

WHY?

HOW?

WHEN?



ACUPUNCTURE IS THE BEST FOR ME

Compiled by [Dan Micu](#)

2006

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What is Acupuncture?

Acupuncture is a safe and very effective natural therapy that is used to heal illnesses, prevent disease and improve well being. It is a method, which consists of inserting tiny, hair-thin needles into specific points in the body. The needles are then gently stimulated to trigger the body's natural healing response.



Acupuncture, simply stated, is a health science that is used to successfully treat both pain and dysfunction in the body.

Acupuncture has its roots deeply planted in China. In fact, authorities agree the science is between 5,000 and 7,000 years old. It did not become known in North America until 1971 when diplomatic relations between China and America were relaxed.

Early Chinese physicians discovered there is an energy network traversing just below the surface of the skin that 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.

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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The Benefits Of Acupuncture

"For lumbago [low back pain], acupuncture is the most efficient treatment"

Sir William Osler



Although acupuncture has become widely accepted and available in North America in the last 30 years, it had already been endorsed a century earlier by the renowned Canadian physician, **Sir William Osler**¹, widely referred to as the "Father of Modern Medicine".

Acupuncture is a safe and effective technique for treating many health problems. In 1979, the World Health Organization (WHO) issued a provisional list of 41 diseases responsive to acupuncture. These include **allergies, asthma, addiction, anesthesia, chronic fatigue, acute and chronic pain relief, bed wetting, tennis elbow, gastric problems, hemorrhoids, abnormal blood pressure, anxiety, infertility, various eye problems, tension, cluster and migraine**

¹ **Sir William Osler** (1849 - 1919) - Best-known Canadian physician in the English-speaking world at the turn of the century, called the "most influential physician in history"

headaches, weight loss, drug and alcohol addiction, and hundreds of others. Acupuncture can even be used to **remove facial wrinkles**.

Patients receiving acupuncture had 22 fewer days of headaches a year, used 15% less medication, made 25% fewer visits to their family doctors and took 15% fewer days off sick than the other group.

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The History of Acupuncture

Acupuncture was first discussed in the ancient Chinese medical text "Huang Di Nei Jing" (The Yellow Emperor's Classic of Internal Medicine), originating more than 2000 years ago.

It was actually discovered on the battlefields of ancient China, when wounded warriors, shot by arrowheads, reported they were suddenly relieved of long-standing chronic ailments they used to have. They soon discovered about the energy, Qi, which travels through complex networks in the body, meridians.

While there is no doubt that the foundation and principles of acupuncture were formulated in China, recent evidence suggests its origins lay elsewhere.

In the October 1998 issue of "Science" journal, a report on the Tyrolean Iceman, by far the oldest known European mummified human body (5200 years old), reveals the presence of 15 well-preserved tattoo groups on his back and legs. The location of the tattoos very closely corresponds to known acupuncture points, along the Urinary Bladder Channel. This meridian is often used for the treatment of back pain.

Computer tomography indicates the iceman suffered from arthrosis of the lumbar spine. These findings suggest the possibility that therapeutically intended acupuncture originated in central Europe long before its development in ancient China. During the 6th Century, improved transportation and communications within the Asian Continent led to the introduction of Chinese medicine to Japan, and along with Buddhism came in the form of religious medicine.



From Ancient to Modern Medicine



The ancient Chinese inserted fine needles into the skin at various points to restore the balanced flow of energy in the body to heal people. Acupuncture is still widely practiced in the world today.

In the 17th century, Waichi Sugiyama, in search of a simple, painless and speedy insertion method, developed the insertion tube, a small cylindrical tube through which the needle is inserted. This insertion method is still used today by practitioners worldwide and in Japan by over 90% of the acupuncturists.

In North America, acupuncture has grown into what is now a common form of pain management therapy in many clinics and hospitals. The Washington Post reported in 1994 that an estimated 15 million North Americans, or roughly 6% of the American population has tried acupuncture for a variety of symptoms including chronic pain, fatigue, nausea, arthritis, and digestive problems. In 2002 more than 2.2 million Americans try acupuncture every year.

In 1995, the U.S. Food and Drug Administration (FDA)

classified acupuncture needles as medical instruments and assured their safety and effectiveness.

The medical community for the most part now accepts acupuncture and a growing number of medical schools, such as UCLA, include acupuncture training in their curriculum. In 1997, the US National Institute of Health issued a report titled: "Acupuncture: The NIH Consensus Statement". It stated that acupuncture is a very useful method for treating many conditions. It acknowledges the side effects of acupuncture are considerably less adverse than when compared to other medical procedures such as surgery or pharmaceuticals. In addition, the NIH made the recommendation to U.S. insurance companies to provide full coverage of acupuncture treatment for certain conditions. This momentous advancement in the status of acupuncture in the United States has certainly influenced its status elsewhere in the world, including in Canada.

In 1997, the Ontario Medical Association officially recognized acupuncture as a 'complimentary medicine', acknowledging its broad success in treatment. As acupuncture becomes increasingly accessible to more Canadians, Doctors recommend it more and more as an effective relief for many medical conditions.

Acupuncture treatment is included in many Insurance plans. It is a sure sign of acupuncture's acceptance into the mainstream. It is also an indicator of its success.

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Is Acupuncture Painful?

Most people are surprised to learn that acupuncture needles are extremely thin. They are not like hypodermic (injection) needles, which are big and hollow. We use only special thin needles, even thinner than human hair!

We have mastered the technique of inserting these tiny, delicate needles into the body with minimal discomfort to the patient. In fact, many of our patients do not even feel the needles being inserted and some even fall asleep during the treatment! (I bet!)

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Conditions Commonly Treated with Acupuncture

(as indicated by World Health Organization)

1. Diseases, symptoms or conditions for which acupuncture has been proved-through controlled trials-to be an effective treatment:

Adverse reactions to radiotherapy and/or chemotherapy
Allergic rhinitis (including hay fever)
Biliary colic
Depression (including depressive neurosis and depression following stroke)
Dysentery, acute bacillary

Dysmenorrhoea, primary
Epigastralgia, acute (in peptic ulcer, acute and chronic gastritis, and gastrospasm)
Facial pain (including craniomandibular disorders)
Headache
Hypertension, essential

Hypotension, primary	and temporomandibular dysfunction)
Induction of labour	Periarthritis of shoulder
Knee pain	Postoperative pain
Leukopenia	Renal colic
Low back pain	Rheumatoid arthritis
Malposition of fetus, correction of	Sciatica
Morning sickness	Sprain
Nausea and vomiting	Stroke
Neck pain	Tennis elbow
Pain in dentistry (including dental pain	

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2. Diseases, symptoms or conditions for which the therapeutic effect of acupuncture has been shown but for which further proof is needed:

Abdominal pain	Male sexual dysfunction, non-organic
Acne vulgaris	Ménière disease
Alcohol dependence and detoxification	Neuralgia, post-herpetic
Bell's palsy	Neurodermatitis
Bronchial asthma	Obesity
Cancer pain	Opium, cocaine and heroin dependence
Cardiac neurosis	Osteoarthritis
Cholecystitis, chronic, with acute exacerbation	Pain due to endoscopic examination
Cholelithiasis	Pain in thromboangiitis obliterans
Competition stress syndrome	Polycystic ovary syndrome (Stein-Leventhal syndrome)
Craniocerebral injury, closed	Postextubation in children
Diabetes mellitus, non-insulin-dependent	Postoperative convalescence
Earache	Premenstrual syndrome
Epidemic haemorrhagic fever	Prostatitis, chronic
Epistaxis, simple (without generalized or local disease)	Pruritus
Eye pain due to subconjunctival injection	Radicular and pseudoradicular pain syndrome
Female infertility	Raynaud syndrome, primary
Facial spasm	Recurrent lower urinary-tract infection
Female urethral syndrome	Reflex sympathetic dystrophy
Fibromyalgia and fasciitis	Retention of urine, traumatic
Gastrokinetic disturbance	Schizophrenia
Gouty arthritis	Sialism, drug-induced
Hepatitis B virus carrier status	Sjögren syndrome
Herpes zoster (human (alpha) herpesvirus 3)	Sore throat (including tonsillitis)
Hyperlipaemia	Spine pain, acute
Hypo-ovarianism	Stiff neck
Insomnia	Temporomandibular joint dysfunction
Labour pain	Tietze syndrome
Lactation, deficiency	Tobacco dependence
	Tourette syndrome
	Ulcerative colitis, chronic

Urolithiasis
Vascular dementia

Whooping cough (pertussis)

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3. Diseases, symptoms or conditions for which there are only individual controlled trials reporting some therapeutic effects, but for which acupuncture is worth trying because treatment by conventional and other therapies is difficult:

Chloasma
Choroidopathy, central serous
Colour blindness
Deafness
Hypophrenia

Irritable colon syndrome
Neuropathic bladder in spinal cord injury
Pulmonary heart disease, chronic
Small airway obstruction

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Most Frequently Asked Questions about Acupuncture

1. "I was so scared of trying acupuncture but was nicely surprised that there was no pain at all. Why is this?"

One of the first questions asked of someone who has tried acupuncture is, "Does it hurt?". For most people, including children, the answer is "no"!

The filiform needle used in acupuncture is unlike the hypodermic needle, not only in its thinness, but in its design. The filiform needle has a rounded point that passes through the skin without cutting, unlike the hypodermic needle, which has a blade-like edge that cuts as it passes through the dermal layers increasing pain and discomfort.



Even patients who have had previous experience with acupuncture before coming to us are often pleasantly surprised at how virtually painless and more comfortable our acupuncture treatments are. There are 3 main reasons why our acupuncture treatments are so painless:

- a. **Needles:** We use very thin acupuncture needles available on the market, some of them are thinner than human hair!
- b. **Guiding Tube:** We use specially designed guiding tubes to insert the needle. Guiding tubes, which were invented in the 17th century by a talented and blind Japanese acupuncturist named Waichi Sugiyama, significantly decrease the pain and stinging sensation when the needle is inserted.

- c. **Our Technique:** Technique plays the important role in achieving painless needling. Inserting and manipulating thin, fine and extremely soft needles without bending them requires highly sensitive skills.

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2. Is acupuncture only good for pain?

Many people, including some medical professionals, assume that acupuncture is a method of temporary pain-relief only. This misconception may have resulted from acupuncture being popularized in North America since 1978 as a form of analgesia. It is true that acupuncture is commonly utilized as a form of pain control, especially when performed by physicians, chiropractors, or physiotherapists. The main concept of acupuncture as practiced in China or Japan, however, is to harmonize internal body systems and address the cause of illness. Therefore, temporary relief of pain is only one aspect of acupuncture.

Acupuncture is a safe and effective method to deal with a variety of health conditions other than those causing pain. As you have noticed above, the WHO listed a variety of health conditions which can be treated by acupuncture, including organic illness. This is because acupuncture helps to regulate our physiological functioning. Acupuncture primarily affects our nervous system, which controls our entire visceral function.

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3. How does acupuncture differ from anti-inflammatory pain medications (NSAIDS)?



NSAIDs may potentially have several well-known detrimental effects in your system such as gastric irritation and liver damage while acupuncture has virtually no side effects. In terms of the action on your muscle and joint pain, acupuncture works in a completely different manner than medication does. Most pain-relief and anti-inflammatory medications provide excellent short-term pain-relief by blocking the production of pain-causing substances called prostaglandins. In addition to inducing pain, however, prostaglandins are vasodilators which help enhance circulation. By inhibiting the production of prostaglandins, there will be decreased sensitivity to pain but blood supply to the muscles and joints will also be decreased, thus creating problems and prolonging true recovery.

On the other hand, our acupuncture procedure produces the complete opposite effect. Except in a few very acute cases, we attempt to enhance blood circulation, especially in the area that there is pain or discomfort. This desired action can be achieved by regulating the autonomic nervous system (which is responsible for internal organ system functioning,

regulation of blood circulation and production of relaxation effects) using specific acupuncture techniques. When circulation of the tissue improves, muscle relaxation occurs and in many cases immediate pain reduction follows. However, when circulation improves, the pain in the affected area occasionally intensifies, and is then followed by repair of tissue and muscle relaxation.

Here is an analogy that somewhat explains this healing recovery pain. If you have been sitting for a long time, your legs start to get tight and feel numb. This, as you know, is due to poor circulation (ischemic pain). There is some discomfort at this point, but it's not very intense. Most of the discomfort occurs when you get up and start to walk around and blood flow is re-established (recovery pain). In some cases, it is necessary to go through some discomfort in order to get complete relief. Proper circulation in the tissue is important not only for blood to nourish the tissue but also to enhance the elimination of muscle fatigue and pain-causing substances (e.g., lactic acid) thus creating healthy tissues. On the other hand, tight muscles with poor circulation are fatigued easily and more prone to injury.

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4. What if I am Healthy?

Any prescription for good health must include prevention, not just treatment of disease. Acupuncture has been traditionally used as a preventive medicine. Recent research has now verified that acupuncture stimulates immune functioning which increases your resistance to bacterial and viral infections.

Acupuncture also increases overall vitality and energy. Many people find that regular monthly acupuncture tune-ups are the best medicine to feel "in sync" and to ensure continued good health.

"An Excellent Doctor Treats a Patient Before Disease Arises" - Bian Que
(Known as the King of Medicine, 4th C. B.C.)

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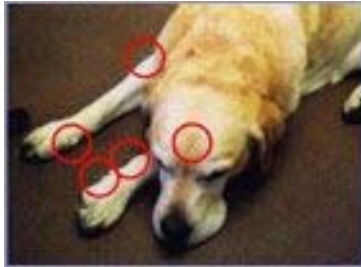
5. Where do you put the needles?

The location of the needles depends on your particular pattern of symptoms. But in general, needling points are chosen on the entire body. This is because we approach your signs and symptoms as being a manifestation of your body's disharmony. Some of the commonly utilized body balancing points are located on the forearms, legs and abdomen.



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6. Do I need to believe that acupuncture will work in order for it to be effective?



No. Acupuncture is used successfully on cats, dogs, horses, and other animals. These animal patients do not understand or believe in the process that helps them get better.

A positive attitude toward wellness may reinforce the effects of the treatment received, just as a negative attitude may hinder the effects of acupuncture or any other treatment. A neutral attitude (“I don't know if I can really believe in this”) will not block treatment results.

The powerful synchronizing effect between the action of acupuncture and your attitude makes sense since the cure comes from your own body, regardless of the form of therapy you receive. Even western medical practices are beginning to recognize the importance of the patient's attitude towards treatment.

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7. Are there any scientific proofs that indicate acupuncture works?

In recent medical practice, the doctor's personal preference or belief has played a diminishing role in selecting the medical procedure for their patient. Instead, much more emphasis has been placed on evidence from rigorous research. This is called evidence-based medicine (EBM). This trend has also influenced the practice of acupuncture and over the last decade, acupuncture has been put through serious testing according to western scientific research standards.

In 1997, the US National Institute of Health conducted a large conference where panels of expert scientists discussed the efficacy and safety of acupuncture based on current evidence. Following the meeting, NIH issued a report entitled the "NIH Consensus Statement of Acupuncture", which acknowledged the effectiveness of acupuncture in a variety of health conditions. Furthermore, they recommended insurance companies cover acupuncture for treatment of some recommended conditions.

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8. Do you use disposable needles?

Yes, we have been using only disposable needles since the opening of our practice. Each needle is discarded into a medical hazard container after single use.

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9. Are there different grades or qualities of needles?

Yes, there are a number of different grades of disposable needles. We use only the highest quality needles on the market, approved as medical devices by Ministry of Health Canada. High quality pre-sterilized needles are guaranteed for 100% non-contamination. Additionally, the ultra-fine needle tips provide smoother insertion, ensuring much less discomfort during treatment.

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10. Are there any side effects of acupuncture?

As with any medical treatment, there is a chance of developing unfavorable reactions after acupuncture treatment. Adverse effects of acupuncture reported in the literature include infection, nerve damage, fainting, and puncture injuries to vital organs. These complications, however, are exceptionally unusual, especially under the care of qualified acupuncturists.

Tiny bruises around needling sites are not very common but occasionally occur. These usually diminish completely within a week. Compared with medical and pharmaceutical intervention, acupuncture is considered an extremely safe treatment with minimal chance of any complication.

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11. I have tried acupuncture somewhere else before and did not feel any improvement.

It is true that not everyone responds well to acupuncture, however, it is important to remember that failure to respond to treatment from one acupuncturist does not necessarily mean that your condition cannot be helped by acupuncture. As indicated, currently in Ontario, acupuncture is provided by various individuals with a wide variety of educational backgrounds. Dan Micu graduated at the Toronto School of Traditional Medicine, under highest traditional Chinese and modern Canadian standards, has qualifications and extensive experience. Therefore he can, in many cases, offer unique insight in a variety of health conditions that previously were non-responsive to conventional medicine or other alternative approaches.

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12. Does all acupuncture work the same way?

When we discuss acupuncture it is important not to generalize the effect and response from acupuncture treatment just like medication (for the most part,

medication does provide an expected reaction from targeted populations). Physiological response from acupuncture varies greatly based on various factors such as practitioner's skills or the chronicity of patient's illness. In fact, experimental studies indicated that an acupuncture needle inserted in the same point produces a different reaction depending on a variety of other factors such as depth of the insertion, amount of stimulation, and position of the patient. A unique acupuncture system utilized by us is designed to relieve your symptoms and address the root cause of the problem simultaneously in the most effective and timely manner possible, which is based on Dan Micu's clinical experience.

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13. Acupuncture + Chiropractic is a Health Enhancing Combination

- Acupuncture and chiropractic treatments are highly complementary and can mutually enhance the healthcare benefits of both types of treatment.
- Acupuncture helps to stabilize the spine and increase the benefits of chiropractic adjustments
- Acupuncture creates greater blood circulation and the release of tension, thus increasing the benefits of chiropractic adjustments
- Tight muscles can pull the spine out of alignment, and acupuncture relaxes and releases muscle tension
- Chiropractic assessment of spinal problems can identify more serious conditions



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14. How many treatments are usual?



Obviously the numbers 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.

Initially a small number of patients will experience a worsening of symptoms, as the body's energies are returning to normal. This is usual and no need for alarm. It is followed by improvement. Researchers internationally agree that **for acute conditions** the usual number of treatments is between eight and sixteen. The usual frequency is between two or four times a week or at least once.

Patients are encouraged to be patient with the healing process. If the treatments are recommended and results occur in just five visits, the acupuncturist may elect to discontinue treatments or continue their use to stabilize the condition.

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15. 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's suggested that patients with severe or chronic conditions return for a booster treatment two to three times a year.

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16. Are there any "Do's" or "Dont's" for me on the day of treatment?

Yes. To enhance the value of a treatment, the following guidelines are important:

- Do not eat an unusually large meal immediately before or after your treatment
- Do not over-exercise, engage in sexual activity, or consume alcoholic beverages within six hours before or after treatment
- Plan your activities so that after the treatments you can get some rest, or at least not have to be working at top performance. This is especially important for the first few visits.
- Continue to take any prescription medicines as directed by your regular doctor. Substance abuse (drugs and alcohol), especially in the week prior to treatment, will seriously interfere with the effectiveness of the acupuncture treatments.
- Remember to keep good mental or written notes of what your response is to the treatment. This is important for your acupuncturist to know so that the follow-up treatments can be designed to best help you and your problem.

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Non-Needle Treatments

Cupping

In addition to acupuncture, and herbology, **cupping therapy has been part of Chinese medicine for over 2,500 years**. Originally, animal horn was used for cupping, later on brass, ceramic, and bamboo cups were used. Today, we use glass cups in a variety of different sizes.



Cupping is like a very deep tissue massage. The practitioner applies heat in a cup and then applies that cup to the body, most commonly on the back. The heat creates a vacuum effect and draws the skin up into the cup. The result is **a movement of fresh blood to the area, release of toxins, acupuncture point stimulation, increased circulation of blood and lymph, relaxation of tight muscles, and reduced inflammation**.

Cupping does leave noticeable marks similar to a bruise or hickey that is sometimes referred to as "[cup kisses](#)" (see BBC article from Friday, 9 July, 2004 -). Although they can look alarming, they are not painful and will disappear on their own within 3-7 days.

Most commonly, it's used for aches and pains of various types including **low back and leg pain, neck and shoulder tension, and fibromyalgia**. It also helps open up the chest and benefits the lungs to treat respiratory problems such as **cough, bronchitis, asthma**, and the like. It and can even benefit **menstrual problems and digestive problems including stomach aches, vomiting, and diarrhea**.

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Acupressure & Tui-Na massage



Acupressure is a branch of traditional Chinese medicine which involves **the stimulation of acupuncture points with finger pressure** using the power and sensitivity of human touch, rather than inserting needles. This form of healing is **non-invasive and gentle**. The indications include the vast array of conditions that Chinese medicine has proven to treat effectively. Because acupressure stimulates the body's natural self-healing abilities, it also works as a great preventative therapy. Generally, the effects of acupressure are less potent than those of acupuncture, and as a result more treatments are needed to get the same results.

Acupressure is **ideal for children**. It is **gentle, safe, and effective** for many conditions, including **relief and prevention of colds and flu**. Parents can also be taught self-help techniques to use on their child at home.

Acupressure is also **suitable for the elderly** suffering from conditions including **arthritis, mobility problems, constipation, and poor circulation**.

Certain acupressure points must be avoided during pregnancy. Be sure to tell your practitioner if you are or may be pregnant.

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Moxibustion



Moxibustion evolved thousands of years ago in early northern China. It is part of traditional Chinese medical practices and came about at the same time as acupuncture.

Moxibustion involves the burning of moxa, an herbal wool made from the leaves of the Mugwort plant, over specific acupoints. The moxa is often formed into a small cone and placed on the tip of a needle or rolled into a cigar-like shape and passed over the skin in wave-like motions. The radiant heat produced by moxibustion penetrates deeply into the body to restore balance, promote circulation, and reduce pain. This form of treatment, usually combined with acupuncture, is indicated for improving general health and treating chronic conditions such as arthritis, digestive disorders, pain, infertility, ulcers, and many other ailments.



Many times the practitioner will send the patient home with a moxa stick so that it can be applied regularly between treatments. The burning of moxa will produce a potent smoke. For people who have asthma or respiratory problems, smokeless moxa can be used.

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Nutritional Therapy = Medicated Diet



Nutrition is a very important element of the complete Traditional Chinese Medicine system. It is one of both **healing and disease prevention**. **Many diseases and symptoms can be treated with** dietary changes alone; however it often takes longer and requires the utmost compliance and dedication on the patient's behalf. Unfortunately, **today's population has a poor concept of what constitutes a good diet. The fast paced lifestyle often gives nutritious eating a low priority**. At the same time, mind-boggling numbers of different diet fads and controversial dietary regimes add even more confusion to modern day eating habits. As a result, we see deterioration in the quality of people's lives in the form of obesity, depression, diabetes, cardiovascular disease, arthritis, etc.

Chinese nutrition uniquely differs from modern Western nutrition in that it determines the energies and therapeutic properties of foods instead of analyzing the chemical constituents of them. The advantage of this approach lies in its **ability to customize to**

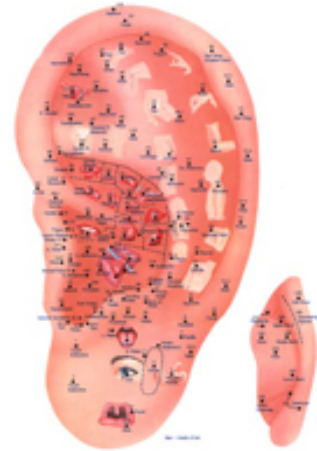
every individual's needs. Furthermore, Chinese nutrition takes into consideration such factors as method of preparation, body type, season, and one's geographical location in determining the appropriate diet. Schedule an appointment for a nutritional consultation today and begin your healing journey with your next meal.

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Auricular (Ear) Acupuncture

Auricular acupuncture involves the stimulation of the acupoints located on the ear with tiny seeds or pellets. The seeds are no larger than the tip of an unsharpened pencil, do not pierce the skin, and are **painless when affixed. The client will leave these seeds in for up to 1 week and re-stimulate the points by massaging the ear several times each day.**

There are over 200 acupoints on each ear that represent the anatomical parts and functions of the human body. These points are arranged on the ear in the image of an inverted fetus. By observing points of tenderness, coloration changes, protrusions or depressions, and skin variations, **a trained practitioner can not only treat a wide range of diseases using only the ear, but can diagnose them as well.** When we stimulate these points we access the central nervous system through the cranial nerves on the auricle of the ear. This sends a direct message to the brain that **results in a healing response.**



This therapy is most often used for **addiction, smoking cessation, and weight loss.**

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Let's think about that!

Acupuncture, Chiropractic, Massage Therapy

Acupuncture, Chiropractic Care, and Massage Therapy are available to every member of our society. Each of these therapies have been proven to improve our life and our health. Yet, very few of us have ever undertaken a serious course of Alternative Medicine, let alone a regular course of each. They can be a beneficial, and relatively inexpensive, adjunct in your pursuit of excellent health.

The key to understanding and using these alternative medicines properly is to understand that they are preventative of disease, and contributive to energy. Thinking of these therapies the same way that you think of mainstream medicine will only give you the results that mainstream medicine has.

Whether you have or haven't explored these areas, you will definitely need a professional opinion in terms of how to properly access these alternative fields of medicine and how to receive the most benefit to your health. Each one of these disciplines carries an important means in addressing the currents which control our health.

Discovering which to use, when to use them, and how to use them, is a step by step process. The empowering effects of these healing arts are criticized and unduly insulted in medical offices to this day. Unfortunately, these critical physicians are often not familiar with the annals of research in the other fields.

It is sad that the 'real' doctor of today is educated entirely by the pharmaceutical industry, and would prescribe dangerous drugs before exploring the power of these emerging arts. Even more unfortunately, this leaves the patient without any authoritative guidance as to how to explore the world of Alternative Medicine.

As we consider different health issues, we should also consider which of these alternative care disciplines you should enlist to assist you. Research thoroughly how to select an alternative care doctor and how to receive as much assistance as you can without affecting your pocket book. These disciplines are, in many cases, not any more expensive than mainstream efforts to achieve a health goal. Explore what you feel you'd prefer to avoid in the alternative health field, what you'd be comfortable with accepting, and how to find a medical doctor who is educated well in alternative medicines.

Disease Prevention

Disease Prevention is a popular phrase and a poorly followed principle. The problem we have, as a society, with the concept of disease prevention is that there is nothing exciting about it. If you consider eating healthy and living right only as a means to prevent disease, you'll never be excited enough to follow it up properly.

The only people who become excited about preventing disease are usually people who



already have a disease.

The most effective manner of motivating yourself towards healthy living is to understand how it will bring you closer to a stronger, more energetic person than the one you are today. Using prevention only to prevent disease is both dull and pessimistic. Using the tools you've associated with prevention to bring you more strength and vitality can make it exciting and can show you new pleasures in life.

If you can fathom that the same lifestyle you had when you were young is attainable now, this might make the alternative principles of disease prevention a little more interesting to you.

What is important to understand is that alternative principles **are a source of rejuvenation, can restore energy, and can even bring energy to a person who has never had strong energy levels.** These principles, often associated with helping eliminate or reduce disease prevention, should be followed until an individual has achieved an ideal state of health in their life.

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