

Health is a state of total harmony between the physical, emotional, and spiritual aspects of the individual.

Treating the Whole Person

Western medicine and Chinese medicine approach disease in fundamentally different ways. Western medicine looks for an external cause or agent of a specific disease, then controls or destroys pathogens or disease with drugs and/or surgery. Chinese medicine takes into account not only the disease symptoms, but also the age, habits, physical and emotional traits and all other aspects of the individual, and attempts to put together an overall picture of the patient in order to

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evaluate any patterns of disharmony. Health is a state of total harmony between the physical, emotional, and spiritual aspects of the individual. Illness on the other hand, is a disharmony that manifests as certain symptoms. Individual symptoms are a part of the syndrome of harmony or disharmony, which makes up the whole person. Acupuncturists are trained to recognize disease often long before the patient is aware of any illness.

Qi

Qi (pronounced "chee"), in simple terms, is the vital energy of the body. It keeps the blood circulating, warms the body, and fights disease. It is Qi that distinguishes living creatures from inanimate objects. Qi flows through certain channels forming a network within the entire body and linking all parts and functions together so that they work as one unit. There are 12 main Qi channels, each connected to an internal organ and named after that organ, and they follow a set pathway in the body. When a person is healthy, the Qi moves smoothly through the channels, but if for some reason the flow is blocked, or the Qi is too weak or flows the wrong direction in the channel, then illness occurs. The aim of the acupuncturist is to correct the flow of Qi by inserting thin needles into particular points on the channels and so affect a change in a part, or function of the body. Changes in Qi precede physical changes, so acupuncture can act as preventive medicine, correcting the energy imbalance before a serious illness can occur. If physical change has already occurred, it may be reversed by restoring the flow of Qi.

Causes of Disease

Many things can upset the balance of the body and disturb the flow of Qi:

- **Emotional states...** Stress, worry, anger, fear, grief, and sadness – each have a particular effect on the energy balance of the body.
- **Diet...** Malnutrition, overeating, too much salt or greasy foods, eating erratically or in a state of tension, can cause illness.
- **Drugs...** Alcohol, tobacco, marijuana, incorrectly prescribed medicines or medicines with side effects can injure the body, and even tea and coffee can cause dysfunction.
- **Weather conditions...** Cold, damp, wind, heat, or dryness, and particularly sudden weather changes can cause or aggravate disease.
- **Exercise and rest...** Too little or too much of either can harm the balance of energy.
- **Trauma...** such as accidents, falls, and operations.
- **Hereditary factors**
- **Poisons**
- **Acute illnesses...** such as colds, flu, fevers, and bronchitis.

Acupuncture Can Help Treat:

- Pain
- Headaches
- Stress
- Fibromyalgia
- Chronic Fatigue Syndrome
- Depression
- Menopausal symptoms
- PMS
- Insomnia
- Sinusitis
- Asthma/respiratory problems
- Digestive problems
- Arthritis
- Weight loss
- & More... (see website)

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ALASKAN ACUPUNCTURE CLINIC



Chinese Acupuncture

Chinese Herbs

Massage

Acupuncture is part of the traditional medicine of China which includes herbal medicine, exercise, massage and diet.

What is Acupuncture?

Acupuncture is part of the traditional medicine of China which includes herbal medicine, exercise, massage and diet. Over the last 3000 years, it has developed into an energetic-based understanding of the workings of the body.

How Does Acupuncture Work?

The answer is: No one knows for sure. The ancient Chinese theory is that there are meridians throughout the body where "Qi," or energy, flows. If there is a block in the meridian, disease and pain result. By inserting an acupuncture needle in the blocked point, the flow of Qi, and therefore health, is restored. Western medicine is just beginning to substantiate that indeed, meridians *do* exist. When performing a "functional MRI" and needling points in the foot known to affect the eyes, the MRI shows activity in the visual part of the cortex of the brain. Many people believe acupuncture is a biochemical process. Needling affects the nerve synapses, and therefore the neurotransmitters that transmit information to the brain. Acupuncture points can be found by measuring the electrical resistance on the skin. Even though we can't yet entirely explain exactly how acupuncture works, over 3000 years of needling points has resulted in a vast body of knowledge regarding the effects from needling each of the over 400 acupuncture points.

Acupuncture is safe, natural and (unlike taking medication) is without side effects.

Acupuncture needles are about the diameter of a human hair, and disposable. Usually you will either feel no sensation, or just a sensation that the needle was inserted. Occasionally, if the needle goes in a hair follicle or blood vessel, there will be a small amount of stinging, which usually goes away almost immediately. If the stinging does not go away, we move the needle to a slightly different location. We usually use 14-20 needles per treatment, and needles are typically left in about 20 minutes.

A full medical history, palpation of wrist pulses, and tongue shape, color, and coating are used to determine a **Chinese Medicine diagnosis**, point selection, and other therapies. While many conditions may be alleviated rapidly with acupuncture and herbs, treatment for chronic conditions will likely take longer. Moxibustion, the stimulation of energy by the use of either burning herbs or by applying a spray which is activated by a special infrared lamp, is often used as an additional treatment.

Why is Acupuncture growing so rapidly in the U.S.?

- It puts people back in control of their own bodies and health care
- It works on many health problems for which Western medicine is less effective
- It is safe, effective, and has virtually no side effects
- It treats the whole person and not just the disease
- It uses the body's natural healing processes

Herbs

Herbs in pill form may be prescribed to help support your treatments. The formula will be based on your individual Chinese diagnosis, including your signs and symptoms, and your underlying constitutional patterns.

Diagnosis

In determining the pattern of disharmony, we need a detailed understanding of your lifestyle, diet, work, medical history, and emotional state. The diagnosis includes questioning, observation, and examination of the pulse and tongue. We are looking for a pattern of symptoms, rather than isolated symptoms. Tongue and pulse diagnosis are highly refined in

Chinese medicine. The pulse is felt at the wrists on the radial artery and its strength, rhythm and quality indicate the balance of energy and the state of the disease. The tongue, through its shape, color, movement, and coating indicates the progression and degree of the illness.

Treatment

Acupuncture treats both chronic and acute illnesses, and works by restoring an energetic balance to the body and stimulating its healing powers. A common question is "how long will it take?" The longer the condition has been going on and the more medical conditions (of any kind) the patient has, the more muscles and organ systems will be involved, and the treatment will be more complicated and take longer. If your body is depleted, there are no reserves to call upon and healing is slower. If a patient is perfectly healthy and has only a recent minor injury, we may only see them a few times. Patient compliance is a factor – whether you follow our recommendations. We can often give you a pretty good indication of how many treatments you may need by the end of the second or third treatment, based on your medical condition, your compliance to date, and how much you have improved within the first few weeks.

There are no restrictions as to who can receive treatment. Women can be treated for any complications of pregnancy without causing any harm to the mother or baby, though certain points must be avoided if there is any risk of a miscarriage. Acupuncture can be combined with Western drug therapy, or can be used to eliminate dependence on pharmaceutical drugs. Drugs can often be reduced as the acupuncture treatments decrease your symptoms.

Treatment for chronic problems often starts with one or two visits per week, and then the frequency is reduced as symptoms subside. Acute problems may be treated as many as three times per week. Most symptoms can be treated to one degree or another with acupuncture. For example, acupuncture alone successfully treats migraines and headaches, but while acupuncture will not cure cancer, it can help with the side effects of chemotherapy.

The first visit includes discussing a comprehensive medical history and a full treatment. All of your symptoms are discussed, even those you may think are unrelated. We then develop a Chinese Medicine Diagnosis, which determines point selection. Subsequent sessions consist of a brief discussion about the effects of the last treatment, and a treatment for your present symptoms. It is best to focus on a few priorities at a time.

Just as there are people who do not respond to drugs, there are those who do not respond to acupuncture. Some diseases, such as strokes and M.S. need to be treated immediately for maximum effectiveness, and can be very difficult to treat if the disease has progressed to the point where the patient has become very thin.