

Gallagher Chiropractic & Sports Medicine Group **FAQ**

Acupuncture and Chinese Medicine

WHAT IS ACUPUNCTURE?

Acupuncture is far more than a technique of inserting tiny threadlike needles along meridians. Acupuncture is a complex system of diagnosis that views the person as a whole. It is practiced based on discerning the “pattern of disharmony” and treating accordingly. Acupuncture is one of the modalities of treatment in oriental medicine which includes herbal medicine, moxibustion, cupping, “qi gong” (or breathing exercises), meditation and nutrition.

Needles are inserted into a number of acupuncture points for the purpose of stimulating a physiological response. The response solicited by the acupuncture treatment is focused on balancing the body’s system which in turn aids the body in functioning properly.

HOW DOES ACUPUNCTURE WORK?

As long as the energy flows freely through the meridians, health is maintained. When the flow of energy is disrupted for any reason, pain or dis-ease occurs. By stimulating appropriate points along the meridians, the energy is regulated and the health restored.

WHAT SHOULD YOU EXPECT DURING THE TREATMENT?

You may feel a sensation of pressure or dull reaction upon inserting of the needles. Many patients find the treatment very relaxing; comfortable. Some even go to sleep during the treatment. Each treatment can take 15 - 20 minutes.

IS ACUPUNCTURE SAFE?

A well-trained acupuncturist performs acupuncture. We use sterile and disposable needles. There is minimal risk for bleeding or pain.

HOW MANY TREATMENTS ARE NECESSARY?

The length of treatment depends on the condition, the severity, the duration of the condition (chronic or acute) and the constitution of the patient (weak or strong).

DOES ACUPUNCTURE TREAT OTHER CONDITIONS OTHER THAN PAIN?

Pain is one among many other disorders that acupuncture can treat. Actually acupuncture works well for many other dysfunctional conditions like: allergic rhinitis, menstrual disorders, menopausal syndrome, IBS, insomnia, impotence, endometriosis, frozen shoulder, dysmenorrhea, infertility, urine incontinence and many more.

**If you have any questions, feel free to call for a free consultation:
(562) 433 2443**