

Traditional & Complementary Medicine (T&CM)



**Traditional Chinese Medicine
and acupuncture**



**Traditional medicines
like Ayurveda**



**Herbal medicines
and supplements**

Traditional and complementary medicine (T&CM) aims to supplement general health and is not an alternative treatment for diabetes. The concurrent use of T&CM with diabetic treatments may not be suitable for all. Improper T&CM use has caused harm like burns from moxibustion. Such risks are greater in individuals who have complications arising from diabetes e.g., decreased feeling or sensation due to neuropathy, or kidney failure. Please speak to your doctor before starting any T&CM treatment.