



Cleveland Clinic
Wellness

TANYA I. EDWARDS, MD, CENTER
FOR INTEGRATIVE AND LIFESTYLE MEDICINE

Chinese Herbal Therapy

What is Chinese herbal therapy?

Chinese herbal medicine is a major part of traditional Chinese medicine. It has been used for centuries in China, where herbs are considered fundamental therapy for many acute and chronic conditions. Herbalists in our Chinese Herbal Therapy Clinic draw from “Materia Medica,” a traditional Chinese medicine text that covers thousands of herbs, minerals and other extracts.

What conditions are best treated with Chinese herbal therapy?

Like acupuncture, Chinese herbs can address unhealthy body patterns that manifest in a variety of symptoms and complaints. Chinese herbal therapy aims to help you regain homeostasis, or balance, in your body and to strengthen your body’s resistance to disease. Chinese herbs may be used to:

- Decrease cold/flu symptoms
- Increase your energy
- Improve your breathing

- Improve digestion
- Improve your sleep
- Decrease pain
- Improve menopausal symptoms
- Help regulate menstrual cycles if infertility is an issue

Chinese herbal therapy can also be a valuable additional therapy following cancer treatment to aid the body’s recovery from the after-effects of chemotherapy and/or radiation. Chinese herbs are useful in rehabilitation for other chronic diseases too. We may recommend Chinese herbal therapy when:

- You have multiple symptoms or they are hard to pinpoint
- You’ve exhausted traditional medical options and nothing seems to help
- You need therapy to counteract side effects of prescribed medication
- You are interested in preventive treatment



What happens during a Chinese herbal therapy consult?

The herbalist in the Center for Integrative and Lifestyle Medicine can prescribe herbs either as primary therapy or as a complement to acupuncture treatments. The herbalist will perform several diagnostic procedures and take a detailed health history. This will include your past and current illnesses, and medication use. Once you have been fully assessed, the herbalist will make recommendations and provide a custom formula.

Is Chinese herbal therapy covered by insurance?

No. Chinese herbal therapy is not covered by insurance.

Is Chinese herbal therapy a replacement for conventional western treatment?

No. Chinese herbal therapy is not a substitute for conventional medical diagnosis or treatment. However, it can complement your conventional treatment plan. Your herbalist will work

closely with your physician to manage your care and monitor your course of treatment while on the Chinese herbal therapy. Prior to starting any Chinese herbal treatment, we advise you to consult with your physician.

Will Chinese herbal therapy interfere with my medications?

No. Our clinic's herbalists are overseen by physicians and are trained to know how herbal therapy can interact with prescription medications. In addition, they will always ask you about any over-the-counter medications and supplements you are taking to make sure that herbal therapy is safe and effective.

Do I need a referral?

Yes. A physician referral is required for a Chinese herbal therapy session.

To schedule an appointment with the herbalist in our Chinese Herbal Therapy Clinic, call The Tanya I. Edwards, MD, Center for Integrative and Lifestyle Medicine at 216.448.HEAL (4325).

For more information on all services offered through our Wellness Institute, please visit clevelandclinic.org/wellness or call 216.448.HEAL(4325).