

American Chiropractic and Acupuncture

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WHAT IS ACUPUNCTURE AND HOW DOES IT WORK?

Acupuncture is one of the oldest, most commonly used medical procedures in the world. Originating in China more than 2,000 years ago, acupuncture began to become better known in the United States in 1971, when New York Times reporter James Reston wrote about how doctors in China used needles to ease his pain after surgery.

The term acupuncture describes a family of procedures involving stimulation of anatomical points on the body by a variety of techniques. American practices of acupuncture incorporate medical traditions from China, Japan, Korea, and other countries. The acupuncture technique that has been most studied scientifically involves penetrating the skin with thin, solid, metallic needles that are manipulated by the hands or by electrical stimulation.

The ancient Chinese believed that there is a universal life energy called Chi or Qi present in every living creature. This energy is said to circulate throughout the body along specific pathways that are called meridians. As long as this energy flows freely throughout the meridians, health is maintained, but once the flow of energy is blocked, the system is disrupted and pain and illness occur. Imagine rivers that flood and cause disasters or an electrical grid short-circuiting that causes blackouts. Acupuncture works to "re-program" and restore normal functions by stimulating certain points on the meridians in order to free up the Chi energy.

SOME COMMONLY TREATED CONDITIONS FROM A-Z:

Acne	Diabetes	Irritable Bowel Syndrome
AIDS	Diarrhea	Insomnia
Allergies	Endometriosis	Kidney Stones
Alzheimer's	Eye Diseases	Lung Cancer
Angina	Female Sexual Dysfunction	Male Infertility
Anxiety	Fibroids	Memory, Poor
Arthritis	Fibromyalgia	Meniere's disease
Asthma	Flu (and Colds)	Menopause
Back Pain	Glaucoma	Menstrual Cramps
Benign Prostatic Hyperplasia	Gout	Muscle Strain and Sprain
Breast Cancer	Hayfever	Osteoporosis
Breast Lumps	Headache	Parkinson's
Cancer	Heartburn	Premenstrual Syndrome
Candidiasis (Yeast Infection)	Hemorrhoids	Psoriasis
Cholesterol, High	Hypertension	Preventive Medicine
Chronic Fatigue Syndrome	Impotence	SARS
Crohn's Disease	Indigestion	Sinusitis
Depression	Infertility	Urinary Incontinence
Dermatitis (Eczema)		

American Chiropractic is Better Chiropractic.

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