



Sina Conrad
Chinese medicine and naturopathy

Further details

CMT is also called «mother of acupuncture», because thousands of years ago, the massaging techniques were extended by the use of aids like rocks, wooden sticks, bone needles and similar things, which led to the development of acupuncture. In Japan, Shiatsu evolved from the techniques of CMT.

According to Chinese theory, the root of all symptoms and illnesses lies in a blocked Qi-flow. Through the deep and long-lasting harmonizing effect on the circulatory system of our vital energy (Qi), Chinese Manual Therapy has a positive effect on our body, soul and spirit.

Occurring symptoms are not treated singularly and unconnected – which would lead merely to short term relief – but are looked at as a whole. The underlying factor, which disturbs the harmony of Qi, is treated. Symptoms, which at first glance have nothing to do with each other, can therefore be alleviated for good.

Following this theory, I try to get the best possible effect with the slightest intervention.

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