



Common health concerns such as asthma, the common cold, and the pain and stiffness caused by arthritis are just a few of the health issues that acupuncture has been shown to benefit.

Q What is acupuncture?

A Acupuncture is the insertion of fine needles into the body at specific points which have been empirically proven effective in the treatment of specific disorders. ¹

Q How old is acupuncture?

A Acupuncture is a medical system that has been used to diagnose, treat and prevent illness for over 23 centuries. ²

Q Is acupuncture safe?

A Yes. Because acupuncture treatments are drug-free, you avoid the risk of drugs which can cause many side effects or dependency. ³

Q How does acupuncture work?

A Traditionally, acupuncture is based on ancient Chinese theories of the flow of Qi (energy) and Xue (Blood) through discrete channels or meridians which traverse the body, similar but not identical to the nervous and blood circulatory systems. According to this theory, acupuncture regulates this flow of Qi shunting it to those areas where it is deficient and draining it from where it is Excess. ⁴

Q Does a treatment hurt?

A Patients comment about the comfort of a treatment. Unlike the hypodermic needle that you see at the doctor's office which is large and hollow, an acupuncture needle is solid and extremely fine.

Q Are the needles clean?

A All acupuncture needles and instruments must be sterile. Disposable, single-use, solid needles are recommended. Acupuncturists are required to pass the Clean Needle Test in the proper handling and use of all needles used in a treatment. ⁵

Q How do you determine what to treat?

A An extensive and in-depth diagnostic system takes into account many factors to design your treatment plan. Observation of your pulse and tongue are only a few techniques used to determine which points to use.

Q Are only needles used during treatment?

A No. Other techniques used include: moxibustion, acupressure, electrical stimulation, cupping, oriental herbs, gwa sha technique, nutrition, and exercise.

Q How many treatments are necessary?

A Because no two individuals are identical, the number of treatments necessary to achieve results will vary. The length and duration of treatment will depend on type and severity of your condition. Completing your treatments will help to restore your health.

Q Can everyone use acupuncture?

A Acupuncture is considered safe and effective for all ages. The next time you or a family member wants better health, just remember: *Try Acupuncture First!*





Acupuncture is recognized by the World Health Organization⁶ to be appropriate in treating the following:

Digestive

Abdominal pain, Constipation, Diarrhea, Hyperacidity, Indigestion.

Emotional

Anxiety, Depression, Insomnia, nervousness, Neurosis.

Eye-Ear-Nose-Throat

Abdominal pain, Constipation, Diarrhea, Hyperacidity, Indigestion.

Gynecological

Infertility, Menopausal symptoms, Premenstrual syndrome.

Miscellaneous

Addiction control, Athletic performance,

Blood pressure

regulation, Chronic fatigue, Immune system tonification, Stress reduction.

Musculoskeletal

Arthritis, Back pain, Muscle cramping, Muscle pain/weakness, Neck pain, Sciatica.

Neurological

Headaches, Migraines, Neurogenic bladder dysfunction, Parkinson's disease, Postoperative pain, Stroke.

Respiratory

Asthma, Bronchitis, Common Cold, Sinusitis, Smoking cessation, Tonsillitis.



You and your family can reap the health benefits of thousands of years of acupuncture knowledge and success.

Try Acupuncture First!



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¹⁴ "Questions & Answers About Acupuncture", Blue Poppy Press, Boulder, CO

² "Understanding Oriental Medicine-Acupuncture & Herbology", American Association of Oriental Medicine, Catasauqua, PA.

³ "Acupuncture: Why Acupuncture?", Focus P.M. Pubs. 1991, 1995.

⁵ "Clean Needle Technique Manual for Acupuncturists", National Acupuncture Foundation, Washington, D.C., 1997.

⁶ "Viewpoint on Acupuncture", World Health Organization, United Nations, Geneva, Switzerland, 1979 (revised)

THE FACTS ABOUT

Acupuncture & Your Health

