

# Top 10 Reasons to Try Acupuncture



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## 1. Acupuncturists view each person holistically and individually.

No two people are alike. Every cell in that person's body is interconnected to others and is functioning as part of an integrated whole. In other words, acupuncture treats the whole person, not just parts and pieces. The root causes of a symptom that two people are experiencing may be completely different. During the initial exam, a full health history is taken. Questions are asked regarding overall health and symptoms, lifestyle choices, exercise, nutrition, career paths, and other life factors. All aspects of the patient are considered when putting together an effective treatment plan.



## 2. Acupuncture helps to re-awaken and energize the self-healing capacity of the body.



An acupuncturist treats more than symptoms and signs. Acupuncture activates the body's natural healing potential by treating the root causes that have led to the problem or disease. Research shows that acupuncture triggers the body's own mechanisms for manufacturing and releasing its own pain relieving chemicals. These chemicals are endorphins and dopamines, opioid-like compounds that produce the feeling of well-being and reduce pain. The body knows the exact dose that is needed at the right time. It is like a perfect pharmacy that can produce any "medication" needed for healing without any unwanted side effects!

## 3. Acupuncture is an effective preventative medicine with no negative side-effects, only positive ones.

Acupuncture is a completely natural therapy and works directly with the body's natural processes, not against them. No drugs are ever used. Invasive procedures and drug therapies used in Western treatment may produce undesirable side effects and accumulated toxicity in the body. Acupuncture does not have these side effects. In fact, feeling great is the most commonly reported result.

## 4. Acupuncture helps to support and strengthen the immune system.

The immune system works throughout our body to prevent and fight illnesses. Our digestive tract, skin, and lymphatic system are three important parts of the immune system. The immune system can be weakened at times by disease and/or certain treatments and medications. Lifestyle contributors



such as poor diet, stress, and poor self care can also negatively impact the immune system. The goal of acupuncture is to find and treat the underlying imbalances that are affecting the flow of Qi (pronounced “chee”), our vital energy or power, and the immune system by addressing the root causes. Acupuncture can help you regain balance and improve your overall health.



5. Acupuncture effectively assists with recovery from drug, alcohol and smoking addictions.

With the help of acupuncture, recovery from drug, alcohol and smoking addictions can be made easier. Stress, anxiety and depression are some of the largest stumbling blocks in quitting addictive habits and behaviors. Acupuncture is successful at calming and relaxing the mind, reducing anxiety and alleviating depressive feelings.

6. Acupuncture is recognized by well-known and leading national and international health organizations\*.

The National Institutes of Health and the World Health Organization are among those organizations who recognize that acupuncture is effective in the treatment of over 50 western medical diseases, disorders and symptoms including pain, infertility, allergies, depression/anxiety, migraines, digestive issues, arthritis, fibromyalgia and more.

7. Acupuncture is safe and painless.

When practiced by a qualified practitioner, acupuncture is safe. In 1996, the U.S. Food and Drug Administration (FDA) classified acupuncture needles as medical instruments, assuring their safety and effectiveness. The needles are one-time use only and are sterile and do not carry any risk of infection. Acupuncture needles are about ten times smaller in size than an average hypodermic needle, approximately the size of a cat’s whisker, and they are very flexible. They don’t hurt in the way that hypodermic needles do, however a slight sensation may be experienced as the acupuncture needle is inserted.



8. Acupuncture treatment is an excellent stress-relief therapy.

Along with treating physical and emotional symptoms and signs associated with stress, acupuncture and Traditional Chinese Medicine (TCM) addresses the root cause(s) of the problem. Qi is the vital energy or power that animates and supports the functions of the body. It flows through specific pathways, called meridians, and provides nourishment for the entire body. When Qi becomes “blocked” or the supply is inadequate, the body and organ systems become “stressed out” and our health is then compromised. With acupuncture and TCM, the practitioner’s job is to support and restore the integrity of the various organs affected and depleted by the stress response, along with evaluating the quality and quantity of Qi.

## 9. Acupuncture is an affordable alternative.

Compared to some expensive Western medical therapies, treatments and medications, acupuncture is affordable and effective and it may help you avoid further medical expenses and complications down the road when it is used as a primary treatment plan or an adjunct therapy. Acupuncture can also help you make lifestyle changes and prevent future illness.



## 10. Acupuncture works!



Acupuncture has been used to successfully treat millions of people over the past 3,000 years. It is an effective form of medical treatment that has evolved into a complete holistic health care system. Practitioners of acupuncture and Chinese medicine have used this noninvasive treatment to help many become well and stay well. As the old adage goes, “there is nothing to fear, but fear itself”! Acupuncture works and this safe, natural, drug-free way of whole body healing is worth a try!

\* National Institutes of Health (NIH), World Health Organization (WHO), National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM), American Association of Acupuncture and Oriental Medicine (AAAOM)

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