

ACUPUNCTURE

Acupuncture is an effective and safe form of health care that has evolved into a complete and holistic medical system. The basis of this medicine is the philosophy that energy, which is known as "Qi" (pronounced "chee") flows throughout the body, protecting us from illness, pain and disease. The quality, quantity and balance of this energy directly influence a person's health.

Qi circulates through specific pathways called Meridians. There are 14 meridians throughout the body, each of which is connected to specific organs and glands. When Qi flows smoothly throughout the body, one enjoys good mental, physical and emotional well being. An obstruction of Qi anywhere in the body is like a dam, backing up in one area and restricting it in others. Restricting the flow affects the nourishment required by the body in order to function optimally.

Many things influence the quality, quantity and balance of Qi. Physical and emotional trauma, stress, lack of exercise, overexertion, seasonal changes, diet, accidents or excessive activity can lead to blockage or imbalance of Qi.

Normally when this occurs, the body naturally bounces back, returning to a balanced state of health and well being. When the disruption of Qi is prolonged, excessive, or if the body is in a weakened state, illness, pain or disease can set in.

Acupuncture is an extremely safe, all natural, drug-free therapy. It yields no side effects, except feelings of relaxation and well being. All acupuncture needles are sterile, used once and then disposed of. It is safe for children as well as adults. Acupuncture may be used to treat a wide variety of health issues including but not limited to smoking, addiction, anxiety, arthritis, asthma, bronchitis, carpal tunnel syndrome, chronic fatigue, colitis, common cold, constipation, dental pain, depression, diarrhea, digestive trouble, dizziness, emotional problems, facial palsy and tics, fatigue, fertility, fibromyalgia, headache, hiccough, incontinence, indigestion, IBS, back pain, menopause, menstrual irregularities, nausea, osteoarthritis, pain of all types, PMS, sciatica, sinusitis, sleep disorders, stress and tennis elbow.

When coming for treatment wear loose comfortable clothing for easy access to acupuncture points. Don't eat large meals just before or after the visit. Refrain from drugs or alcohol for up to 6 hours after the visit.