

FAQ About Acupuncture



What is Acupuncture?

Acupuncture is an essential part of traditional Chinese medicine, a comprehensive system of health care with a continuous clinical history of over 3000 years. Chinese medicine includes acupuncture, Chinese herbology and bodywork, dietary therapy and exercise based on traditional Chinese medicine principles.

Acupuncture consists of insertion of hair thin needles into certain locations of humane body in order to cure or prevent a disease from happening. The application of this therapy is based on the theory of Qi (energy) flow and its pathway (meridians). In this theory, disease is considered to be the result of energy imbalance. This imbalance can be corrected by putting needles into certain energy gates (acu-points) and by manipulating these needles in specific ways.

How Does Acupuncture Work?

Chinese medicine is based on an energetic model rather than the biochemical model of Western medicine.

The ancient Chinese recognized a vital energy behind all life forms and life processes. They called this energy Qi (pronounced chee). In developing an understanding of the prevention and cure of disease, these healing practitioners discovered that this energy flows along specific pathways called 'meridians'. Each pathway is associated with a particular physiological system and internal organ. Disease is considered to arise due to a deficiency or imbalance of energy in the meridians and their associated physiological systems.

Acupuncture points are specific locations along the meridians. Each point has a predictable effect upon the vital energy passing through it. Modern science has been able to measure the electrical charge at these points, thus corroborating the locations of the meridians mapped by the ancients. Traditional Chinese medicine uses an intricate system of pulse and tongue diagnosis, palpation of points and meridians, medical history and other signs and symptoms to create a composite Chinese medical diagnosis. A treatment plan is then formulated to induce the body to a balanced state of health.

What Can I Expect?

Many conditions may be alleviated very rapidly by acupuncture and Chinese medicine. However, some conditions that have arisen over a course of years will be relieved only with slow, steady progress.

As in any form of healing, the patient's attitude, diet, and lifestyle will affect the outcome of a course of treatment. Patients are encouraged to actively participate in their healing process. Although Chinese medicine can treat most conditions, there are circumstances that can be dealt with more effectively by Western medicine. In such cases, your acupuncturist will recommend you

contact a Western medical doctor. Acupuncture and Chinese medicine should be seen as complementary to Western medicine

Is Acupuncture Painful?

Acupuncture bears no resemblance to the feeling of receiving an injection, since the main source of pain from injections is the larger diameter, hollow needle and the medication being forced into the tissue by pressure. Acupuncture needles are very fine and flexible, about the diameter of a human hair. In most cases, insertion by a skilled practitioner is performed without discomfort. You may experience a sense of heaviness or electricity in the area of insertion. Most patients find the treatments very relaxing and many fall asleep during treatment. In some cases, your practitioner may also recommend herbs or dietary, exercise or lifestyle changes.

Is Acupuncture Safe?

In the hands of a comprehensively trained acupuncturist, your safety is assured.

Acupuncture needles are sterile and are either disposable or autoclaved between treatments. In my practice, only disposable needles are used.

Anything That I Should I Do Before My Acupuncture Treatment?

First of all, BE RELAXED! Relaxation is something that cannot be overemphasized. A few things that you can do to better prepare yourself:

- 1: Wear loose clothes. Snack thirty minutes before your scheduled visit if you are hungry.
- 2: Empty your bladder before the treatment.
- 3: Let your acupuncturist know if you are fatigued, or emotionally upset, or have just received other body works such as massage therapy prior to your acupuncture treatment.

Are There Any Effects Immediately After an Acupuncture Treatment?

Feeling relaxed or "light-headed" is quite common. If you suffer from a chronic pain of muscular-skeletal origin, the pain may temporarily become more pronouncing after the treatment before improvement takes place. The result can be immediate for some diseases like acute muscular pains, headaches or sinus disorders.

How Often Do I Need Acupuncture Treatment in Order to Cure or Stabilized My Condition?

It depends on the type of disease you suffer from. For most conditions, acupuncture treatment is often rendered on a weekly basis in order to achieve the best possible result in the shortest amount of time. After the initial improvement, the treatment plan is then modified based on the type of disease.

What If I Am Very Sensitive to Needles?

First of all, acupuncture needles are extreme fine, hair-thin needles. By using gentle techniques, the whole process can be completely painless. If you have extreme aversion to needles, Chinese herbal medicine can be the primary modality.

The World Health Organization Recognizes Acupuncture and Traditional Oriental Medicine's Ability to Treat Over 43 Common Disorders Including:

Gastrointestinal Disorders, such as food allergies, peptic ulcer, chronic diarrhea, constipation, indigestion, gastrointestinal weakness, anorexia and gastritis.

Urogenital Disorders, including stress incontinence, urinary tract infections, and sexual dysfunction.

Gynecological Disorders, such as irregular, heavy, or painful menstruation, infertility in women and men, and premenstrual syndrome (PMS).

Respiratory Disorders, such as emphysema sinusitis, asthma, allergies and bronchitis.

Disorders of the Bones, Muscles, Joints and Nervous System, such as arthritis, migraine headaches, neuralgia, insomnia, dizziness and low back, neck and shoulder pain.

Circulatory Disorders, such as hypertension angina pectoris, arteriosclerosis and anemia.

Emotional and Psychological Disorders, including depression and anxiety. Addictions, such as alcohol, nicotine and drugs.

Eye, Ear, Nose and Throat Disorders

Supportive Therapy for other chronic and painful debilitating disorders