago

A Chinese medicine classic describes conditions that we now refer to as arthritis. Already 2,000 years ago, it was classified (along with other similar disorders) as a type of *Bi* Syndrome – *Bi* meaning obstruction or blockage. Earliest theories attributed it to an invasion of the body by pathogenic wind, cold and dampness.

Subsequent developments lead to the recognition of internal factors in the development of arthritis. In a medical text from the 13th century, the author theorised internal factors affecting arthritis, involving lowered immune function and decreased vitality.

Today Arthritis is the major cause of disability and chronic pain in Australia, with 3.85 million Australians affected.

(Access Economics, 2007)

Herbal formulas to manage arthritis

Sun Herbal provides a broad selection of traditional Chinese herbal formulas to address the needs and symptoms of arthritis (RA/OA) and chronic joint pain.

ChinaMed® capsules and Black Pearl® pills are developed by renowned herbal clinicians in China based on classic formulations.

How does it work?

Over the centuries, TCM physicians have developed many unique herbal formulations to combat the effects of arthritis. Generally these medicines are composed of herbal ingredients to support organ function and have a tonic effect. Some formulas help activate the blood and dispel stasis for better circulation. Some are used to unblock channels and find a remedy for Hot/Cold *Bi*, while others provide relief to help improve local circulation as well as relieve pain and inflammation.

Commonly seen arthritic and joint problems

With many specific herbal formulations, Sun Herbal formulas help address and relieve the symptoms of joint stiffness and discomfort allowing a return towards normal function.

How long before I see results?

On average, patients generally experience noticeable relief from pain and improved mobility in the affected joints within two weeks. The formulas may be continued for maintenance.

