

# Chinese Medicine of Marlborough



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## Basic Information

### Basic Information on Mr. Chaffee and the Marlborough Clinic

Founded in 1998, Chinese Medicine of Marlborough offers high quality medical care based on the twenty-five hundred year old Chinese Medicine system of diagnostics and healing.

Mr. Chaffee (MAOM, M Div) received his licensure in Chinese Medicine in June of 1998 and completed his Masters in Acupuncture and Oriental Medicine in August of 1998. He opened his practice in Marlborough where he is a member of the Marlborough Regional Chamber of Commerce. He offers Chinese Herbal Formulas, Chinese Body Work (tuina) as used by Chinese Olympics athletes, Japanese Muscle Rebalancing (sotai), Chinese Medicated Diet Therapy and sundry meditation and relaxation techniques to treat medical conditions. His education includes a Masters of Divinity degree from Andover Newton Theological School in 1972 and a Bachelor of Arts degree from Clark University in 1969.

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## How it works

### Basic Information on How Disease is diagnosed and treated

Chinese medicine is based upon a diagnosis created from the groupings of signs (physical manifestations) and symptoms (subjective manifestations) that have been tested and proven over 2500 years of usage. During these centuries, the experience of Chinese doctors has shown them to be highly useful in determining the causes of medical conditions. Once a diagnosis is determined, it then becomes the basis of treatment – whether using acupuncture, medicinal herbs, body work, diet, meditation /relaxation or preventative measures.

Generally in our culture, people experience a complex of interrelated symptoms, and effective treatment requires focusing on all of them to be successful. To accurately diagnose a patient, an intake form is requested to be completed before the first actual visit. For those wishing to make an appointment, an intake form is attached which is specifically focused on Chinese medicinal needs.

The basis of all Chinese medicine is the belief in the body's pathways for blood, fluid, energy and oxygen (called "meridians" or "channels"), and the interconnection between internal organs that regulate specific functions within the body. Obstruction of these systems or interference with these interactions is understood to be the underlying causes for illness. Therefore an accurate diagnosis is critical to the success of treatment.

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## Chinese Herbal Medicine

### Basic information on Herbal Therapies

Chinese herbal medicine has been practice for at least 2500 years in China and continues to receive worldwide attention as a primary medical treatment system. Based upon the holistic approach of grouping together the various signs and symptoms – the manifestations of an illness, formulas can be uniquely prescribed for an individual or, in some cases, a standardized formula can be used. These are generally taken as teas, capsules, ointments, tinctures or as washes.

Chinese herbal medicines have proven safe over time, with research continuing to this day on their effectiveness and their potential interactions with Western pharmaceutical drugs. Their ingredients are primarily derived from plants or minerals: most animal-based medicines are no longer used. Currently China's official Herbal Pharmacopeia contains over 8500 different substances of which 300 – 350 are commonly used. Side effects generally do not occur since ingredients are included to harmonize and balance the formulas.

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## Chinese Body Work (tuina)

### Basic information on Chinese Body Therapy

Chinese body work covers a lot of different techniques to treat many different conditions. Although they are primarily used in the West to deal with pain, they can also be used to treat conditions such as constipation, diarrhea and other disorders. The methods that are practiced at Chinese Medicine of Marlborough are based upon both time-tested techniques and the 30+ years professional experience of my teachers.

James Chaffee has studied methods used for Chinese Olympic athletes as taught in Beijing, and protocols used with hospitalized patients as taught in the Shanghai Traditional Chinese Medical Hospital. Some of these techniques he researches in their original Chinese medical journals.

This kind of “body work” is not to be confused with massage, which is generally gentler and more soothing. These techniques comprise four stages:

- 1) Opening body and muscle channels and pathways;
- 2) Using acupressure and pain points to stimulate the body’s naturally occurring healing processes;
- 3) Techniques to release toxins, stagnant blood and lymph so that they can be excreted, followed by
- 4) Functional movement and the application of medicated oils and ointments to help restore natural movement if needed.

Although discomfort may accompany the second step of this process, generally by the end of a session there should be little discomfort remaining from the treatment while some relief from the underlying illness is experienced.

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## Japanese Muscle Rebalancing (sotai)

### Basic Information on Muscle Rebalancing

Sotai is a relatively new method for rebalancing and reeducating our skeletal musculature created by a Japanese medical doctor, Dr. Keizo Hashimoto, in the late 1950s. It is designed to be used for daily practice as well as for treatment of muscular misalignment that creates pain and other health issues. Mr. Chaffee has studied these techniques from one of Dr. Hashimoto's original students.

It is a very gentle form of body work using a combination of breath and body movement in the direction opposite that which causes the pain. By gently 'stressing' or 'tensing' areas of muscular tension similar to current isometric therapy, it allows the body to relax these areas. Thus, our organs and skeleton can realign and therefore rebalance themselves. These effects are both subtle and profound.

If you have chronic muscular pain, this may be a therapy just for you.

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## Chinese Medicated Diet Therapy

### Basic Information of the Use Diet Therapy during Treatment

A Buddhist Legend: The Buddha once sent out two of his best disciples to collect materials of any kind that could be used to treat illness. They were given two years to do so. At the end of that time, they returned. One disciple had numerous bags of ingredients of all kinds. The second carried none. When both were asked why, the first explained that he had traveled all over and collected samples of the materials being used by practitioners and that this is what he found. The second explained that he also had traveled far and wide and was surprised to find that everything could be used as a medicine in its proper context. This clearly illustrates the Chinese concepts of medicines.

Chinese medicated diet is simply the use of both ‘medicines’ and commonly eaten foods to treat sundry illnesses. Over the last few thousand years, Chinese doctors have not only been categorizing medicinal material to be used to treat specific illnesses, they have also been categorizing food that can be used to supplement daily meals and help cure them. Many books have been written over the centuries on “Food Medicine”. There are still research journals being written in China today to help people treat ‘simple’ conditions such as the common cold or “more complex” conditions such as diabetes, many of which can be caused by the food we eat.

Chinese medicine believes that foods play a powerful role in the illnesses that people contract. A recent research project was carried out in China. It was conducted by Cornell University, Oxford University in England and the Chinese government on the effect of diet in over one million Chinese people. Over a period of several years, it found that foods do indeed play a powerful role in creating illness. *The China Study* (2005), written by T. Colin Campbell PhD and Thomas M Campbell II, documents some of the results of this study. As documented by it, the effects of what people eat have major ramifications on the types of illnesses they contract. It can provide insights into how to stay healthier. Knowing what kinds of food to eat can help us live better; and is an easier way to staying well than any other method. *The China Study* had sold over one million copies making it one of America's best-selling books about nutrition. [Ref: Parker-Pope, Tara. "Nutrition Advice From the China Study", *The New York Times*, January 7, 2011.]

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## Meditation and Relaxation

### Basic Information on the Use of Meditation and Relaxation

Meditation and other forms of relaxation and mind focusing can strongly benefit all of us. A patient once came to my office, complaining of migraine headaches. He was treated with Chinese herbs, which helped significantly but did not completely end his migraines. When asked what he did during the evening, he replied that he watched television and then the 11 o'clock news before going to bed, and that he had difficulties falling asleep. It was suggested that he turn off the TV and that instead of watching the news, he do something that helped him to settle his mind for 15 minutes. He enjoyed listening to jazz; therefore he started listening to jazz for 15 – 30 minutes per night. Within 2 weeks, his migraines stopped and he felt more rested; he also realized that he was falling asleep more easily. During a two-year follow-up, he stated that he remained migraine free.

Sun Si Miao, a famous Chinese physician of the 7<sup>th</sup> century A.D. stated that, before a patient is started on strong treatment (meaning acupuncture, herbal medicines or body work), his daily diet, exercise and meditation practices should be modified to provide his body with the maximum help it needs to correct its own imbalances. Only when these failed should the stronger measures be used.

So what is “meditation / relaxation”? Meditation is a state of single-focused mind using as an object something that helps the person to live a better life, such as gratitude and thankfulness, loving others or realizing our connection to other people. The purpose is to allow these thoughts to become a routine way of thinking in order to integrate them fully into our daily lives. This object can be generated from a visual image, a mantra, a prayer or thoughts of love and thankfulness. “Relaxation” is anything from simply calming the mind to listening to music – using suitable sources to help lead the person into a deeper, more restful and calmer state of mind. However, things such as watching TV are not calming, since they are basically distractions which keep a person from reaching a quiet state of mind.

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### Summary

Chinese medicine can be a valuable resource for dealing with many illnesses and syndromes. Since it is based on a complex of signs and symptoms, rather than a single symptom, it can have benefits for many issues not generally associated with the original problem. However, like all medical systems, it is not a cure-all. Indeed, in this country, it is often used as a system of last resort rather than a primary healthcare system, used from the onset of an illness. Treatment takes time and is not covered by insurance. I advise people to continue taking their Western medications until they speak with their doctor and inform him or her of their treatment. Above all, have patience. An illness that has taken years to emerge is seldom resolved suddenly; so give yourself time to heal.

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## Setting up an Appointment and Getting Started

### How to Set Up an Appointment and What to do before the First Visit

To make an appointment, call 508-624-9102. Usually you can be seen within one week of your call. Then, to start treatment, please download and complete [our intake form](#) as fully as possible. This form is designed specifically for the signs and symptoms used in Chinese Medicine.

At your first visit, expect to go over this form in detail, so that a complete understanding of your situation is obtained. If you have difficulty in English, please bring a friend / translator along to the first appointment. At that time, pattern diagnoses will be created. If you only want to have body work done, a relatively short session will take place. If you are interested in meditation or other relaxation techniques, please let me know during the course of your treatment. For all forms of herbal or dietary therapy, please expect a 2-3 day delivery time for prepared formulas or for a listing of appropriate foods to be used in conjunction with your treatment.

All sessions are approximately one hour in length except for follow-up Chinese herbal and diet appointments. These should take about 15 – 30 minutes to review how you are doing.

Chinese medicine will take time to work correctly, so plan for at least 6 appointments. After that, we will review your progress and decide what further course to take. Not all illnesses can be treated with a single form of medical treatment; but an improvement of your condition usually occurs within that timeframe.

Please feel free to ask questions at any time. Part of the healing process is to understand what has happened to create your health imbalances, and why certain methods can be more appropriate than others.

**Please note that all sessions are conducted in English.**

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