



Acupuncture

What did it come from ?

Presenter: K. Houldcroft (October 1/ 2012)

Acupuncture is one of the oldest, most commonly used medical procedures in the world. Acupuncture is used to encourage natural healing, reduce and relieve pain, and improve function of affected areas of the body.

Traditional Chinese Medicine (TCM) theory for the selection of such points and their effectiveness is that they work by stimulating the meridian system to bring about relief by rebalancing yin, yang and qi (also spelled "chi" or "ki").

Anatomical” Acupuncture refers to a more modern approach taken by trained therapists, When combined with knowledge of anatomy, physiology and pathophysiology modern therapists can use acupuncture effectively.

How does it Heal Anatomically?

Acupuncture needles

1. stimulate the body's circulation
2. triggers an immune response, causing the removal of toxins and stagnated cells surrounding the trauma.

If the area is quickly cycling out damaged tissue and providing fresh, healthy cells to the injury, it will heal faster and swelling and inflammation will diminish – therefore reducing pain.

Not only stimulates blood flow but also stimulates brain to releases endorphins and serotonin – brain's happy drug

Promotes emotional balance - Many emotional or psychological problems can be effectively treated by acupuncture such as anxiety, depression, addictions, phobias, irrational or obsessive behavior, eating disorders, lack of confidence and low self-esteem.

