

FAQ for Acupuncture Tx.



How does it work?

Acupuncture treats your body, mind and spirit as a whole. In Asian medicine, wherever pain or illness shows up, it is about unbalance. Acupuncture addresses the life energy that flows through the body, called Qi (pronounced “chee”). Qi is carried through the body in meridians, which act like roads. When this energy flows smoothly, you live in ease. When it is blocked, the result is pain or illness on a physical, emotional or spiritual level. Acupuncture treatment will help you repair yourself by unblocking and redirecting the energy flow to achieve maximum wellness.

From a Western biomedical standpoint, there are various theories for why it works. One thought is that acupuncture releases endorphins, which it does, but that isn’t the whole explanation. A recent fMRI study found electrical micro channels that cross and connect the whole body; the researcher suggested that by changing the flow of electrical energy, acupuncture affects the electro-chemical responses of the body.

Whichever explanation appeals to you, the undisputed fact is that acupuncture works!



Will acupuncture “fix” me?

Yes & no. Acupuncturists are not allowed to use the word “fix” or “cure”, but your body fix yourself ultimately: acupuncture just opens the door. For issues of physical trauma (for example, speeding up the healing of a broken bone, tendonitis, sprains, carpal tunnel, side-effects of chemo, etc), the treatments are fairly simple and “fix” you.

Addressing non-trauma problems will require your active participation. The fundamental truth is that your body is wise: you do not have symptoms for no reason. This means that your symptoms are dependent on your lifestyle, and/ or the choices you make in your life. Therefore, to really heal, you have to listen and act on what your body is telling you about yourself and the way you deal with life issues. So yes, acupuncture can fix you, if you are willing to take responsibility and fix yourself.



Are the needles safe? Do they hurt?

We only use single-use, disposable needles. There is no possibility of transmission of any disease. The needles are the width of two human hairs: they are very slender. They also don’t go in very deep. And the needles are not hollow, like a hypodermic needle, so they hurt a lot less (if at all).

You may feel a tingly or heavy sensation after the needle is inserted: that's good! It means we've gotten the point exactly right.



What can I expect at the first treatment?

The initial Consultation and Treatment takes 1 hour. The first 10 Min. to 20 Min is a comprehensive conversation about your physical, emotional and spiritual health. The second half hour is a needle treatment. Follow-up appointments are 40 Min. each.



When will I start to see results?

You should start to see improvements in how you feel within 3 treatments, depending on the severity of your issues. Many patients notice an improvement after the first treatment.

What is it really?

Acupuncture for pain management treats to reduce pain and prevent future occurrences by increasing Qi (Vital Energy) and blood circulation, while decreasing swelling, inflammation, and pain. Treatment is all natural and has the overall effect of boosting the immune response at the area of pain.

Acupuncture for pain relief is an effective and all-natural way for treatment, where endorphins and natural pain relievers are stimulated in the body. Through acupuncture, the body is encouraged to heal and eliminate pain.

Several years ago, the World Health Organization (WHO) published an official report listing 31 symptoms, conditions and diseases that have been shown in controlled trials to be treated effectively by Acupuncture.

Following is the list of conditions shown through controlled trials to be treated effectively by Acupuncture:

- Acute and chronic gastritis
- Acute bacillary dysentery
- Acute epigastralgia
- Allergic rhinitis, hay fever
- Biliary colic
- Breech birth presentation

- Dental pain
- Depression
- Essential hypertension
- Facial pain (including TMJ)
- Headache
- Induction of labor
- Knee pain
- Leucopenia
- Low back pain
- Morning sickness
- Nausea and vomiting
- Neck pain
- Peptic ulcer
- Periarthritis of the shoulder
- Postoperative pain
- Primary dysmenorrhea
- Primary hypotension
- Radiation/chemo reactions
- Renal colic
- Rheumatoid arthritis
- Sciatica
- Sprains
- Stroke
- Tennis elbow

The report also contains three other very important lists of conditions:

- Diseases, symptoms or conditions for which the therapeutic effect of Acupuncture has been shown but for which further proof is needed.

- Diseases, symptoms or conditions for which there are only individual controlled trials reporting some therapeutic effects, but for which Acupuncture is worth trying because treatment by conventional and other therapies is difficult.
- Diseases, symptoms or conditions for which Acupuncture may be tried provided the practitioner has special modern medical knowledge and adequate monitoring equipment.

This landmark report, *Acupuncture: Review and Analysis of Reports on Controlled Clinical Trials*, is available on the WHO website for download as a printable PDF file (see link at end of this article). It could help patients deal with insurance carriers who deny coverage for Acupuncture treatments for the situations contained in the report, especially those proven effective in controlled trials. WHO's authority concerning health-related matters internationally cannot be challenged.

If a patient's treatment is on the lists of symptoms, syndromes, disease processes, pathologies, traumas and conditions that have been proven to be effectively treated by Acupuncture, the report should be presented to insurance carriers along with a request to reconsider coverage.

SOURCE: *Acupuncture: Review and Analysis of Reports on Controlled Clinical Trials*, World Health Organization, 2003, <http://apps.who.int/medicinedocs/en/d/Js4926e/5.html>