

What is traditional Chinese medicine?

Traditional Chinese medicine is an art and a science developed over thousands of years in China. Although well accepted in the mainstream of medical care throughout East Asia, it is considered an alternative medical system in much of the western world. Chinese medicine includes a broad range of traditional medical practices, including acupuncture, herbal medicine, dietary therapy, *tui na* massage, acupressure, and moxibustion. *Qigong* and *Taijiquan* or *Tai Chi* (forms of meditative exercises practiced to improve health) are also closely associated with Chinese medicine. (this info provided by wikipedia).

Traditional Chinese medicine has been developed and refined for thousands of years in China. It is both an art and a science. Well accepted in the mainstream medical world in East Asia, Chinese medicine is regarded as a form of alternative medicine in the West. Chinese medicine can include many different techniques for health and well being. Acupuncture and herbal medicine are widely used. Other practices, such as tui na massage, Qigong and Tai Chi, are also used to create improved health. The approach can be as individual as the practitioner and the patient.

What is acupuncture?

Acupuncture is a primary treatment modality used in Chinese medicine. It involves the insertion of very thin, delicate needles at specific anatomic points on the surface of the body. Placement of the needles activates energetic, chemical, or electrical signals in the body to promote healing. Acupuncture treats a broad range of physical disorders and emotional complaints, alleviates symptoms, and promotes wellness and health. Acupuncture is very safe, effective, and relaxing.

One of the main treatment methods used in Chinese medicine, acupuncture uses thin needles inserted in specific points on the body's surface to promote healing. These needles activate the energetic, chemical and electric signals of the body to produce their effect. Acupuncture treats many different health complaints and disorders. It can be used to address both emotional issues and physical symptoms. It is safe, effective and relaxing.

What conditions can be treated with acupuncture and Chinese medicine?

Some common conditions that respond well to acupuncture and Chinese medicine include **pain** (headaches, abdominal pain, back pain, joint pain, menstrual cramps, muscle pain, fibromyalgia, etc.), **emotional complaints** (feelings of depression, anxiety, stress), **insomnia, fatigue, addiction** (acupuncture can help reduce cravings for cigarettes, alcohol, drugs, sugar, coffee, etc. and can reduce tendencies toward nervous-eating), **reproductive and genitourinary complaints** (menopausal symptoms, pregnancy related complaints, irregular menstruation, PMS, frequent urination), **common cold and respiratory conditions** (cough, congestion, fever, sinus

pain, wheezing), **high blood pressure, digestive complaints** (bloating, abdominal pain, nausea, acid reflux, irregular bowel movements), **and many other conditions.**

Many different health conditions can be treated using acupuncture and Chinese medicine. Some examples are:

Pain

Emotional complaints

Insomnia/fatigue

Addiction

Reproductive complaints

Genitourinary complaints

The common cold

Respiratory conditions

High blood pressure

Digestive problems

Is acupuncture safe?

Acupuncture is a safe medical practice with very few risks. Sterile disposable needles are always used in our practice and are discarded after each use.

Acupuncture is very safe and has few risks. Acupuncture needles are sterile. They are only used once and then discarded after use.

Does acupuncture hurt?

Acupuncture needles are very slender and delicate, and insertion of the needles is often completely painless. Every effort is made to ensure for maximum comfort, including frequently checking in with the person receiving acupuncture to make sure they are comfortable with the placement of needles. It is normal for new patients to feel a bit apprehensive, and we are happy to answer questions. Most people find acupuncture treatments to be relaxing and pleasant, and many fall asleep during treatment.

Acupuncture needles are very delicate. Insertion of the needles is often painless. During a session, we check with the patient often to make sure that they are comfortable while the needles are being inserted. New patients are often nervous and we are happy to answer questions at any time during an appointment. Many people find treatments relaxing and pleasant, often falling asleep during treatment.