

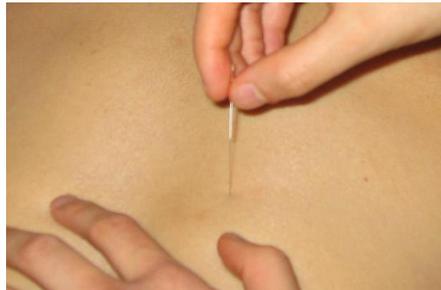
Acupuncture is safe and effective at treating a wide range of health problems

What is Acupuncture?

The practice of acupuncture is based on the principles of Traditional Chinese Medicine (TCM). It has a history of more than 3000 years of successfully diagnosing, treating, and preventing illness. Acupuncture involves inserting very fine, pre-sterile, disposable (one time use) stainless steel needles into specific points to stimulate the body's natural ability to heal. If appropriate, acupuncture may be combined with other methods of TCM, such as moxibustion (heat therapy), acupressure, and cupping.

How does acupuncture work?

We all have acupuncture channels, called meridians, which flow throughout our body distributing the Qi (pronounced as "chee", vital energy, or life force). Health problems arise when there is an obstruction in the flow of this Qi or the supply of the Qi is inadequate. . Acupuncture works by removing these obstructions of the Qi, or by normalizing the Qi, thereby restoring health and normal function. Modern research concludes that stimulating acupuncture points in the channels decreases inflammation, increases endorphins to relief pain, regulates blood circulation, hormone secretion, and the immune systems, etc.



Does it hurt?

Experiences with acupuncture vary from person to person. Many feel nothing at all; some may notice a small sensation as the needle is inserted. Once the needle is introduced to the point, one may feel some tingling, distension, or a heavy feeling. These are all considered good sensations that reflect the effectiveness of the treatment.

Are there any side effects?

Acupuncture is a time-tested, very safe, effective, natural and drug-free way, when practiced by a competent Acupuncturist. Many often report positive effects of relaxation, improved sleep, and a general sense of well-being.

Research:

Throughout the history of Traditional Chinese Medicine (TCM) extensive and thorough research has been documented and verified the benefits of acupuncture, herbs, and related TCM therapies. In more recent years, research has been conducted in light of modern Western methods. Hundreds of papers reporting experiments and clinical trials have been published internationally through medical journals, newspapers, and the Internet. Research continues today, in China and countries around the world as well as here in Alberta.