



Are There Side Effects?

Usually not. As energy is redirected in the body, internal chemicals and hormones are stimulated and healing begins to take place. Occasionally the original symptoms worsen for a few days, or general changes in appetite, sleep, emotional state, bowel or urination pattern may be triggered. These should not be a cause for concern as they are indications that the acupuncture is starting to work. Any such disturbance will resolve in 48 hours.

Do The Needles Hurt?

People experience acupuncture needling differently. Most patients feel only minimal pain as the needles are inserted, some feel no pain at all. Once the needles are in place there is no pain. Acupuncture needles are thin and solid and are made from stainless steel. The point is smooth (not hollow with a cutting edge like hypodermic needle) and insertion through the skin is not as painful as injections or blood sampling. The risk of bruising and skin irritation is less with a solid needle. Because your doctor uses disposable needles, there is no risk of infection from the treatments.

Does Acupuncture Really Work?

Yes. in the past 2,000 years, more people have been treated successfully with acupuncture than with all other health modalities combined. Today, acupuncture is practiced in Asia, the former Soviet Union and in Europe. It is now being used more and more in America by patients and physicians. Acupuncture treatments can be given at the same time as other techniques such as conventional Western medicine, osteopathic or chiropractic adjustments and homeopathic or naturopathic prescriptions. It is important that your physician-acupuncturist know everything that you are doing so he or she can help you get the most benefit from all your treatments.



4801 Wisconsin Ave NW
Washington DC 20016

Phone: 202-460-7779
Fax: 202-244-1340
Website: www.RestorativeHealth.org

Acupuncture



Doctor, What's This Acupuncture All About?

A brief explanation for patients from The American Academy of Medical Acupuncture

Acupuncture is a method of encouraging the body to promote natural healing and to improve it's function. This is done by inserting needles and applying heat or electrical stimulation at very precise acupuncture points.

How Does Acupuncture Work?

The classical Chinese explanation is that channels of energy run in regular patterns through the body and over it's surface. These energy channels, called meridians, are like rivers flowing through the body to irrigate and nourish the tissues. An obstruction in the movement of these energy rivers is like a dam that backs up the flow in one part of the body and restricts it in others. The meridians can be influenced by needling the acupuncture points; the acupuncture needles unblock the obstructions at the dams, and reestablish the regular flow through the meridians.

Acupuncture treatments can therefore help the body's internal organs to correct imbalances in their digestion, absorption and energy production activities and in the circulation of their energy through the meridians.

The modern scientific explanation is that needling the acupuncture points stimulates the nervous system to release chemicals in the muscles, spinal cord and brain. These chemicals will either change the experience of pain or they will trigger the release of other chemicals and hormones which influence the body's own internal regulating system.

The improved energy and biochemical balance produced by acupuncture results in stimulating the body's natural healing abilities and in promoting physical and emotional well-being.

What Is Medical Acupuncture?

Is it different from Ordinary Acupuncture? Acupuncture is a very old medical art and there are many approaches to learning and practicing it. Medical Acupuncture is the term used to describe acupuncture performed by a Western medical doctor who has also had thorough training in acupuncture as a specialty practice. Such a doctor can use one or the other approach or a combination of both to treat an illness.

What Can It Treat?

Medical Acupuncture is a system which can influence three areas of health care:

- Promotion of health and well-being
- Prevention of illness
- Treatment of medical conditions

While acupuncture is often associated with pain control, in the hands of a well trained practitioner it has much broader applications. Acupuncture can be effective as the only treatment used, or as a support or adjunct to other medical treatment forms in medical and surgical disorders.

The World Health Organization recognizes the

use of acupuncture in the treatment of a wide range of medical problems including:

- Digestive disorders: Spastic colon, constipation, diarrhea and gastritis
- Respiratory disorders: sinusitis, sore throat, bronchitis, asthma and recurrent chest infections
- Neurological and muscular disorders: headaches, facial tics, neck pain, rib neuritis, frozen shoulder, tennis elbow, tendonitis, low back pain, sciatica and osteoarthritis.
- Urinary, Menstrual and reproductive problems

Acupuncture is particularly useful in resolving physical problems related to tension, stress and emotional conditions.

How Many Treatments Will I Need?

The number of treatments needed differs from person to person. For complex or long standing conditions, 1-2 treatments per week for several months may suffice. For acute problems, fewer visits are typically required. For health maintenance, four sessions a year may be all that is necessary.