

# Acupuncture

## Acupuncture



Acupuncture is a therapy used in traditional Chinese medicine. It was first developed in China around 2500 BC. The process involves the insertion of a sterile metal needle into specific points on the body.

The goal of acupuncture is to balance the energy system of the human body, which the Chinese call Qi. When Qi becomes imbalanced, it obstructs the overall flow of the life force thereby causing disease in the body.

A typical acupuncture appointment begins with a de-

tailed medical history, including emotional, physical and mental health.

Practitioners may also do many things such as take a patient's pulse, examine the tongue, or look at the finger nails in order to determine the diagnosis and the course of treatment.

## The Philosophy of Qi



Qi is the vital force that flows through all living beings. In humans, Qi flows through 12 meridians, or pathways, throughout the body.

Each meridian is associated with major organs and func-

tional body systems. Qi is composed of two elements called yin and yang. Yang is masculine energy thought to be active and full of light. Yin is feminine energy thought to be passive and dark.

A healthy individual has a balance between yin and yang, thus allowing the Qi to flow freely. An unhealthy indi-

vidual can have blocks, stagnations, or excesses in their Qi flow causing disease in the body.

Once a practitioner has made a diagnosis and determined a course of treatment, they will insert sterilized needles at specific points in the body. This helps rebalance the Qi.

## The Procedure



Acupuncture is considered a painless procedure. A patient may feel slight discomfort, tingling, heaviness or a sensation of heat. This occurs because of the stimulation of Qi within the body.

The sensation usually lasts only during the procedure, and wears off quickly once the needles have been removed. Physical sensations are a good indication that the procedure is working.

An acupuncture treatment usually lasts between 30 to 45 minutes. Some imbalanc-

es may only take one appointment, although chronic illnesses may take much longer to correct.

Practitioners of Traditional Chinese Medicine may also recommend Chinese herbs during the course of treatment.

