

# HUMBLE WARRIOR WELLNESS CENTER



## ACUPUNCTURE

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Traditional Chinese medicine explains acupuncture as a technique for balancing the flow of energy or life force — known as chi or qi (chee) — believed to flow through pathways (meridians) in your body. By inserting needles into specific points along these meridians, acupuncture practitioners believe that your energy flow will re-balance.

Western practitioners view the acupuncture points as places to stimulate nerves, muscles and connective tissue. Some believe that this stimulation boosts your body's natural painkillers.

- Chemotherapy-induced and postoperative nausea and vomiting
- Dental pain
- Headaches, including tension headaches and migraines
- Low back pain
- Neck pain
- Osteoarthritis
- Respiratory disorders, such as allergic rhinitis

Treatment may take up to 60 minutes. Subsequent appointments usually take about a half-hour. A common treatment plan for a single complaint would typically involve one or two treatments a week.

- Needle insertion. Acupuncture needles are inserted to various depths at strategic points on your body. The needles are very thin, so insertion usually causes little discomfort. People often don't feel them inserted at all. Between five and 20 needles are used in a typical treatment. You may feel a mild aching sensation when a needle reaches the correct depth.
- Needle manipulation. Your practitioner may gently move or twirl the needles after placement or apply heat or mild electrical pulses to the needles.
- Needle removal. In most cases, the needles remain in place for 10 to 20 minutes while you lie still and relax. There is usually no discomfort when the needles are removed.