



Acupuncture



Acupuncture is a method of encouraging the body to promote natural healing and improve function. This is done by inserting sterilized, stainless-steel needles (that are as fine as a human hair) into specific points located near or on the surface of the skin which have the ability to alter various biochemical and physiological conditions in order to treat a wide variety of illnesses.

Traditional Chinese Medicine views a person as an energy system in which body and mind are unified, each influencing and balancing the other. Unlike Western medicine which attempts to isolate and separate a disease from a person, Chinese Medicine emphasizes a holistic approach that treats the whole person.

Your practitioner will make a Chinese medical diagnosis based upon a thorough examination and consultation. The examination includes the assessment of the pulse and tongue. Once a diagnosis is made, your acupuncturist will choose the most appropriate acupuncture points for treatment.

Qi - The basic foundation for Oriental medicine is that there is a life energy flowing through the body which is called "Qi" (pronounced chee). This energy flows through the body on channels known as meridians that connect all of our major organs. According to Chinese medical theory, illness arises when the cyclical flow of Qi in the meridians becomes unbalanced or is blocked.

Acupuncture points are areas of designated electrical sensitivity that have been shown to be effective in the treatment of specific health problems. They have been mapped out by the Chinese over a period of over 2000 - 5000years.

As a natural form of healing, acupuncture has the following benefits:

1. provides drug-free pain relief
2. effectively treats a wide range of acute and chronic ailments
3. treats the underlying cause of disease and illness as well as the symptoms
4. provides an holistic approach to the treatment of disease and illness, treating the body, mind and spirit
5. assists in the prevention of disease and the maintenance of general well-being

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Acupuncture is an excellent treatment for:

Abdominal Pain	Flu	Parkinson's Disease (PD)
Acid Reflux Disease (GERD)	Headaches	Plantar Fasciitis
Acne	Hangover	Pneumonia
Addictions (Drugs)	Heartburn	Post Traumatic Stress Disorder (PTSD)
Adhesive Capsulitis (Frozen Shoulder)	Irritable Bowel Syndrome (IBS)	Postpartum Depression
Amenorrhea (Absence of Menstruation) /	Itching	Pregnancy
Dysmenorrhea (Menstrual Pain)	Insomnia	Restless Legs Syndrome (RLS)
Anxiety	Labour Promotion	Rheumatoid Arthritis (RA)
Back Pain	Lazy Eye	Rosacea
Bells Palsy	Leg Cramps	Sinus Infection
Carpal Tunnel Syndrom	Memory Problems (promote concentration)	Sinusitis
Celiac Disease	Migraines	Smoking Cessation
Common COld	Muscular Dystrophy	Snoring
Constipation	Nasal Polyps	Sore Throat
Diarrhea	Neck Pain	Temporomandibular Joint Disorder (TMJ)
Digestive Issues	Obesity (Weight Loss)	Tendinitis
Depression	Osteoarthritis (OA)	Tennis Elbow
Fatigue	Palpitations	Thyroid Problems
Fear	Pancreatic Cancer	Tinnitus
Fibromyalgia	Panic Attack	

Please note that this list of conditions treated is not a comprehensive list. Acupuncture, Chinese Medicine, and a variety of Complementary modalities are used to aid conditions ranging from Shoulder Pain to Cancer and our information here is limited only by the time it takes us to make it available.



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