

The Acupuncture Treatment

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The goal of an acupuncture treatment is to adjust and harmonize Yin and Yang-wet and dry, cold and heat, inner and outer, body and mind. Treatment may incorporate acupuncture, herbal remedies, diet, exercise, and massage. The duration of treatment depends upon the nature and severity of the complaint, and how long it has been present. In the United States, acupuncture is scheduled as often as three times a week or as little as twice a month. In China, however, it is not unusual to receive treatments ten days consecutively. Response always varies. Some people need only a few sessions while others need sustained care to reverse deep, entrenched patterns established over time. As symptoms improve, fewer visits are necessary; individual progress is always the yardstick.

An acupuncture treatment means that the Qi (pronounced Chee, which is energy) courses through the body just as streams and rivers ebb and flow across the surface of the earth. The acupuncture points are located

in small depressions in the skin called "men" or "gates" where the channels come closest to the surface.

Thin, solid, sterile, disposable, stainless steel acupuncture needles are inserted into acupuncture points to communicate from the outside to the inside. Acupuncture circulates Qi, Moisture, and Blood, invigorating the proper function of the muscles, nerves, vessels, glands, and organs.

Although insertion of the needles does go unnoticed by some, to others it may feel like a small pinch followed by a sensation of tingling, numbness, ache, traveling warmth, or heaviness. (A small price to pay for good, strong health.) Sometimes people feel Qi (energy) moving at distance from the point of insertion—meaning, that although the arm is needled, an energetic sensation may be felt in the leg. Needles remain in place for twenty to forty minutes.

Usually relaxation and an elevation of spirit will accompany a treatment. It is as normal to want to continue resting as it is to be immediately energized! Some people may notice a relief of symptoms or feel more energetic in the days that follow treatment. Most people are pleased to find that sessions are not uncomfortable and even look forward to them!

To discover whether or not Chinese medicine is for you, try it!