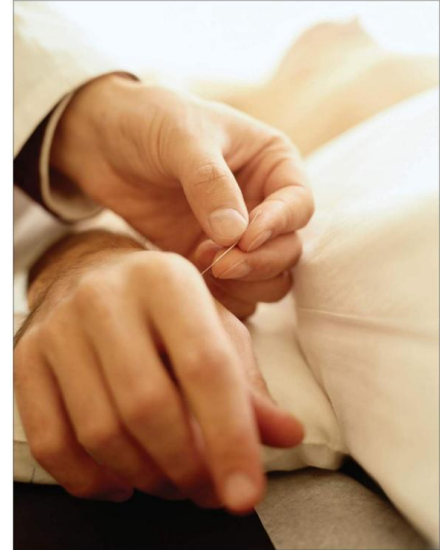


What is Acupuncture?

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What is acupuncture?

Acupuncture is a natural, holistic therapy that promotes health and alleviates pain and suffering. This method, based on the theories of Traditional Chinese Medicine, has been developed and tested over thousands of years, and continues to be validated today. People experience pain or illness when “Qi” or “vital energy” is blocked or when energy is imbalanced. Acupuncture works by freeing up blockages of Qi in the body. From a Chinese perspective, these blockages occur in meridians, rivers of energy that run throughout the body, nourishing the organs and tissues.



Just as the Western medical doctor monitors the blood flowing through blood vessels and the messages traveling via the nervous system, the acupuncturist assesses the flow and distribution of Qi within meridians. As acupuncture needles are inserted and manipulated, free flow is restored to the areas, which are obstructed. This encourages the body to rebalance and promotes the inherent ability of the body to heal. Acupuncture is just one form of therapy used within the coherent system of healing known as Oriental Medicine. Patients normally receive dietary recommendations as well as Chinese herbal prescriptions as part of their holistic health treatment.

How is acupuncture performed?

Acupuncture needles are inserted into various points on the body for the purposes of treating specific disorders. The individually packaged needles are both sterilized and disposable. Each needle is inserted at least ¼ inch and is manipulated until the patient feels a heavy, achy or tingling sensation. This indicates that Qi has arrived. The arrival of Qi is an important process, which encourages the body to improve and regulate functions.

Do the needles hurt?

Acupuncture needles are very thin. Unlike hypodermic needles, they are solid, without a hollow center. Most people commonly experience a mild tingling or dull, but these sensations subside once the needles have been placed. The majority of patients report that the benefits of treatment offset any discomfort felt during the session.

What does acupuncture treat?

Acupuncture treats both acute and chronic conditions. It can help prevent acute conditions from becoming chronic and help to improve or completely resolve chronic complaints. For pain management, acupuncture reduces inflammation, enhances immunity and promotes healing. The following are common conditions for which people seek acupuncture treatment:

Allergies / Asthma / Migraine / Headache / Anxiety / Depression / Arthritis / Joint Problems / Back Pain / Sciatica Carpal Tunnel / Tennis Elbow / Constipation / Diarrhea / Cough / Bronchitis / Fatigue / Immune Deficiency / Gynecological Disorder / PMS / Infertility / Neck Pain / Stiffness/ Stress / Tension

How many treatments do I need?

It depends. Acute conditions generally require fewer sessions than chronic illnesses. With your input, the practitioner can usually gauge the total number of treatments needed to resolve your specific complaint in about 2 or 3 sessions. After that time, the practitioner can make an educated assessment and tell you what to expect in the future. When seeking acupuncture treatment, patients are advised to have sessions at least once or twice a week, in order to achieve the desired results. Protracted and complex conditions may require frequent treatments over several months or more.

Are there any side effects to treatment?

Generally, there are no negative side effects to treatment. As the body rebalances, most patients feel better. As a result of this rebalancing, patients may experience changes in bowel movements, urination patterns, appetite, sleep or emotional states. Also, on occasion, the original symptoms can get worse for a day or two before getting better.