



**CAYMAN MASSAGE & WELLNESS**

Integrative Wellness



# TCM ACUPUNCTURE

Digestive Health & Gut Balance

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Digestive discomfort is increasingly common. Bloating, irregular digestion or low energy are often influenced by stress, eating habits and nervous system overload

## TCM Perspective

Chinese Medicine sees digestion as the foundation of overall health, energy and immunity. When digestion is supported, many other systems can function more efficiently.

## Supportive Care

Digestive-focused care may include acupuncture, abdominal Tuina massage, cupping to improve circulation, and nutritional guidance based on Chinese Medicine principles. The goal is to support both digestion and nervous system balance.

## What You Can Do at Home

- Eat in a calm environment and avoid rushing meals
- Favor warm, cooked foods over cold or raw meals
- Notice how stress affects your digestion and energy

## Who It's For

- Bloating and digestive discomfort
- Low energy related to digestion
- Stress-related gut symptoms

Improving digestion often improves energy, mood and resilience.



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