

Acupuncture

What is Acupuncture?

Acupuncture is one of the oldest and most commonly used medical procedure in the world, dating more than 2000 years ago in China. It involves inserting sterile, hair-thin needles through the skin into specific “acupoints”. These acupoints are located throughout the body within a network of “meridians,” and are stimulated to get desired effects by the acupuncturist or through electrical stimulation.

How does it work?

Acupuncture is a major component of Traditional Chinese Medicine (TCM) and is practiced under the principles of Yin and Yang. These two elements must be in balance within the body, and when there is disharmony within the body, there is disharmony of Yin and Yang. This unbalanced state then creates other dysfunctions of organ systems and the body’s “qi,” or energetic state.

Acupuncture works to establish better movement of qi throughout the meridians, as well as produce a more balanced state within the body

Modern science has attempted to study just how acupuncture works. Although they are unable to fully explain all the effects using scientific methods, it has been able to detect increased levels of endorphins, the body’s pain reducing and euphoric substance, after an acupuncture treatment. Other neurotransmitters, neurohormones and immune cells have also been shown to rise after a treatment, which may explain acupuncture’s effect on the central nervous system.

Does it hurt?

Typically acupuncture produces no pain, although one may feel a slight poke during insertion of the needles. Most people feel either a sensation of being energized after the treatment or a deep feeling of relaxation.

Some of the conditions that acupuncture can be helpful for include:

- Addiction
- Allergies/Asthma
- Anxiety/depression
- Arthritis
- Chronic headaches/ migraines
- Crohn’s Disease
- Cystic Fibrosis
- Hypertension
- Irritable Bowel Syndrome
- Insomnia
- Menopausal complaints
- Multiple Sclerosis
- Muscle tension and pain
- Nausea (side effects from chemo)

- Parkinson's Disease
- Peripheral neuropathy
- PMS and menstrual cramps
- Post-Stroke symptoms and recovery

These are just a few conditions in which acupuncture can be helpful for, and can be beneficial to much more. More important, acupuncture improves the quality of life and motivates people to establish a healthier lifestyle. Call today for your first appointment!

(Disclaimer)

It is important to inform all of your health care providers about any treatment that you are using or considering, including acupuncture. Ask about the treatment procedures that will be used and their likelihood of success for your condition or disease.