

## Frequently Asked Questions

### **What is Traditional Acupuncture?**

It is likely that more people have been treated by Oriental Medicine throughout history than any other formalized system of health care. Acupuncture originated in China and Korea over 3,000 years ago. At that time, people understood that the body, mind, and spirit were inseparable.

This therapy works with the natural, vital energy inherent in all living things to promote the body ability to heal itself. Working in concert with the practices of healthy living, acupuncture is a cornerstone of the treatment and prevention of illness.

Since traditional acupuncture does not separate the mind, body, and spirit, it looks at the whole person, including the person's lifestyle and approach to health. If the underlying cause is not addressed, more serious problems may occur.

### **How Does It Work?**

Acupuncture is based on an energetic model rather than the biochemical model of Western medicine. The ancient Chinese recognized a vital force that is the basis of all life forms. This is known as Qi (pronounced hee). This Qi flows along specific pathways in our bodies, known as meridians.

When Qi becomes blocked, deficient, or stagnant, we experience the signs and symptoms of illness. The acupuncturist has learned precise points at which blockages can occur. The proper placement of needles enhances the flow of Qi, restoring the body, mind, and spirit to its harmonious state. Each point has a predictable effect upon the energy passing through it. The system was derived from carefully recorded observations, passed from master to student for thousands of years. Modern science has been able to measure the electrical charge at these points, thus verifying the locations of meridians mapped by the ancients.

### **What About The Needles?**

Acupuncture needles are just a little thicker than a human hair. They are not hollow like hypodermic needles and are made of the highest quality surgical steel. Needles are pre-sterilized, individually packed, and disposable. They are used once, and then discarded.

With proper placement techniques, the needles cause little or no discomfort and are painless after placement. A feeling of tingling or heaviness may be felt as the needle contacts the Qi. People generally enjoy their acupuncture treatments and report feeling deeply relaxed during and after treatment.

### **What About My Doctor?**

Acupuncturists cooperate with other healthcare providers and do not recommend altering your medications and other therapies without consulting your physician or primary care provider. There are certain conditions best treated by Western healthcare, and the acupuncturist may recommend seeing a physician.

### **What Can I Expect?**

The initial visit generally lasts about one hour. This will include a discussion of your health concerns, a health history, and a physical examination. Subsequent sessions last about 25 minutes and are generally scheduled based on your condition. Many clients come several times a week initially and transition into weekly or monthly visits for maintenance of benefits.

As in any form of healing, your attitude, diet, determination, and lifestyle will affect the outcome of a course of treatment. You are encouraged to actively participate in the healing process. The goal of treatment is not to "fix" the specific disorder, but to help you rediscover your own inner harmony and balance. Often health problems other than those you have entered treatment for are likely to clear up.