

What is Acupuncture?

Acupuncture is an ancient system of healing that originated in china about 5,000 years ago. It is used by nearly one-third of the world as a primary health care system. The National Acupuncture Foundation states that acupuncture “is one of the most rapidly growing healthcare professions in the United States.” Acupuncture treats a person on the body, mind and spirit level to remedy the root cause of illness and disease, not only the symptoms.

How Does it Work?

Acupuncture helps to balance the movement of Qi (pronounced “chee”). Qi is the life-giving energy that circulates along channels to all organs of the body and allows them to function. Qi is the spark of life within us. When this movement is blocked or depleted, illness or “dis-ease” can result. Acupuncture helps to balance and support this circulation of Qi and return a sense of well-being and health. One of the most impressive advantages of acupuncture is that it is almost entirely free of side effects.

What Kinds of Things Does Acupuncture Help?

Acupuncture is effective for a wide variety of problems. It has been endorsed by the World Health Organization (WHO) and the National Institute of Health (NIH) for numerous conditions that include:

- Addictions
- Arthritis
- Asthma
- Back Pain
- Chemotherapy nausea
- Depression
- Digestive Problems
- Exhaustion
- Fibromyalgia
- * Headaches
- * Infections, cold, flu
- * Insomnia
- * Menstrual disorders
- * Post-op, dental pain
- * Sinusitis
- * Urinary problems
- * and more...

What About the Needles?

- Acupuncture needles are very slender, barely beyond the thickness of several human hairs
- Only the finest quality solid stainless steel, pre-sterilized, single use disposable needles are used
- Most treatments involve only 2 to 6 needles

What Happens During an Acupuncture Treatment

- Your first visit will last about 2 hours.
- During the first part of this session information about your medical and family history, life situation, and current symptoms will be gathered.
- This is a time for your concerns to be heard and understood. From this discussion your acupuncturist determines the underlying energetic imbalances influencing your well-being.

- During the second hour of your first meeting you will receive your first treatment
- Subsequent sessions will last approximately one hour.
- Initially you will be seen weekly. After about 6 weeks, as your energy begins to hold balance for longer periods, the time between treatments is spaced out to every other week, then every three weeks, then monthly. Ultimately to maintain well-being, check-ups at the change of seasons provides an opportunity to correct minor imbalances.

Testimonials

“I can’t begin to tell you what a difference your acupuncture treatments have made in my well-being. A session with you is truly a treatment for mind, body and soul. I leave feeling stronger, not only physically but also emotionally.” – Susan D., University Professor

“Acupuncture has helped me with several aspects of my life, quite beyond the blood pressure issues. I can honestly say it has given me a sense of peace I haven’t experienced in many years.” -- Ray A., Ph.D.

“My original complaint was a stiff neck which inhibited my ability to drive. This condition was relieved very quickly as were subsequent complaints...I appreciated the fact that Pat was willing to take the time to truly listen to me.” Dorothy M., Teacher