

Acupuncture



What is Acupuncture?

Acupuncture is one of the oldest forms of medicine, it has been practiced in China for over 2000 years. The term acupuncture describes the procedure of inserting fine needles into the body at specific points shown to be effective in the treatment of specific health problems.

How Does Acupuncture Work?

Modern Western Medicine has not been fully able to explain how acupuncture works. It is proposed that acupuncture produces its effects through regulating the nervous system, thus aiding the activity of pain – killing bio-chemicals such as endorphins and immune system cells at specific sites in the body.

Traditional Chinese Medicine is based on a concept of vital energy (qi) and blood (xue) flowing through distinct meridians or pathways that cover the body. According to ancient theory acupuncture allows Qi to flow to areas where it is Deficient and away from where it is Excess. In this way acupuncture regulates and restores the harmonious energetic balance of the body.

Are there Different Styles of Acupuncture?

Acupuncture originated in China but has spread to many countries including North America. In different countries, different styles have developed based on differing options as to theory and technique. Patients are encouraged to talk to their practitioners about the treatment proposed.

What Does Acupuncture feel like?

Acupuncture needles are metallic, solid and hair thin. Everyone experiences acupuncture differently. They may feel some cramping, heaviness, distention, tingling or electrical sensation either around the needle or traveling up and down the affected meridian. Most feel no pain or minimal pain as needles are inserted.

Is Acupuncture Safe?

Regulations require the use of sterile, non-toxic, disposable needles that are used one time only.

How Many Treatments are Needed?

This will depend on the duration, severity and nature of the complaint.

What Conditions does Acupuncture Treat?

Acupuncture can effectively treat muscle and tendon problems (i.e.- tennis elbow), headaches, problems resulting from accidents and injuries, pain resulting from arthritis , stress and anxiety, digestive disorders, menstrual and menopausal problems, smoking cessation and infertility.

What Should I Expect during My First Visit?

During your first visit, the practitioner may ask you at length about your health condition, lifestyle, and behavior. This is to obtain a complete picture of your treatment needs and behaviors that may contribute to your condition. It is necessary to inform your practitioner of all treatments or medications you are taking and all medical conditions you have.

For more information or to set an appointment please call the office at 303-652-6475

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What kind of conditions can Acupuncture Treat?

The World Health Organization even has a list of conditions it feels acupuncture can treat:

Upper Respiratory Tract:

- Acute Sinusitis
- Acute Rhinitis
- Common Cold
- Acute tonsillitis

Respiratory System:

- Acute bronchitis
- Bronchial Asthma

Disorders of the Eye:

- Acute conjunctivitis
- Central retinitis
- Myopia (in children)
- Cataract (without complications)

Disorders of the mouth:

- Toothache, post extraction pain
- Gingivitis
- Acute and Chronic pharyngitis

Gastro-intestinal Disorders:

- Spasm of the esophagus and cardiac
- Hiccough
- Gastro ptosis
- Acute and chronic gastritis
- Gastric Hyperacidity

- Chronic duodenal ulcer
- Acute and chronic colitis
- Acute bacillary dysentery
- Constipation
- Diarrhea
- Paralytic ileus

Neurological and Musculo-skeletal Disorders:

- Headache and migraine
- Trigeminal neuralgia
- Facial palsy
- Paresis following a stroke
- Peripheral Neuropathies
- Sequel poliomyelitis
- Meniere's disease
- Neurogenic bladder dysfunction
- Nocturnal enuresis
- Intercostal neuralgia
- Cervicobrachial syndrome
- "frozen shoulder"
- "tennis elbow"
- Sciatica
- Low back pain
- Osteoarthritis