



## INTRODUCTION TO ACUPUNCTURE

### About Acupuncture

According to acupuncture theory, a healthy person is characterized by an uninterrupted flow of vital energy called *ch'i*. *Ch'i* circulates through channels called "meridians" in a continuous and regular cycle connecting all parts of the body with one another and with their corresponding patterns of thought and emotion. Acupuncturists attribute all manner of disease to an unbalanced flow of *ch'i* in the meridians.

Fine needles inserted into strategic points along these meridians correct the balance of *ch'i* which, in turn, regulates and integrates bodily function with mental and emotional states. Because the body then becomes its own instrument for healing, there are no side effects.

### Is Acupuncture Painful?

No! Acupuncture needles, like hairs, are extremely fine and flexible, and cause no pain when properly inserted into the skin.

Sometimes it is possible to feel a minor "pinchlike" sensation during the moment of insertion. This is an indication of the *ch'i* stagnating at the point, and always subsides quickly as soon as the balance of *ch'i* is restored.

Nevertheless, the sensations most associated with acupuncture are related to its affect on well-being. Common reports include sensations of relaxation and revitalization as well as mental and emotional equilibrium.

The overwhelming majority of people who have used acupuncture have commented on how painless the needles are, and how much pain and suffering they could have spared themselves if they had not waited so long to try it.

### Who Can Benefit?

Everyone can benefit from acupuncture! Because of its safe, effective, and integrated approach, acupuncture can be used as a primary health system. Historically it has been used to enhance health and well-being, prevent future illness, as well as to correct current problems.

Acupuncture is also famous for its quick and permanent relief for acute musculo-skeletal problems. In many chronic internal illnesses, acupuncture is not only the treatment of choice, but often the only alternative to other forms of medicine that offer only short-term (if any) help, debilitating side effects, and no real solution.

### Four Stages of Treatment

In my practice I provide four integrated stages of service on both physical and mental levels:

#### 1) Prevention

"Prevention" is the best medicine, and is the foundation for operating at one's best on all levels.

#### 2) Relief

This level provides symptomatic relief for physical, mental and emotional suffering.

#### 3) Correction

This is the most important level because it corrects the underlying basis of symptomatic problems. Correction is the core of any

healing approach and forms a bridge between "Relief" and "Prevention" in my practice.

#### 4) Maintenance

Once "Relief" and "Correction" have been completed, "Maintenance" supports and insures continued well-being through times of personal and seasonal stress.

My approach to acupuncture is of the traditional Taoist perspective, encompassing supportive therapies when needed, such as energetically applied natural foods, tonic herbs, lifestyle counseling, *ch'i-kung*, meditation, and *T'ai-chi ch'üan*. I also have an extensive background in hands-on styles of energy healing, having been the creator and head instructor of the first 500 hour professional training program in shiatsu/acupressure in North America.

### Is Acupuncture Expensive?

Acupuncture is certainly affordable to all responsible people sincerely interested in making substantial improvements in their health. It is very inexpensive compared to surgery and hospitalization, which it frequently prevents, or compared to the frustrating pain of ineffectual living that goes along with chronic physical and mental distress. In addition, several major medical insurance plans cover a large portion of acupuncture payments.



*You owe it to yourself and to the ones you love to consider acupuncture as a viable alternative for your health and continued well-being.*

## CONDITIONS TREATABLE BY ACUPUNCTURE

This is a partial list of conditions treatable by acupuncture in the "Relief" stage. Inquiries about conditions not mentioned on this list are welcome.

Although acupuncture is definitely effective symptomatically, one of its great contributions to the world is its ability to integrate and treat these symptoms in a pattern meaningful to the whole. This automatically leads to the "Correction" stage of treatment where "Core Dysfunctions" are resolved. Most people who come to my acupuncture practice achieve a better quality of life in addition to symptomatic relief.

### Neurological

Facial paralysis, trigeminal neuralgia (tic dolereaux), hemiplegia, paraplegia, multiple sclerosis, polio, epilepsy, numbness in fingers and toes, stuttering, tension, and stress.

### Mental

Hysteria, psychosis, schizophrenia, depression, nervousness, anxiety, worry, paranoia, lack of will power, claustrophobia, emotional repression, inability to control anger, adult child syndromes, co-dependence, child abuse, sexual abuse, ritual abuse, and shock.

### Musculo-Skeletal

Arthritis, rheumatism, gout, sports injuries, accidents, sprains, muscle spasms, tendonitis, tennis elbow, bursitis, shoulder pain, stiff neck, torticollis, whiplash, slipped disk, vertebral subluxation, acute low back sprain, lumbago, sciatica, knee pain, and intercostal neuralgia.

### Skin

Acne, rosacea, lupus erythematosus, seborrheic dermatitis, miliaria rubra, erythromelalgia, erythema nodosum, dermatitis, contact and solar dermatitis, summer dermatitis, eczema, psoriasis, boils, chilblains, frostbite, pruritis, versicolor itch (sweat spots), ringworm, scabies, herpes simplex, herpes zoster (shingles), urticaria, neurodermatitis, vitiligo, and verruca (warts).

### Eyes

Myopia, color blindness, conjunctivitis, electric ophthalmia (light sensitive), optic neuritis or atrophy, strabismus, cataracts, and glaucoma.

### Ears

Otitis, tinnitis (ringing), deafness, and aural vertigo (Menier's disease)

### Nose and throat

Rhinitis, chronic sinusitis, epistaxis (chronic or recurring nosebleed), toothache, bleeding gums, acute tonsillitis, mumps, simple goiter, hyperthyroidism, hypothyroidism.

"Don't wait until you are thirsty to dig your well." Yellow Emperor's Classic of Internal Medicine (2nd century B.C.)

### Respiratory

Cough, acute and chronic bronchitis, bronchial asthma, emphysema, pulmonary TB, whooping cough, pneumonia, and bronchitis.

### Circulatory

Chronic heart failure, angina pectoris (pain), tachycardia (racing heart), palpitations, arrhythmia, hypertension, abnormal blood pressure, arteriosclerosis, apoplexy, cardiac insufficiency, cold hands and feet, and anemia.

### Digestive

Duodenal ulcer, prolapsed stomach, ascites, gas, chronic constipation, indigestion, vomiting, gastric and spastic colon, chronic diarrhea, gastroenteritis, colitis, dysentery, bloody stools, appendicitis, hemorrhoids, prolapsed rectum, diabetes mellitus, obesity, and food poisoning.

### Genito-Urinary

Painful urination, night urination, urinary retention, incontinence (dribbling), enuresis (bed wetting), cystitis (urinary tract infection), urinary stones, prostatitis, impotence, premature ejaculation, spermatorrhea, and hernia.

### Women's Disorders

Irregular menses, painful menses, amenorrhea (no menses), spotting, uterine hemorrhage, uterine prolapse, leucorrhea (discharge), frigidity, infertility, hot flashes, morning sickness, malposition of the fetus, insufficient lactation, and mastitis (breast pain or lump).

### General

Longevity, common cold, influenza, AIDS, headache, migraines, dizziness, neurasthenia (chronic exhaustion), hiccoughs, allergies, night sweats, edema, insomnia, narcolepsy (excess sleeping), face lifts, sunstroke, heel pain, Parkinson's disease, alcohol addiction, cigarette addiction, drug addiction, and all types of pain.

### *The Ancient Art of Pulse Diagnosis*

