



Acupuncture Therapy

Acupuncture is a treatment that nourishes and aids the body's natural healing processes. Acupuncture regulates and restores the harmonious energetic balance of the body, so problems occur less frequently and recovery is much quicker.



Chinese medicine sees our body as a reflection of this universe and sees the material world as consisting of the five elements of wood, fire, earth, metal, and water. In the human body, each organ is attributed to one of these five elements. Each of the five elements has a supporting and controlling relationship with each other. Chinese medicine also treats the human body as a network system.

This network system is constructed of 12 major meridians or channels that connect directly to 365 major acupuncture points. Everything in our body is connected with those meridian channels including the organs such as liver, heart, spleen, lung, kidney, gall bladder, intestines, etc. Different types of energy such as Qi, blood, essence (Jing), and body fluids flow through our meridian channels and nourish the whole body system including all our organs.

If the flowing of each meridian channel is vibrated at its optimal frequency without any disturbance and blockage, every organ has a harmonious supporting and controlling relationship with each other, and there is no deficient or excess energy within our body, we should be healthy. Acupuncture has been a major part of primary healthcare in China for the last 5,000 years. It is used extensively for a variety of medical purposes ranging from the prevention and treatment of disease, to relieving pain and anesthetizing patients for surgery. As in many oriental medicine practices, the emphasis of acupuncture is on prevention. In traditional Chinese medicine, the highest form of acupuncture was given to enable you to live a long, healthy life.



In a review of 27 studies that involved nearly 3,000 women, researchers from the Oriental Hospital at Kyung Hee University Medical Center in South Korea found that acupuncture may be more effective than drugs or herbal medicines. "There is convincing evidence on the effectiveness of using acupuncture to treat pain as it stimulates the production of endorphins and serotonin in the central nervous system," the researchers wrote in a statement.

Endorphins are compounds produced naturally by the human body during exercise and excitement and they result in a feeling of well-being. Serotonin is a brain chemical. "Compared with pharmacological treatment or herbal medicine, acupuncture was associated with a significant reduction in pain," they added in their paper, which was published in an issue of the BJOG: An International Journal of Obstetrics and Gynecology. The **U.S. National Institutes of Health** has cited acupuncture as a possible effective way of dealing with menstrual cramps.

Reference: <http://www.reuters.com/article/idUSTRE61H0TD20100218>

To enjoy this therapeutic treatment please contact Charlie L. Abbot, Lic AC. CMP, C.H. at 336.808.3627 Ext. 23 or charlie@thenaturalvitalitycenter.com