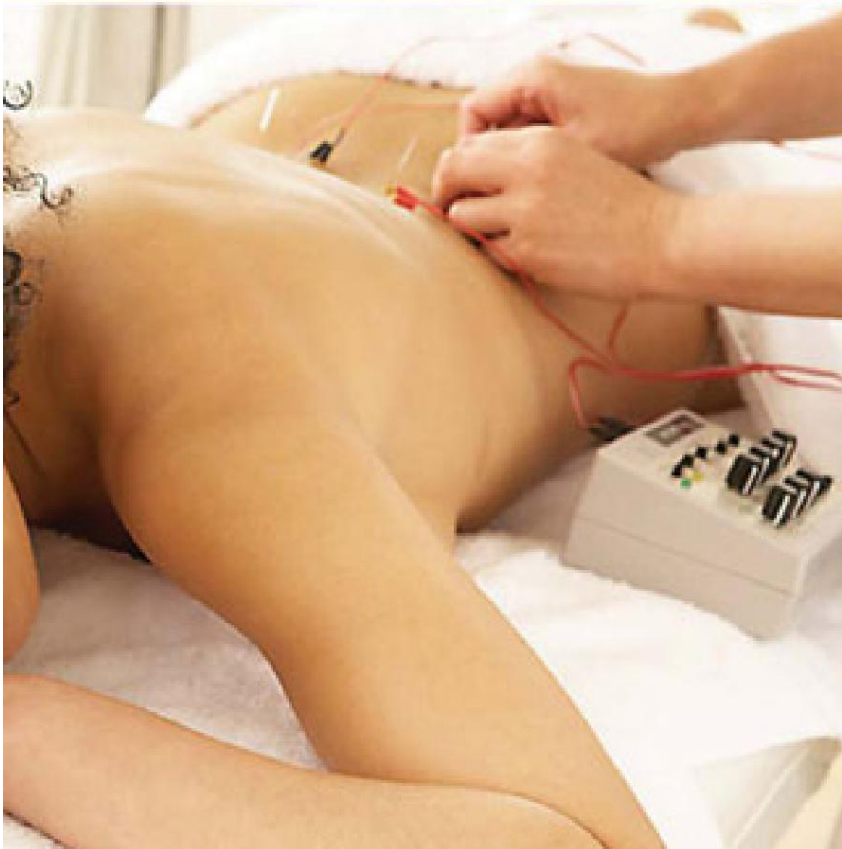




About Acupuncture



Overview

Acupuncture is the technique of inserting thin, steel needles into specific parts of the body to improve health and manage pain. Acupuncture originated in China and has been practiced there and in other Asian countries for over 2,000 years.

Traditional Chinese Theory

Traditional Chinese theory explains that acupuncture is used to balance the energy that flows through specific paths, called meridians, in the body. When needles are inserted into particular points along the meridians, the energy is redirected, and balance is restored.

Western Theory

In Western theory, the acupuncture points on the body represent locations where muscles and nerves can be stimulated for beneficial pain relief. By inserting needles at these points, the body's natural painkilling chemicals are stimulated and blood flow to the area is increased.

Acupuncture Needles

The needles used by most modern acupuncturists are small, disposable and made of stainless steel. They are solid - not hollow - and are much smaller in diameter than hypodermic needles.

Electrical Nerve Stimulator

In conjunction with needles, some acupuncturists use a device called an electrical nerve stimulator. The nerve stimulator is attached to the needles after they have been inserted in the skin. The stimulator transmits small, controlled electric pulses that travel through the needles and into the surrounding tissue. The acupuncturist can adjust the frequency of the pulses to tailor treatment for the patient's condition.

Safe, Noninvasive Care

Acupuncture is a safe form of treatment that can be beneficial for patients who have acute or chronic pain and associated conditions. Acupuncture has also proven beneficial for patients suffering from nausea after surgery and chemotherapy. Most patients achieve the best results through multiple treatments.