

Questions & Answers about Acupuncture

Q. What is Acupuncture?

A. Acupuncture is the insertion of fine needles into the body at specific points which is used as treatment for a variety of health issues. Chinese practitioners have mapped these points over a period of two thousand years. Recently, electromagnetic research has confirmed their locations.

Q. Which health issues can be treated by Acupuncture?

A. Acupuncture has been used for centuries in China to many health issues, including knee pain, sprains and strains and most gynecological complaints. The World Health Organization (WHO) has stated that acupuncture is suitable for treating the following health issues:

Ear, Nose and Throat Disorders	Toothaches, pain after tooth extraction, earaches, sinus and nasal inflammations.
Respiratory Disorders	Uncomplicated bronchial asthma in children or adults
Gastrointestinal Disorders	Digestive tract problems, hiccups, stomach and colon inflammations, chronic duodenal ulcers, constipation, diarrhea, dysentery caused by certain bacteria
Eye Disorders	Conjunctivitis, central retina inflammation, nearsightedness (in children) and uncomplicated cataracts.
Nervous System and Muscular Disorders	Headaches, migraines, certain facial paralysis or nerve pain, partial weakness after stroke, nerve inflammation, bed wetting, frozen shoulder, tennis elbow, sciatica, low back pain and osteoarthritis

Q. Does Acupuncture hurt?

A. If your practitioner has obtained the correct stimulus of the needle, you should feel some cramping, heaviness, distention, tingling or electric sensation either around the needle or traveling up or down the affected meridian or energy pathway. In Chinese, acupuncture is considered **bu tong**, which means “painless”. If you do experience any discomfort, it is usually very mild.

Q. How does acupuncture work?

A. Modern Western medicine cannot explain how acupuncture works. Traditional acupuncture is based on ancient Chinese theories of the flow of **qi** (energy) and **xue** (blood) through the distinct meridians or pathways that cover the body somewhat like the nerves and blood vessels do. According to ancient theory, acupuncture allows **qi** to flow to the areas where it is deficient and away from where it is in excess. In this way, acupuncture regulates and restores the harmonious energetic balance of the body.

– Courtesy of the American Society of Acupuncturists

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