

IS IT PAINFUL?

Acupuncture needles are very different from hypodermic needles that are used to give injections. Because acupuncture needles are very fine and flexible, they can barely be felt when inserted. Acupuncture needles are used to attract or disperse *Qi* along the meridians. These needles do not inject anything into the body.

ARE THERE ANY SIDE EFFECTS?

One of the great advantages of acupuncture and herbology is the absence of serious side effects, when done properly. Some patients report feeling light-headed, and even euphoric after treatments. However, most people report a sense of pleasant relaxation afterward.

WHAT CONDITIONS CAN IT HELP?

In 1979, the World Health Organization (WHO) drew up a list of ailments and diseases for which acupuncture is an effective treatment. This list includes many types of pain, the common cold, sinusitis, rhinitis, acute bronchitis, bronchial asthma, eye diseases, pharyngitis, tonsillitis, gastritis, ulcers, constipation, diarrhea, headaches (including migraines), trigeminal neuralgia, sciatica, gastrointestinal disorders, lower back pain, osteoarthritis, gynecological disorders, neurological and musculoskeletal disorders and much more.

THE SPIRITUAL SIDE

The fundamental basis of all aspects of TCM is a natural philosophy, which treats the human body as a microcosm of the universe that is subject to the laws of nature. Just as nature maintains a delicate balance, so must

we in our individual lives. Accordingly, meditation and exercise enhance the benefits of TCM.

EXERCISE

Throughout the long history of TCM, there have been energy enhancement exercises, such as *Tai Chi Chuan*, *Chi Gong* and meditation.

These are mild exercises that take little time and should be practiced daily as a preventative health measure. Their goal is to integrate the physical, mental and spiritual aspects of the individual.

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- Board Certified and FL Licensed
- National Diplomate in Acupuncture (NCCA)
- Masters Degree in TCM and Acupuncture from Yo-San University, CA
- Certified Chi Gong Therapist
- Certified Tui-Na Massage (Chinese Massage)
- Certified in Long Distance Energy Healing
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TRADITIONAL CHINESE MEDICINE (TCM)

What is popularly known as acupuncture and herbal medicine is part of a body of medical knowledge called Traditional Chinese Medicine (TCM). Although acupuncture has been around for almost 5,000 years, it is comparatively new in the West.

It is only in the last decade that this ancient healing art and science has become a viable, respected health care alternative in the western world. In the United States, it has gained increasing acceptance as more and more Americans who may not have been helped by conventional medicine find help through acupuncture, herbs and other modalities of TCM.

The success of acupuncture as an enduring medical modality owes much to the abiding principals on which it is founded. Many people have found TCM methods of healing to be excellent for maintaining optimum health and preventive illness.

New patients often have questions about TCM. This brief introduction will provide a basic explanation of TCM.

HOW DOES TCM WORK?

$E=MC^2$

TCM has its origin in an ancient Taoist philosophy, which views the person as a whole energy system wherein body, mind and spirit are unified, each influencing and balancing the other. This philosophy elucidates a holistic system and treats the person accordingly., Hence the whole person is taken into account.

Yin and Yang

Unlike Western Medicine that attempts to isolate and separate the disease from the person, the emphasis in Chinese Medicine takes a holistic approach of treating the whole person. Taking the human body as a whole in observing diseases has several implications.

While the human body is treated as organically whole, special attention is also paid to the interrelation and interaction between local pathological changes of the body, which, in turn, may be reflected in specific parts of the body. Similarly, external diseases may penetrate into the interior and internal diseases may have external manifestation.

The ancient Chinese culture believes that there is universal life energy called *Chi* or *Qi* present in every living creature. This energy is said to circulate through the body along specific internal and external pathways called "meridians."

As long as this energy flows freely throughout the meridians, health is maintained. Once the flow of energy becomes blocked *Yin* and *Yang* become out of balance, their harmony is disrupted causing pain, illness and disease to occur.

Through the insertion of acupuncture needles into specific meridian, the harmony of *Yin* and *Yang* is brought back into balance. The system of meridians includes 12 external regular meridians, 6 which are *Yin* and 6 which are *Yang*. There are 8 additional extra-ordinary meridians, and a network of approximately 36 internal meridians.

After a diagnosis, the acupuncture treatment works to balance the disharmony of *Yin* and *Yang*. The practitioner can also supplement the treatment with herbal prescriptions based on a 5,000 year old Chinese Medical medicine using herbs.

HERBOLOGY

Herbal medicine has a long history in the Orient. The first Chinese medical treatise, the *Shen-Hung Herbal Classic*, was begun during the Stone Age and was complete in the latter part of the 5th Century B.C.

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A typical prescription usually consists of five to fifteen different herbs and can be taken in the form of tea, pills, poultices and tinctures.

These herbal formulas work to unblock the *Qi* to nourish and repair the body in order to cure the root cause of the illness. These herbs work to strengthen and balance the entire body.

HOW DOES ACUPUNCTURE WORK?

Objective scientific evidence shows that acupuncture has a physical basis and proves that it does not work by hypnosis or suggestion. TCM texts show that there are more than 1,000 acupuncture points in the body connected by meridians beneath the skin through which healing energy flows. Recent studies show that acupuncture meridians are transmission lines to the central nervous system. Messages telling the body to begin the healing process pass along these meridians.

Western scientists have observed that the points used in acupuncture show a variety of unique physical and electrical properties, and that stimulating them causes definite psychological reactions in brain activity, blood chemistry, endocrine functions, blood pressure, heart rate and immune system response.

HOW MANY TREATMENTS ARE NEEDED?

The primary focus of TCM is on correcting the underlying cause of illness and thus producing a lasting cure. Symptoms can often be relieved in a matter of hours or days, but curing the illness itself is a much longer process.

It is important, therefore, to undergo an adequate number of treatments to insure the best results. This number varies, of course, with different conditions. Chronic problems generally require more treatments than others, which may respond to a single acupuncture treatment. Eight to twelve visits, on average, are equal to one complete session.