



## Sage Evans

**AdvDipTCM SITCM, CertTCM (China)  
AdvDipRM, MAACMA**

Sage, who runs his practice from Bowral, integrates acupuncture, massage, herbal medicine and meditation for holistic health care.

He completed an Advanced Diploma in Remedial Massage in 1994 and, after finishing a certificate in herbal medicine in 2002, produced the herbal tea range, Buddha Tea.

Sage completed an Advanced Diploma in Traditional Chinese Medicine at the Sydney Institute of Traditional Chinese Medicine (SITCM) in Sydney in 2007.

His training has included a practical internship at the SITCM clinic and a clinical internship at Nanning and Chengdu university hospitals in China.

## Testimonials

### Jeff, knee replacement

*"Sage, in collaboration with osteopathy, provided an alternative remedy where medical rehabilitation had failed."*

### Neil, amputee

*"I came to see Sage for treatment of phantom pain. My recovery has been truly amazing."*

*Experience the difference*

## Sage Evans

**Acupuncture  
Herbal Medicine  
Meditation**

14 Bundaroo Street  
Bowral 2576

Phone: 0403 838 638

Email: [sage4tcm@yahoo.com.au](mailto:sage4tcm@yahoo.com.au)

**Health fund rebates**



Member AACMA



Hicaps provider

**Sage Evans**  
Acupuncture  
Herbal Medicine  
Meditation

## Acupuncture and Massage combined

Fine needles inserted at appropriate acu-points stimulate the body's healing mechanism via the meridian system. The energy in these channels is relatively balanced in a healthy body. Disruptions to the flow and balance of energy can manifest as pain and illness.

**Chinese medicine** views disease as the result of imbalance caused by irregularities in lifestyle, diet, unregulated emotions, stress, mental disturbance, fatigue, environmental factors, illness, injury and genetics.

**Common conditions** sage treats include back, neck and shoulder pain, RSI, headaches, asthma, fatigue, gastrointestinal problems, insomnia, anxiety, PMS and dysmenorrhoea. He also provides IVF support and injury rehabilitation.

**Effective** acupuncture relies on an accurate diagnosis taken from a detailed case history, pulse and tongue examination. Needles are retained for 20-30 minutes. Cupping & moxabustion may be used.

*Sage brings a unique healing paradigm to his acupuncture combining remedial massage and trigger point therapy for a superior, clinically effective treatment.*

## Herbal Medicine Chinese & Western Herbs

Herbal medicine offers an effective, safe and drug-free alternative to treating disease.

**Medicinal plants** contain active key constituents that have been clinically proven to have a wide range of beneficial actions, including anti-viral/bacterial, anti-inflammatory and hormonal balancing activities.

**Sage** uses clinically effective liquid herbal tinctures and formulated dried herbal tablets and capsules made to the highest standards by Mediherb, Phytomedicine and Nutrimericine in Australia. They are potent, conveniently taken & quality assured.

Unique to Sage's clinical herbal strategy is the integration of Traditional Chinese medical theory with the research based approach of Western herbal medicine.

**Medical conditions** that respond well to herbal prescription include common cold or influenza, PMS, dysmenorrhoea, menopause, depression, insomnia, anxiety, IBS, Liver & Gallbladder dysfunction, ulcers, CFS, sports injuries and trauma.

*Herbal medicine and acupuncture is a great therapeutic companion.*

## Life Path Meditation Shine a Light on your Life



**Regular meditation** puts us into the here and now and free from the worries and distractions that life seems to enmesh us in. With meditation we find empowerment and growth and a deep sense of peace and connection to life. Let meditation be the light that illuminates your path.

**Life Path Meditation** offers a clear and concise methodology to meditation that is not based on any ideology or religion.

**Sage** offers Life Path Meditation as a 6-week course starting the beginning of each school term.

**Consultations** are also offered to individuals with pain and chronic health conditions as a specific meditation for health support.

*Sage has travelled to India and Nepal to stay in the ashrams of Sai Baba, Ramana Maharishi, Meha Baba, and B.S. Rajneesh and was influenced by the teachings of J. Krishnamurti.*