

**ACUPUNCTURE IS PROVEN TO BE A SAFE AND EFFECTIVE FORM OF TREATMENT FOR ALL OF THE FOLLOWING CONDITIONS:**

- **PAIN** - MUSCLE AND JOINTS, CARPEL TUNNEL SYNDROME, SORE NECK, LOW BACK PAIN, SCIATICA, SPORTS & REPETATIVE STRAIN INJURY – SPRAIN, DISLOCATION, TENDONITIS
- **HEADACHES** - TENSION, MIGRANES
- **STRESS** - HIGH BLOOD PRESSURE, INSOMNIA, ANXIETY, DEPRESSION, LOW ENERGY
- **WOMAN’S ISSUES** - MENSTRUAL PAIN, MENSTRUAL IRREGULARITY, PMS (FATIGUE, LOW BACK PAIN, CRAMPING, BREAST TENDERNESS, WATER RETENTION, IRRITABILITY), INFERTILITY, IVF, PREGNANCY (LOW BACK PAIN, FATIGUE, NAUSEA, PREVENT MISCARRIAGE), MENOPAUSE (HOT FLASHES, FATIGUE)
- **DIGESTIVE UPSET**– IBS, CHRON’S DISEASE, COLITIS, HIATAL HERNIA, HEART BURN, POOR DIGESTION, BLOATING, PAIN, CONSTIPATION, AND HEMORRHOIDS
- **POOR IMMUNITY** – FREQUENT COLDS, FLU, SINUSITIS, EAR INFECTION, MEINERES DISEASE, ALLERGY, ASTHMA, UPPER RESPIRATORY TRACT INFECTION OF THE SINUS, THROAT, AND EARS
- **NERVOUS SYSTEM/CIRCULATORY** – RAYNAUDS SYNDROME, PERIPHERAL NEUROPATHY, POOR CIRCULATION, COLD EXTREMITIES
- **SKIN AFFLICTION**– ACNE, ECZEMA, PSORIASIS

**WESTERN MEDICAL MODEL OF ACUPUNCTURE:**

BY USING FINE TIPPED ACUPUNCTURE NEEDLES INSERTED INTO THE SURFACE OF YOUR SKIN AND MUSCLE TISSUE A NUMBER OF PHYSIOLOGICAL PROCESSES TAKE PLACE, WHICH BEGIN TO HEAL YOU:

RELEASE OF LOCAL ENDORPHINS & ENKEPHALINS = PAIN KILLING AND CAUSE LOCAL BLOOD VESSELS TO DIALATE - BRINGING IN OXYGEN AND NUTRIENTS, WHILE REMOVING CARBON DIOXIDE AND FREE RADICALS – REDUCING INFLAMMATION AND PAIN

STIMULATION OR SEDATION OF THE NERVOUS SYSTEM DEPENDING ON POINT LOCATION SYMPATHETIC/PARASYMPATHETIC NEVOUSE SYSTEM BALANCE – YANG & YIN ASPECTS

STIMULATION OF THE IMMUNE SYSTEM – SHOWN TO INCREASE WHITE BLOOD CELL COUNTS

MUSCLE RELAXATION - RELEASE OF TENSION, HEAT, SWELLING AND SPASMS

**EASTERN MEDICAL MODEL OF ACUPUNCTURE:**

THE TRADITIONAL CHINESE MODEL VIEWS ACUPUNCTURE AS A WAY OF DISPERSING BLOCKED OR STAGNATED CHI, BODY FLUID AND BLOOD. THIS RESULTS IN REDUCED PAIN AND SWELLING IN ANY BODY PART AS WELL AS REMOVING SLUGISHNESS AND CONGESTION IN THE ENTIRE BODY.

TRADITIONAL CHINESE DOCTORS INSERT THE NEEDLES ON SPECIFIC POINTS ALONG THE BODY IN ORDER TO “TONIFY OR SEDATE” THE YIN AND YANG ASPECTS OF EACH OF THE SIX CHINESE ORGANS. THIS HELPS THE QI, BODY FLUID AND BLOOD MOVE IN THEIR CORRECT DIRECTIONS. THIS REESTABLISHES HARMONY IN ALL THE ORGANS AND BALANCES THE ENTIRE BODY RESULTING IN:

- INCREASED FLOWING ENERGY – PHYSICALLY AND MENTALLY
- SOUNDER SLEEP
- STRONGER DIGESTION
- STRONGER IMMUNE SYSTEM
- BALANCED NERVOUS SYSTEM
- BALANCED HORMONES
- HEALTHIER SKIN