



LifeArts—Howard Chiropractic

Acupuncture

What is acupuncture?

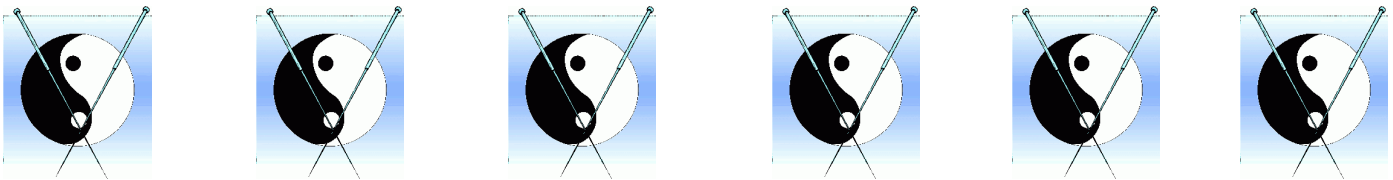
Acupuncture is defined as a technique in which needles are placed into specific points on the body. The focus of acupuncture is to restore health and well-being.

Acupuncture is one of the oldest and most commonly used medical procedures world-wide. A clearly recorded history of acupuncture in China exists from approximately 2000 years ago, however, authorities believe that it has been practiced as far back as 4000 years ago. Many feel that acupuncture had roots during the stone age when sharp knives and tools were used to puncture abscesses.

Traditional Chinese Medicine (TCM) views the body as a delicate balance of two opposing and inseparable forces of yin and yang. Health is achieved by maintaining balance between these forces. Disease occurs due to an internal imbalance of yin and yang that leads to a blockage in the flow of qi along the meridians in the body.

There are 12 different main meridians and 8 extra meridians in the human body. These meridians have been mapped and the flow of qi has been determined along the meridians. There are over 300 separate acupuncture points that exist along these meridians. The points that are chosen per treatment depend on the complaint and condition being treated.

In addition to the meridians of the body, acupuncture points also exist on the ear. Some of these points are used in conjunction with body points to achieve the desired outcome.



How are acupuncture treatments performed?

Depending on the points used per treatment, you will either be sitting in a chair or laying on a table during the treatments. It is advised that you wear loose, comfortable clothing as you will have to allow Dr. Howard access to different points along your body and then remain relaxed for 20-30 minutes while the needles remain in your body.

If you do not wish to have needles used, Dr. Howard can use an electric point locator and stimulator on the acupuncture points. The electric device works similarly to needles and can be a viable alternative to those who have an aversion to needles.

What does an acupuncture treatment feel like?

Many people who have experienced acupuncture will state that they did not feel the needles at all. At times, you might feel a slight poke during insertion of the needle, however that does not occur too often. Once the needle is in place, you may experience some tingling sensations as the acupuncture point is stimulated, but again, this is not overly common.

Acupuncture treatments should allow you to rest calmly and comfortably during the therapy. It is our intention that you have a relaxing and peaceful experience during your treatments.

Does acupuncture replace my other methods of health care?

No. Acupuncture can be used in conjunction with any and all forms of therapy and treatment. Do not discontinue any treatments, therapies, or medications that you are taking even if you are feeling better until after you have spoken to your various doctors about your conditions.

What conditions can acupuncture treat?

The National Institutes of Health (NIH) have identified a number of specific conditions that have proven to respond well to acupuncture therapy. Some of these conditions include: nausea, vomiting, addiction, stroke rehabilitation, headaches, menstrual cramps, tennis elbow, fibromyalgia, myofascial pain, osteoarthritis, low back pain, carpal tunnel syndrome, asthma, and osteoarthritis of the knee.

Other practitioners of acupuncture contend that they have found success with many more conditions not listed by the NIH. Some of these conditions include hypertension (high blood pressure), ear infections, ringing in the ears, bedwetting, chronic fatigue syndrome, abdominal pain, constipation, diarrhea, other stomach and gastric illnesses, numerous gynecological and fertility conditions, impotence, Bell's palsy, headache, TMJ, arthritis, dizziness, MS, stroke, shingles, anxiety, depression, insomnia, other psychiatric disorders, asthma, cold, cough, sinusitis, urinary problems, smoking cessation, and weight control. This is not a comprehensive list as acupuncture can provide relief to many other conditions as well.

Many textbooks list over 200 diseases that acupuncture can treat. This is possible because acupuncture is not like a pill that is taken for a certain condition, it is a complete healing art that seeks to correct health problems within the systems of the body.

Are spinal adjustments necessary with acupuncture?

Definitely. Chiropractic spinal adjustments help aid the flow of energy in the body by removing any interference in the nervous system that is caused by misaligned vertebrae. Utilizing acupuncture to restore the balance of qi in the body while leaving spinal misalignments invites failure to the treatment plan and reduces the capacity for achieving wellness and health in the body. Other significant practices to achieve health include proper nutrition, adequate rest, moderate exercise, and a positive mental attitude.



Treatment Information:

Treatments are by appointment only and may not be covered by health insurance.

Fee per treatment:
\$36.00—\$45.00
