

What is Acupuncture?

Acupuncture is a vital component of Traditional Chinese Medicine and has been practiced for thousands of years. Acupuncture is most commonly used for treatment of acute and chronic pain, and stress-related conditions. However modern clinical studies show that acupuncture is safe and effective for a wide range of health problems. A well-designed acupuncture treatment plan can help different health issues by addressing the root of the problem. Acupuncture is “intelligent and elegant” in the way it stimulates the body’s natural healing abilities.

How does Acupuncture work?

The Traditional Chinese Medicine approach targets energy channels in the body called meridians. In the state of health, energy, called Qi, is abundant, balanced, and flows smoothly within the meridians. If this energy flow is obstructed, the body can become sluggish, more painful, less efficient at healing, and less resistant to disease. Acupuncture points provide access to these energy pathways. Stimulating these acupuncture points addresses states of energy excess or deficiency, restores smooth energy flow, and guides the body back into balance.

Modern acupuncture approach, supported by scientific studies, suggests that acupuncture stimulates the release of the body’s natural pain reducing substances, including: endorphins, enkephalins, norepinephrine and serotonin, and others. These natural substances reduce pain and anxiety and help stimulate a sense of well-being. Functional MRI studies suggest that acupuncture treatment also influences the brain’s pain centers, including thought and mood areas associated with pain and well-being. Additional studies report further benefits including: strengthening the immune system, reducing muscle tension, improving blood flow and release of anti-inflammatory and tissue repair substances. Acupuncture also promotes inner-communication through fascia, connective tissue, and visceral reflexes. These meridian effects help balance multiple body systems during and after the treatment.

How do I prepare for my visit?

- Wear loose comfortable clothing.
- Have a little food in your stomach. It’s best not to have acupuncture on an empty or full stomach.
- Avoid alcohol, caffeine and a strenuous workout before your treatment.

What can I expect during Acupuncture treatment?

A Traditional Chinese Medicine physical exam includes checking radial and carotid pulses and looking at the tongue. Treatment begins by placing small silver and gold metal pellets attached to a round tape on specific points on the hands, and then larger ones on acupuncture points on the body. Needles are not used on children and anyone with certain medical conditions. Following “sticker” placement for most people, I insert a few hair thin needles in selected acupuncture points. Common starting points are at or below elbows and at or below the knees. During needle placement, most people do not feel the needle, some feel a slight pinprick, some feel a mild ache, warmth or brief tingling. All of these sensations are normal. Some people fall asleep during their acupuncture session. Most feel peaceful and relaxed after their treatment, and some feel more energized. Enjoy your session! Please do not hesitate to ask questions and share your experience!

After Acupuncture instructions

1. Please keep the stickers/metal pellets taped on your skin for 8-12 hours. They can get wet after 2 hours.
2. Please avoid strenuous physical activity, alcohol, and heavy meals for the rest of the day.
3. Sometimes the relief of symptoms is not immediately noticeable, and it may take 24-48 hours to notice improvement.
4. If you have chronic or recurrent conditions, you might need several acupuncture sessions. Treatments are additive, each building upon the previous.
5. Continue taking all prescribed medications and follow the treatment plan as recommended by your physician.
6. ACTIV does not bill insurance for acupuncture.

Thank you for allowing me to care for you!