

ACUPUNCTURE



Meridian Therapy
"Acu Point Physical Medicine"

What is Acupuncture?

Acupuncture is an ancient health science which is used to successfully treat both pain and dysfunction in the body. Authorities agree the science is between 5,000 and 7,000 years old.

Acupuncture appears strange to most Westerners as its primary application is the utilization of very slender painless needles placed in the skin at various locations to relieve pain or affect a body part or function.

Early Asian physicians discovered there is an energy network traversing on or just below the surface of the skin which communicates from the exterior to the internal organs and structures at over 1,000 "acupoints" on the body. This energy works in harmony with the body's circulatory, nervous, muscular, digestive, genitourinary and all other systems of the body. When this vital energy becomes blocked or weakened, an effect in a body system or anatomic location becomes evident. Stimulation of one or a combination of key acupoints on the body may restore harmony to the affected area.

Historians have stated, "More people have benefited from Acupuncture over the course of fifty centuries than the combined total of all other healing sciences, both ancient and modern".

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What is "Meridian Therapy"?

Meridian therapy is the accepted name employed by those who practice the principle of Acupuncture without the use of a penetrating needle. It is also referred to as "AcuPoint Physical Medicine".

Acupuncture is a principle, not a technique. Therefore, there are many ways to stimulate an acupoint other than a needle.

Many practitioners use electronic stimulation, laser beam, or pressure massage to effectively treat an acupoint. The principle of Acupuncture does not change, only the technique.

How does it work?

Far too often in the medical professions, a patient is told after extensive examination "There is nothing wrong", "It's all in your head", or "Sorry, you'll just have to learn to live with it". The examining doctor unable to find the cause of the problem has little else to tell the patient. Fortunately, many physicians are now referring their patients for an Acupuncture evaluation as a last resort.

The Asians have reported over thousands of years and now modern science is verifying the fact, not only does the human body have an electro magnetic energy system, it courses over defined channels referred to as ching loo mai or "meridians". In normal health this energy field flows unimpeded and is in a balanced state. If a disruption occurs, the altered energy flow can produce conditions and symptoms affecting certain organs or parts of and in many cases, the entire body.

If we were to compare the body's 12 primary meridians flowing throughout the body to 12 radio stations in any major city, we will see each station airs at a particular frequency. If a station is broadcasting at 94.5 however if the listeners radio is picking up 94.4 there will be static heard. The same is true if the radio picks up 94.6. One frequency would be too high the other too low however the effect is the same...."static". There is nothing wrong with the radio, just something wrong with the fine tuning. This is precisely what may happen within the human body when it is not operating at the ideal level of frequency vibration.

Acupuncture's goal is to restore normalcy to the body's energy field by stimulating a combination of specific acupoints through a number of different applications, the needle is just one of them.

Medical research continues in this country and others to explain acupuncture in western scientific terms what the ancient Asians thousands of years ago had earlier described. Today, many theories have been postulated as to why Acupuncture is so effective in pain control and condition response. However as more discoveries are made the need for more research is indicated.



One would assume inserting a needle into the skin would be painful since most can relate to having a hypodermic injection or being stuck by a pin. However, four to five Acupuncture needles can easily be inserted into the hollow tube of a hypodermic needle. Because of the extreme slenderness of the needle, most people compare the sensations to less than a mosquito bite. The sensation referred to as "tehchi" occurs when the energy field is contacted, it feels like a mild to moderate heaviness or tingling.

Many superficial needle acupuncture treatments call for additional stimulation with the use of a mild electronic stimulation applied directly to the needle. It is pleasant and relaxing and produces accelerated healing response. It is not painful nor is any form of acupuncture.

Needles are historically the stimulation used in acupuncture however, many physicians certified in Acupuncture are employing electronic and laser stimulation to the acupoint with equal effectiveness as the needle. Both of these procedures are painless and have become one of the standards worldwide.

The tapping "teishin" needle is not really a needle as it does not pierce the skin. It produces a mild topical sensation over the acupoint which may be compared to a ballpoint pen striking the skin. This form of stimulation has been successfully used for centuries.

What Is the cost of Acupuncture?

Acupuncture fees vary throughout the nation and the experience of the practitioner. The usual fee is between \$50 and \$125 per treatment. However these figures are very general but encompasses most practitioners.

What conditions are accepted?

Acupuncture has its primary effect on all physiologic functions of the entire body, therefore it has shown Incredible success in a multitude of conditions.

The World Health Organization (WHO) lists over 100 specific pain and organic conditions which specifically respond to acupuncture. There are few conditions that do not have a degree of success attached to acupuncture treatment.

For a full list of all of the conditions the World Health Organization has proven acupuncture to be of merit go to www.IAMA.edu see "additional articles"

How many treatments are usual?

Obviously the number of treatments vary with different conditions and individuals. Chronic problems generally require more treatment than acute ones. Some patients notice an immediate improvement after the first treatment, whereas others may not notice any effect until the seventh or eighth visit. It has been shown that a certain percentage of patients receive maximum benefit up to three months following a course of therapy.

A small number of patients will experience what may feel like a worsening of symptoms as the body's energies are returning to normal. This is expected and no need for alarm. It is followed by rapid improvement.

Researchers internationally agree the usual number of treatments is between eight and sixteen with twelve being the most common. The usual frequency is two to four times per week.

Patients are urged not to enter an Acupuncture program with the thought of "taking a few" to see what will happen. This would be comparable for a physician to recommend a two hour operation only for the person to say they will try 45 minutes of it to see how it does.

Even though the practitioner may recommend 12 visits as a trial of therapy should the patient respond completely within just a few treatments the physician may elect to discontinue treatment as success has been shown or to continue its use to assist in stabilizing the condition.

Patients are always encouraged to be patient with the healing process.

Are results permanent?

For acute problems where there has been little or no organ system or tissue damage, results are often permanent. For chronic conditions symptoms may recur from time to time. Generally a few additional treatments are sufficient to obtain relief. It is suggested that patients with severe or chronic conditions return for a booster treatment three to four times a year.

Are results psychological?

Many critics of acupuncture have suggested the science is hypnosis or "mind over matter". This criticism is totally unfounded as acupuncture has startling effects in infants and toddlers as well as veterinary applications. The effect it has in surgery as an anesthetic further disclaims the skeptics. Even total disbelievers report favorable response to acupuncture. However a positive outlook is obviously beneficial in all phases of life to include healing.

Even though chiropractic and osteopathy was discovered as a healing art in the late 1800's, in America, the use of spinal manipulation in the Far and Near East is estimated to be over 7,000 years old. Spinal vertebral therapy and soft tissue mobilization known in Asia as "Tui Na" is a vital part of "Chung Guo I Hsueh" or Middle Kingdom Healing.

Since all parts of the body to include all 300 trillion cells, are under the direct influence of the nervous system, the spinal column comprised of 24 movable segments, plays an integral part in human functioning as it protects the spinal cord which sends large nerve trunks to the organs and structures of the body through small openings (foramen) between the vertebrae. Chiropractic Physicians and Medical Doctors in Asia are explicitly trained in the detection and correction of "vertebral subluxations" which impinge or impede vital nerve impulses. Thus spinal mobilization "adjustment" as it is referred to in the west, may play a vital role in the recovery of a patient. It may be delivered painlessly and safely by hand or with modern technologically advanced effective and painless adjusting instruments.



Asian and Western Herbology

Asian physicians have historically for centuries recognized the importance of herbs in healing. Herbs are utilized either alone or in combination for specific maladies with astounding success. Many modern drugs used in the West are derived from actions observed from specific herbs over the last one thousand years. There are a number of time tested formulae which are available in tablet form which have shown to be very successful in a myriad of health conditions.

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