



Dr. Fei Yang
Traditional Chinese Medicine

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Dr. Fei Yang

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A natural approach to improved health

Release. Improve. Enhance. Empower.

Those elements form the cornerstone of Dr. Fei Yang's approach to improved health through Traditional Chinese Medicine. "The benefits of a natural approach to healing are that the philosophy is based the natural law of the world we live in," said Dr. Yang from her office overlooking the Sooke shoreline. "I combine acupuncture with natural herbal formulas that have been in use for thousands of years."

Dr. Yang has earned a reputation for her ability to deal with a myriad of conditions, including chronic fatigue, slow metabolism, circulation issues, behavioral problems, hormonal imbalance, digestive and gynecological issues, cancer prevention and treatment and treatment of chronic pain.

"Diet is an essential part of my approach to prevention and healing," noted Dr. Yang who earned her degree in Traditional Chinese Medicine in 1985. She has also taught at the International College of TCM, the Canadian College of Oriental Medicine and the Osho College of TCM and Acupuncture.

"My goals are to support and find the balance in the body, employ preventative medicine, educate and share understanding of the importance of food choices and water intake, support and assist

breaking down old patterns of behaviour and employ a step by step approach to bringing awareness and courage required to face and release symptoms," Dr. Yang explained.

Initial visits include building communication and forging a connection with each patient, a review of family and personal medical histories, lifestyle and stress level assessment, TCM in-depth diagnosis and explanation of conditions and discussion surrounding different choices of treatment programs.

"The Spring Cleanse Program, which is available until June 21, is an excellent starting point," she noted. Dr. Yang also offers acupuncture, a beginner herbal program, full treatment and maintenance herbal programs, a dietary support program and several others that combine the use of herbal medicine and acupuncture.