



Acupuncture

Acupuncture is an ancient healing art that has been developed and practiced in China over the last 3,000 years.

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Today it is a well-known therapy that is practiced all over the world. In 1979 the World Health Organization formulated a list of 43 diseases that can be treated by Acupuncture. However more recent clinical observations have shown it to be effective in treating around 250 different kinds of diseases. As the benefits of Chinese Medicine have become recognized in the west, many countries are starting to integrate this form of treatment into main stream health care. And Acupuncturists are increasingly considered as valuable primary health care providers.

The Meridian system

The ancient Chinese recognized the existence of an energy network that runs through Meridians (channels) all over the body. This network of channels is connected to every inch and aspect of our body and effects our physical, mental and spiritual well being.



Through these Meridians, flows an energy life force known as Qi (roughly pronounced Chi).

According to Chinese theory, disease manifests once our energy system is unbalanced and blocked.

For example: Poor circulation of Qi causes pain and discomfort. Qi flowing the wrong direction will cause nausea, vomiting, coughing, diarrhoea and may lead to prolapses of various organs. Deficiency of Qi causes fatigue, shortness of breath and a reluctance to talk or do anything. Excess Qi in the upper body will lead to emotional disturbance and poor sleep.

During Acupuncture treatment, fine (disposable) needles are inserted into specific points along the Meridians.

These needles stimulate the flow of Qi through the Meridians thus unblocking and harmonizing the whole body.

What can acupuncture treat?

Not many people realize that acupuncture can be an effective treatment for any thing from pain relief in a headache to the speeding up the healing processes in serious injuries. Below is a list of the more common conditions that can be treated with acupuncture.

● Asthma and Allergies

Acupuncture, combined with lifestyle changes and herbs, is very effective in treating Asthma as well as both respiratory and food allergies.

● Stress

Stress is now recognized to be the leading cause of illness in our society, and a program of relaxation is one of the most important things we can do to improve and maintain our health. Acupuncture is one of the easiest ways of producing a beneficial state of relaxation.

● Rheumatism and Arthritis

Acupuncture can improve circulation in the joints, enhance flexibility and reduce pain.

● Lower back pain and Sciatica

Acute and chronic lower back pain is one of the common complaints that in most cases respond well to acupuncture.

● Injuries

Acupuncture is effective in treating injury-related pains (such as whiplash) and also other pains like headaches and migraines.

● Sleeping disorders

Whether you feel like you're sleeping too little or too much, acupuncture is an excellent natural remedy. And it is entirely without the undesirable side effects of drugs.

● Addictions

Acupuncture is recognized as one of the best treatments for the withdrawal symptoms of many hard drugs. But it is also in common use for treating other addictions such as smoking (and may possibly help overeating).

● Emotional Problems

Conditions like depression and anxiety respond well to acupuncture.

● Hypertension and other Circulatory Disorders

Conditions like high blood pressure and even Angina respond well to acupuncture.

● PMS and other Gynecological problems

Acupuncture is very effective in relieving the pain, cramping, mood swings and other symptoms associated with premenstrual stress. Acupuncture can successfully treat irregular or painful menstruation, menopausal symptoms and also male or female infertility.

● Urogenital Disorders

Problems from urinary tract disorders to sexual dysfunction can be treated by acupuncture.

● Skin disorders

The use of acupuncture we can restore balance to the skin and treat common conditions such as Eczema and Dermatitis.

● Digestive Disorders

Stomach ulcers, Hyper acidity and Constipation are some of the digestive disorders that can be treated with Acupuncture.

● **Acupuncture for Kids:** Most childhood disorders (from colic to teething to Asthma) respond very well to acupuncture.

The treatment procedure

In order to diagnose accurately, the Acupuncturist interviews the patient about their health complaint and their relevant history. They also feel the pulse and examine the tongue.

Following a diagnosis a few acupuncture needles will be inserted along the relevant meridians. The client is asked to lie down for 20 to 40 minutes. In most cases a treatment lasts approximately one hour.

A follow up appointment is scheduled depending on the patient's condition.

Pain relief and improved sense of well being can often be achieved fairly rapidly.

But there is no magic cure or golden point that will instantly transform a chronic condition or ailment, patience and persistency are the keys for success!

Be well and stay healthy. 

ACUPUNCTURE

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