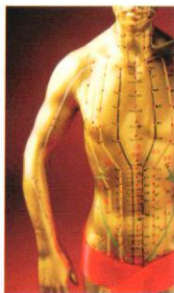


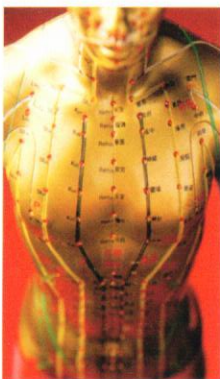
What Is Acupuncture?

Acupuncture is the insertion of fine needles into the body at specific points shown as effective in the treatment of specific health problems. These points have been mapped by the Chinese on so-called "Meridians" over a period of 3,500 years. Recently, electromagnetic research has confirmed their locations.



How Does Acupuncture Work?

The meridians of the body 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 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 Diseases Can Acupuncture 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 various medical conditions.

While acupuncture is often associated with pain control, in the hands of a well-trained practitioner it has a much broader applications. Acupuncture can be effective as the only treatment used, or as the support or adjunct to other medical treatment forms in many 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:** gastritis, hyperacidity, spastic colon, bloating, IBS, constipation and diarrhea, etc.
- ***Respiratory disorders:** sinusitis, sore throat, cough bronchitis, allergic rhinitis and asthma, etc.
- ***Neurological and muscular disorders:** headache, facial palsy, neck pain, ankle sprain, rib neuritis, frozen shoulder, tennis elbow, tendonitis, sciatica low back pain, limbs numbness, and arthritis, etc.
- ***Urinary, menstrual, and reproductive problems.**
- ***Psychological disorders:** insomnia, anxiety, stress, depression, nervous and emotional conditions, etc.



How Many Sessions Will I Need?

The number of acupuncture sessions you need depends on the complexity of your illness, whether it's a chronic or recent condition. Usually patients feel an effect from acupuncture within 2-3 treatments. The pace of improvements is specific to their individual condition. If the condition is acute, it will usually resolve in a shorter of period of time than chronic conditions.



Can I Expect Any 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 other general changes in appetite, sleep, bowel or urination patterns, or emotional state may be triggered. These should not cause concern, as they are simply indications that the acupuncture is starting to work.

It is quite common with the first one to two treatments to have a sensation of deep relaxation or even mild disorientation immediately following the treatment. These will pass within a short time, and never required anything more than a bit of rest to overcome.

What Are the Acupuncture Needles Like? Do They 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 felt.

Acupuncture needles are very thin, solid and are made from stainless steel. The point is smooth (not hollow with a cutting edges like a 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 than when using a hollow needle.

At Herbarn clinic, we use disposable needles, which essentially decreases the risk of infection to zero!



Does Acupuncture Really Work?

Yes. In the past 3,500 years in China, more people have been successfully treated with acupuncture than with all other health modalities combined. Today, acupuncture is practiced widely in Asia, and in Europe. It is now being used more and more in America by patients and physicians.

Acupuncture not only relieves pain immediately but it can help you avoid future pain in the same area. The World Health Organization recognizes the use of acupuncture in the treatment for a wide variety of 100 medical problems. So, do not hesitate to accept acupuncture as treatment, if you are in pains.

