

# Treating Modern Illness with an Ancient Modality



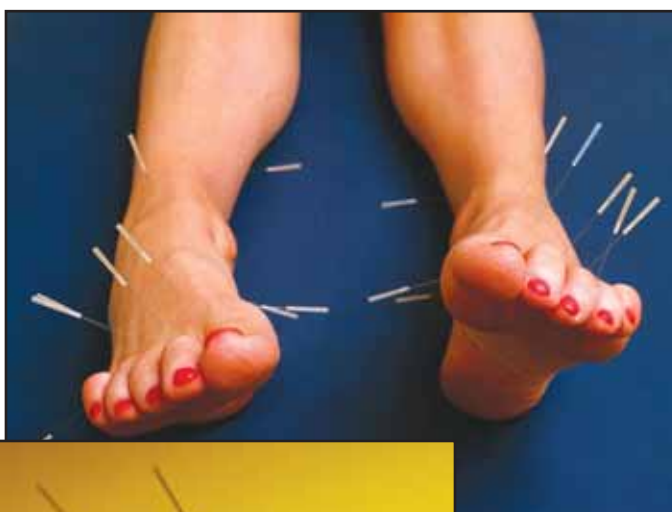
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Acupuncture, the practice of inserting ultra-thin needles in specific points in the body, has been used for centuries to counteract the effects of disease, environmental toxins and injuries. Yet, it didn't gain prominence in the United States until the 1970's, and while it's more mainstream than in those days, it's still regarded by some as "strange medicine." However, acupuncture has been proven an effective course of treatment for many human and animal health issues. This is evidenced by the number of physicians, chiropractors and veterinarians now studying how acupuncture can support their patients' health.

Acupuncture can be used to treat a wide variety of complaints, sometimes with dramatic results. In my practice, I routinely see patients nearly disabled by their health issues obtain great relief with acupuncture. I have experienced this myself. As a teen, I was told I might not be able to walk without surgery due to a serious back problem that caused my right leg to waste and become non-weight bearing. Through the application of acupressure, in conjunction with spinal treatments by my first chiropractor, the intense pain was lessened and I achieved function in my leg again. Since then, I have been a huge proponent of acupuncture, acupressure and Chinese medicine. This experience is, in part, why I became a doctor of chiropractic licensed to perform acupuncture.

Acupuncture works because it rebalances the body's energy system,

also known as "Chi" or "Qi." In Chinese medicine, it's believed that energy travels along specified paths in our bodies, known as meridians. When an injury or illness occurs, treatment along the proper meridian in the correct acupuncture points restores the energy flow in a balanced manner. Frequently, several different points must be treated simultaneously to achieve relief. Additionally, it may take a series of treatments to truly affect change in a situation. Every case is unique and is treated as such. Acupuncture is rarely a quick fix to a health challenge, but it's effective.



Below are a variety of health challenges that have shown improvement through acupuncture.

### Allergies

Acupuncture supports the body's immune system, strengthening it to reduce allergic reactions to stimulants.

### Arthritis

Arthritis pain and swelling can render the most active person immobile. Applied over time, acupuncture can lessen the severity of flare-ups and help patients regain lost flexibility. Arthritis isn't curable, but through effective management of the disease, the sufferer can continue living a full life.

### Auto-immune Disorders

Diseases such as multiple sclerosis, lupus and rheumatoid arthritis can wreak havoc on those suffering from them. Acupuncture often reduces the symptoms, improves the emotional state of the sufferer, slows the progression and helps with the side effects of some of the drugs pre-

scribed for these conditions. Given the difficult nature of these conditions, however, results are sure to vary from patient to patient.

### Chemotherapy Treatments

Chemotherapy is invasive and can severely weaken the person being treated for cancer. Acupuncture can reduce the fatigue, related pain and nausea to help the person stay connected to daily life.

### Chronic Pain

Anyone who has suffered with

### Fertility Issues

chronic pain knows how distracting and frustrating it can be. Simply functioning in the world can become almost impossible due to the painful reminder that is a constant companion. Acupuncture can reduce the physical and emotional effects of chronic pain.

One treatment area that gives me the greatest pleasure is fertility issues. Quite often, patients will come to me as a last resort - they've visited all the experts, perhaps used fertility drugs but still had no success at getting pregnant. Using acupuncture to assist in this process is not a quick fix. Typically, treatments will take six to 12 months (or longer) to truly have an effect and result in a successful pregnancy - although I must emphasize that sometimes acupuncture doesn't work. Nothing beats having a patient come in to tell me - usually with a big smile on her face - that she's finally pregnant. If all other fertility options have been exhausted, what does anyone have to lose by trying acupuncture?

I'm often asked if acupuncture hurts. While it shouldn't hurt, there may be some discomfort, tingling, warmth or coldness in the area being treated. Remember, the point of acupuncture (no pun intended) is to normalize the energy flow, which could have been blocked for a long time. Any sensation you may feel during a treatment is simply your body saying "thank you" for taking charge of your health in such a holistic way.

Curious if acupuncture could help you? Call (636)928-5588 to schedule a consultation with me to discuss your treatment options. You can also learn more about acupuncture at [www.acupuncture.com](http://www.acupuncture.com) and other websites.

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