

# Acupuncture



*"Natural forces within us are the true  
healers of disease."*

*- Hippocrates*

## WHAT IS ACUPUNCTURE?

Acupuncture is NOT a belief system, religion, superstition, or magic. It will work even if you don't "believe" in it. While many westerners think that it is foreign and mysterious, acupuncture is an extremely safe and minimally invasive treatment that stimulates the nervous system and connective tissue to enhance, strengthen, and direct these "natural forces" in our body.

ACUPUNCTURE is the insertion of sterilized needle into the skin along what is known as energy channels or meridian lines. Energy or Chi (Qi) runs our body and are interconnected like power lines that run through out. Acupuncture points are windows by which we can access these channels and correct underlying disharmonies or imbalances which causes symptoms to appear. The use of needles which are put in these acupuncture points are said to enhance, correct and modulate this Chi /Qi to improve one's health and well being. When the Chi/Qi flows harmoniously then the body is in a state of well being.

There is growing popularity and acceptance worldwide of acupuncture not just with the public but within the medical professionals as

well. The World Health Organization (WHO) and the National Institute of Health (NIH) in the US have acknowledged that Acupuncture is beneficial to certain medical conditions and symptoms. How acupuncture works is still not reconcilable with western understanding but they have conceded that it works.

## HOW AND WHY DOES ACUPUNCTURE WORK?

- Acupuncture enhances/ stimulates the release of the body's natural painkillers such as endorphins.
- Helps to block pain signals travelling through the spinal cord.
- Enhances the balance flow of energy and the body's natural chemistry (neurotransmitters, endorphins etc) which makes you feel better, calmer, and more energise.

## DOES ACUPUNCTURE HURT?

No, acupuncture does not hurt. Most first time patients are astonished and happy to find that acupuncture is a relaxing and satisfying experience.

## WHAT DOES ACUPUNCTURE FEEL LIKE?

Many patients do not experience any sensation when the needle penetrates the skin. Some people feel a prick similar to a mosquito bite or a mild stinging sensation. When the needle reaches the correct depth, you will feel a dull ache, a tingling sensation, or a sense of distension under the skin. This sensation fades quickly, and most clients experience a sense of deep relaxation and calmness for the remainder of the treatment. In many cases clients actually fall asleep during the treatment.

### **IS ACUPUNCTURE SAFE?**

Yes, acupuncture is safe. Recent studies of US National Institute of Health showed that “adverse side effects of acupuncture are extremely low and often lower than conventional treatments”. In cases of managing similar conditions there are substantial fewer side effects than that of many drugs or other accepted medical procedures.

### **ARE THE NEEDLES CLEAN?**

Yes, we use single-use; factory-sterilized, disposable needles which are individually packed and are discarded immediately after use, so there is no risk of disease transmission.

Common minor adverse events associated with acupuncture

- a. Minor bleeding after removal of the needles, seen in roughly 3% of patients. Holding a cotton ball for about one minute over the site of puncture is usually sufficient to stop the bleeding.
- b. Bruising, seen in about 2% of patients. Bruising usually go away after a few days. This side effect is more common among patients taking blood thinning medications.
- c. Dizziness, seen in about 1% of patients. Some patients have a conscious or unconscious fear of needles, which can produce dizziness and other symptoms of anxiety. Patients are usually treated lying down in order to reduce likelihood of fainting. Being careful to eat a light meal or snack prior to treatment significantly reduces the likelihood of this type of problem.

### **HOW MANY SESSIONS DO I NEED?**

It depends on the condition that you present with and want the treatment for. Suggested is a twice a week session for 2-3 weeks then once weekly for a month.

In cases of chronic diseases, it is common to initially require treatments a few days a week until your bodies energy is properly balanced and restored. This is then followed by less frequent visits during maintenance care.

As balance returns to your body, your visit frequency is diminished.

This marks the switch to a schedule of wellness or maintenance care to ensure a lifelong abundance of health and well-being. The maintenance or wellness phase of care is without a doubt the most important.

### **WHAT CONDITIONS CAN BENEFIT FROM ACUPUNCTURE?**

Recent Studies revealed that Acupuncture has been found to be effective:

- in pain management,
- enhance sense of well-being
- Adjunct to mood disorders.
- Pain relief from conditions such as postoperative dental pain, menstrual cramps, tennis elbow, and fibromyalgia.
- Treatment of postoperative and chemotherapy-induced nausea and vomiting.

In an official report, *Acupuncture: Review and Analysis of Reports on Controlled Clinical Trials*, the WHO (WHO) has listed the following symptoms, diseases and conditions that have been shown through controlled trials to be treated effectively by acupuncture:

- Low back pain
- Neck pain
- Sciatica
- Tennis Elbow
- Knee pain
- Periarthritis of the shoulder
- Sprains
- Facial pain (including Craniomandibular disorders)
- Headache
- Dental pain
- Temporomandibular (TMJ) dysfunction
- Rheumatoid Arthritis
- Induction of Labor
- Correction of malposition of fetus (breech presentation)
- Morning Sickness
- Nausea and vomiting
- Postoperative pain
- Stroke
- Essential Hypertension
- Primary Hypotension
- Renal colic
- Leucopenia
- adverse reactions to radiation or chemotherapy

- allergic rhinitis, including hay fever
- biliary colic
- depression (including depressive neurosis and depression following stroke)
- Acute bacillary dysentery
- Primary Dysmenorrhea
- Peptic ulcer
- Acute and chronic gastritis

#### OUR ACUPUNCTURIST:

Libby has practiced acupuncture for more than 12 years overseas. During her practice, she has attended to more than 15000 acupuncture sessions. She is a licensed doctor (>20 years) from the Philippines, certified medical acupuncturist and has trained in Switzerland in Anthroposophic medicine.



Electro acupuncture



Ear acupuncture



Ventosa/Cupping



TDP /Infrared Lamp