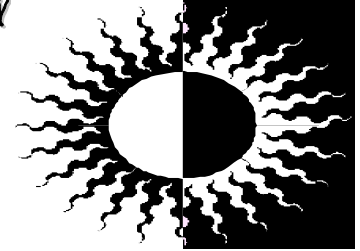


ACU-HEALTH MEDICAL CLINIC, PC

TRADITIONAL & SPORTS ACUPUNCTURE HERBAL MEDICINE TUISHIA MASSAGE



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Highlights Of Chinese History

Year	Period	Development/Event
1.6 Million BCE	YuanMou Man	Earliest human findings. Stone tools and use of fire.
700-500,000 BCE	LanTian Man, Peking Man	
20,000 BCE	Upper Cave Man	
5,000 BCE	YangShao Culture	Farming villages in the Yellow River Valleys, Painted pottery.
2,500 BCE	LongShan Culture	East China and Central River Valleys. Wheel-made pottery. Divination and Ancestral worship.
2852-2205 BCE	Three Rulers & Five Emperors	Mythical rulers, credited with inventing farming, building, medicine, silk culture.
2205-1766 BCE	Xia Dynasty	China's legendary first dynasty. Emperor Yu, is credited with flood control and irrigation systems.
1766-1122 BCE	Shang Dynasty	First verifiable dynasty. Ritual bronze vessels and "oracle bones" calligraphy. Evidence of a relatively sophisticated medical system using acupuncture needles and medical observations inscribed.
1122-256 BCE	Zhou Dynasty	Western Zhou later cited as a model period. Capital city near Xian. Confucius born in 551 BCE. Flowering in classical literature, arts, and

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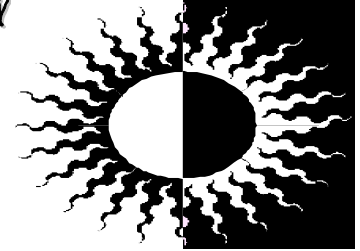
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770-256 BCE	Eastern Zhou	philosophy; Confuciansim, Taoism. Lao Tze and Chuang Tze lived around this period. The first transporation canals were built. Internal alchemy, meditation, and breathing techniques were developed.
722-481 BCE	Spring and Autumn	
403-221 BCE	Warring States	
221-206 BCE	Qin Dynasty	Unification of China. State walls are joined to form the Great Wall. Palace and mausoleum near Xian, standardization of weights, measures, calligraphy.
206 BCE- 220 CE	Han Dynasty	Capitals at Changan and Luoyang rivals that of Rome. Buddhism enters China from India. Birth of Confucian civil service. Paper invented.
206 BCE-9 CE	Western Han	
25 CE- 220 CE	Eastern Han	
220-280 CE	Three Kingdoms Wei, Shu-Han, Wu	Han generals divide empire. This period is romanticized as a time of chivalry and heorism in later literature.
265-316 CE	Western Jin	China briefly united under one Emperor. Capitals at Luoyang, Changan.
317-589 CE	Southern and Northern Dynasties	Succession of numerous dynasties, including 24 short-lived ones, on the north and south sides of the Yangtze. Developing period for Buddhism. Cave temples at Dunhuang, Yungang, and Longmen.
317-420 CE	Eastern Jin	
386-534 CE	Northern Wei	

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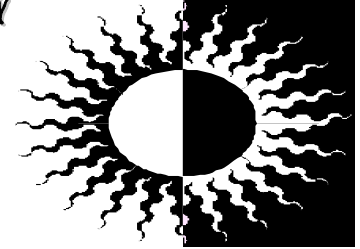
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386-535 CE		Bohidarma (TaMo) arrives in China. Shaolin Monastery built and Shaolin boxing develops in the temples
		Continued on next page