

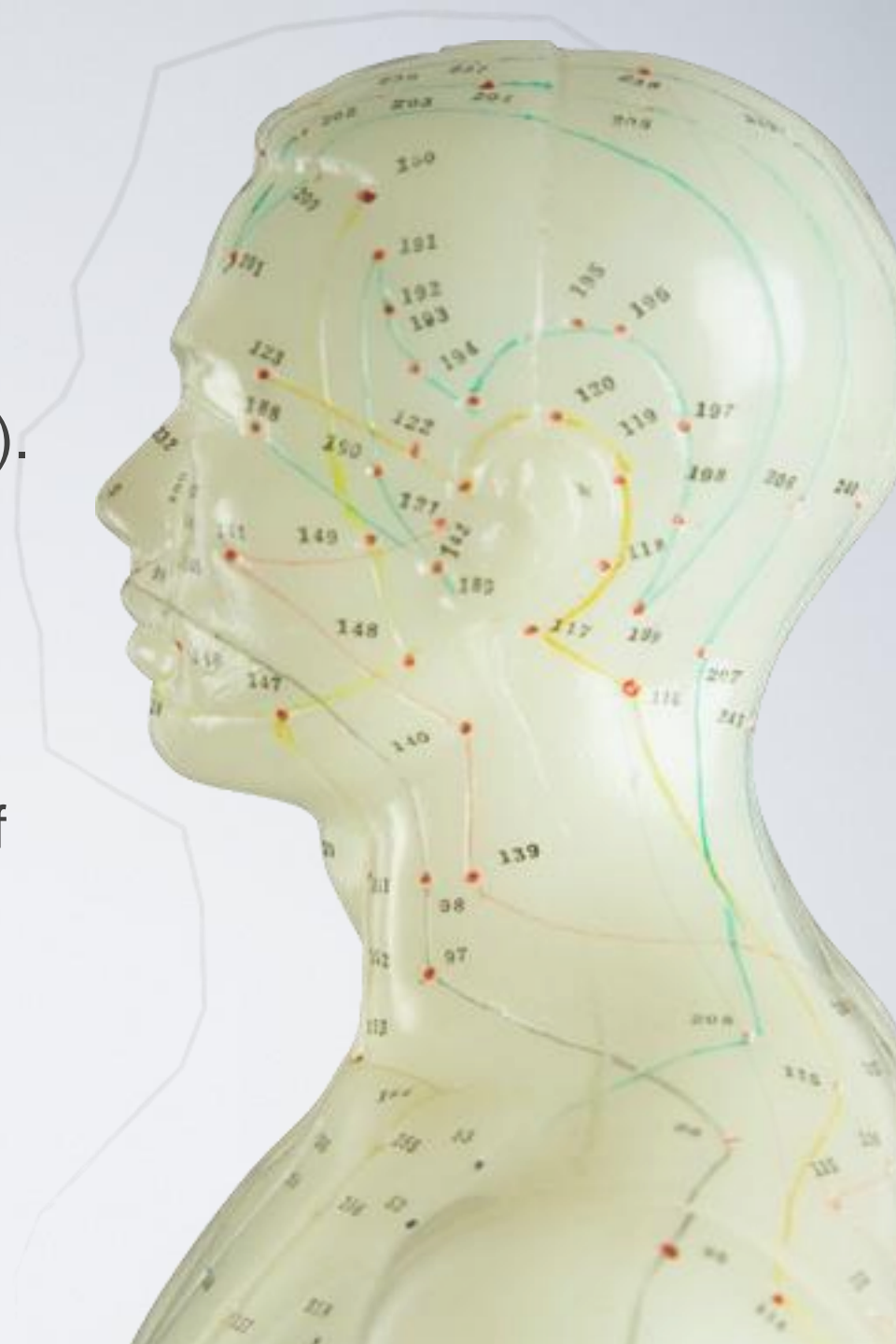
# Welcome to Acupuncture

---



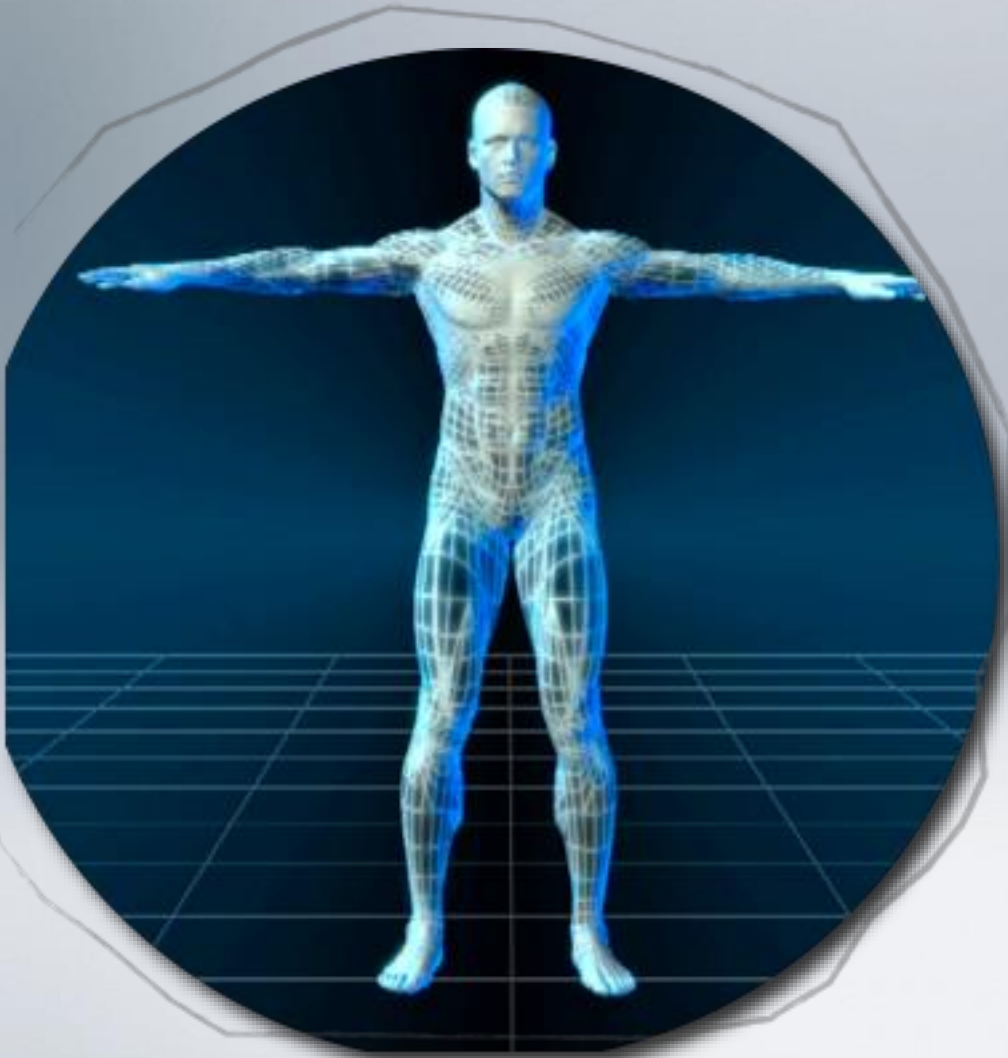
# WHAT IS ACUPUNCTURE?

- ❖ A branch of TCM (Traditional Chinese Medicine).
- ❖ Oldest continually practiced healing system in the world.
- ❖ Fastest-growing component of CAM (Complimentary and Alternative Medicine).



# HOW DOES IT WORK?

---



- ❖ The purpose of Acupuncture is to Balance the body's energy systems through the manipulation of informational energy, called Qi (pronounced "chee").
- ❖ According to acupuncture theory, Qi flows in identifiable patterns throughout the body.
- ❖ The channels in which Qi flows are called "meridians."

# ACUPUNCTURE MERIDIANS

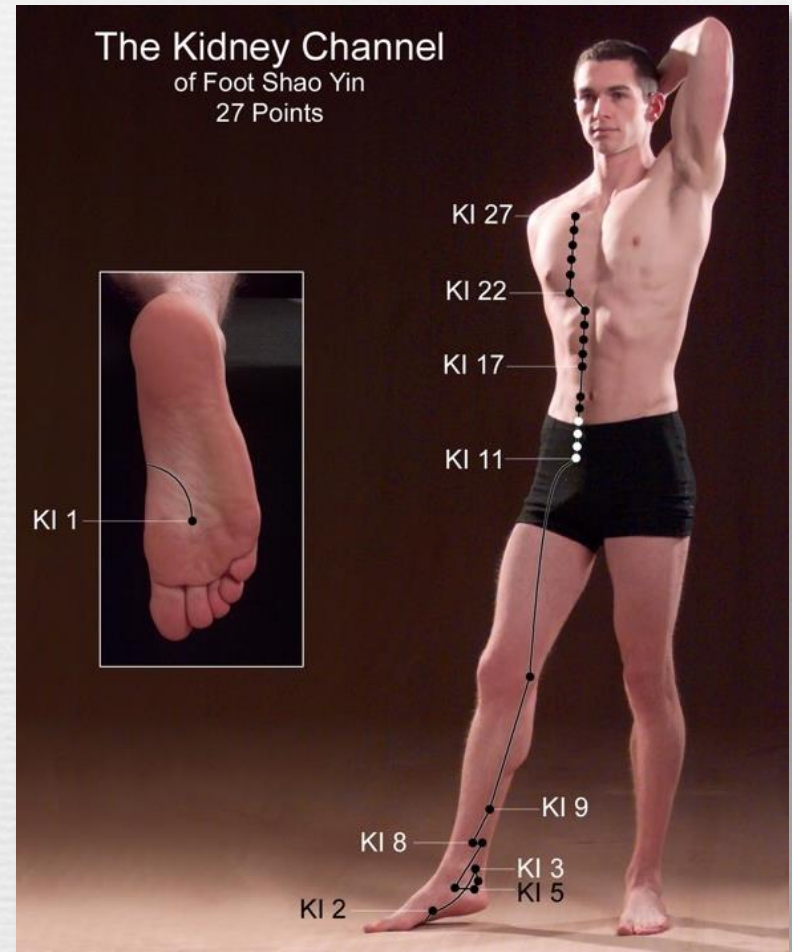
---



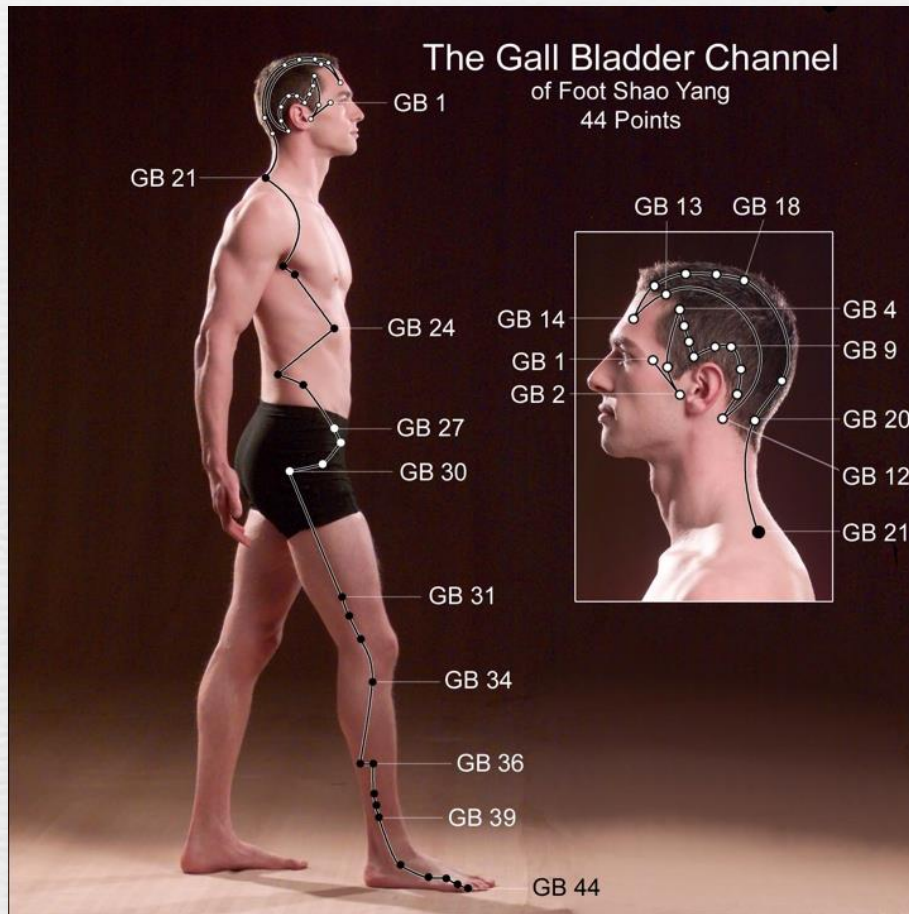
- ❖ “Imaginary lines”—like meridians on a map.
- ❖ Not yet conclusively related to any anatomic structure, though recent research points to fascia (connective tissue).
- ❖ Used therapeutically for at least 2500 years.

# MERIDIANS ARE:

- ❖ Photographically Measurable.
- ❖ Electrically Measurable.
- ❖ Channels of real energy with real effects.
- ❖ Proven effective in numerous studies.



# ACUPUNCTURE POINTS



- ❖ Along the meridians are special numbered locations, called “acupuncture points.”
- ❖ These points, when stimulated, have various specific energetic effects within the meridians.

# THE BIG PICTURE

---

- ❖ According to Chinese medicine, an interruption or disturbance of Qi flow in the meridians is the basis of all disease and dysfunction.
- ❖ Acupuncture seeks to restore Qi balance and proper flow to body, mind and spirit by stimulating correct acupuncture points.



# ACUPUNCTURE TREATMENT

---

Acupuncture treatment may be performed in a variety of ways:

- ❖ Massage or pressure.
- ❖ Small electrical current.
- ❖ Laser light.
- ❖ And yes...needles.



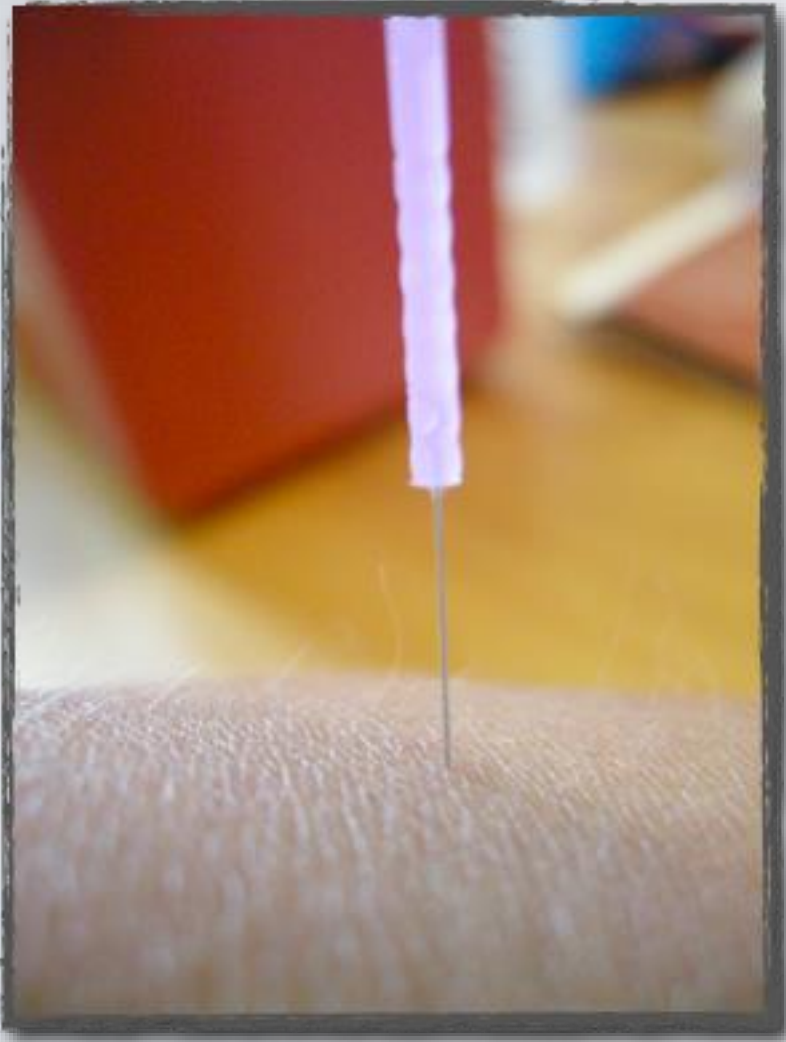


**DID YOU SAY  
NEEDLES?**



# ACUPUNCTURE NEEDLES

---



- ❖ “Almost as thin as a human hair.”
- ❖ Not painful.
- ❖ Treatments are very relaxing.
- ❖ Needles are sterile, disposable, and only used once.

# WHAT IS ACUPUNCTURE USED FOR?

---

- ❖ Preventative care.
- ❖ Beginning of problems  
(often before conventional medicine finds them.)
- ❖ Chronic conditions.
- ❖ When nothing else works.
- ❖ Yes, for pain.
- ❖ But also for all kinds of dysfunctions.

# IS ACUPUNCTURE PROVEN?

---

Modern research suggests **Acupuncture** may **effectively address**:

- ❖ Fibromyalgia
- ❖ Stroke rehabilitation
- ❖ Addiction
- ❖ Headache
- ❖ Menstrual cramps
- ❖ Epicondylitis
- ❖ Pain conditions
- ❖ Nausea and vomiting (including pregnancy)
- ❖ Low-back pain
- ❖ Carpal tunnel syndrome
- ❖ Asthma

# WHY DO MOST PEOPLE SEEK ACUPUNCTURE?

- ❖ Allergies
- ❖ Blood Pressure
- ❖ Sciatica
- ❖ Sinusitis
- ❖ Smoking Cessation
- ❖ Stress Reduction
- ❖ Increase Immune System
- ❖ Anxiety
- ❖ Arthritis
- ❖ Back Pain
- ❖ Common cold
- ❖ Depression
- ❖ Headaches
- ❖ Insomnia
- ❖ Nervousness

# IS ACUPUNCTURE ACCEPTED?

---



- ❖ FDA 1996 - Classified acupuncture needle as Class IIb medical device, thus recognizing Acupuncture as a medical procedure.



- ❖ NIH (National Institutes of Health) 1997 Consensus Conference showed “clear evidence” of acupuncture efficacy in various clinical conditions and deemed appropriate as “part of comprehensive care.”
- ❖ NIH offers federal research grants to fund ongoing acupuncture research.
- ❖ Acupuncture is offered in numerous hospitals and training programs are available for MD’s, DC’s, Dentists and others, as well as traditionally trained acupuncturists.

# More You Should Know:

- ❖ Outstanding safety record.
- ❖ Very low incidence of side effects.
- ❖ 6-12 sessions generally required.
- ❖ Some insurance coverage (check with your provider).

