

Acupuncture at Health TLC

The World Health Organization (WHO) and the National Institutes of Health (NIH) now confirm what millions of Oriental patients have known for thousands of years: Acupuncture is effective for a wide variety of common health complaints. These respected and renowned medical authorities investigate only a small portion of what is possible and what has been accomplished through the safe and enjoyable (Yes, enjoyable!) experience of acupuncture. The following are just a few of the medical concerns that are known to respond favorably to acupuncture:

Arthritis • Back pain • Carpal tunnel • Chemotherapy nausea • Depression
Digestive problems (ulcers, nausea, gastritis, irritable bowels) • Insomnia
Ear problems (ringing, earaches) • Fibromyalgia • Headaches • Infections, cold, flu Menstrual and
female gynecological disorders • Post-operative dental pain
Muscle and joint pain (tendonitis, bursitis, sprains) • Sinusitis • Skin disorders
Stroke rehabilitation • Urinary problems

Acupuncture is one of the oldest and most commonly used forms of traditional medicine in the world, dating back at least 3000 years. Acupuncture simultaneously treats physical, sensory, mental and emotional imbalances and complements other medical and complementary care. It helps regulate the natural flows of the vital life force known as Qi, which is essential for optimal health. Among other benefits routine and seasonal acupuncture treatments can:

- Promote the release of toxins and other new or recurrent blockages to health
- Nourish structural and functional components related to well being
- Provide direct, immediate and critical support of vulnerable systems
- Assist recovery from physical and emotional trauma (e.g., surgeries, accidents, abuse and/or addictions)
- Reduce reliance on (and side effects from) medicines
- Provide support during natural and necessary transitions
- Ease the struggle and stress involved with chronic or sudden pain

The goal of Chinese medicine is to restore and maintain balance. Classical Chinese medicine does not treat disease; it treats individuals whose imbalances manifest in certain symptoms. Illness is seen as an imbalance between internal influences such as diet, exercise, rest, and emotions, and external factors such as weather, trauma, microbes or poisons. Health is not just the absence of symptoms; it is a state of being in balance in body, mind and spirit.

Acupuncture and Chinese medicine arose out of the ancient Chinese philosophy, which observes the natural world and the balanced interrelationship of all of its components. The laws of nature rule the actions of all things in the cosmos. The pursuit of health is participation in the natural world as it is, by learning how to live in harmony with both the internal and the external environment. Acupuncture is a completely refined, coherent, understandable and usable science in its own right, with procedures and protocols based on centuries of observation of how the universe works. Its poetic and symbolic language may seem mystical at first, but these metaphors are merely emblems for the basic laws of nature

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