

## **Acupuncture FAQ's**

### **What is Acupuncture?**

Acupuncture is the insertion of very fine needles into specific points on the body. These points are located on meridians, also known as energy pathways or channels in which Qi (vital life force energy) flows and circulates throughout the body. Acupuncture is becoming ever more recognized as a very effective healing practice and is used by people all across the globe as a means to regain wellness and prevent illness.

### **How does acupuncture work?**

From a Western medical perspective acupuncture stimulates the nervous system sending signals to the brain to invoke a healing response both locally and within the tissues and organs. If we look at it from an Eastern point of view, when there is injury or illness the Qi within our bodies becomes stagnant or deficient. The insertion of needles generates therapeutic effects by working with the Qi to regulate the pathways and allow for the Qi to become nourished and resume a free flowing course. The overall objective is to create balance, when the Qi within our bodies is abundant and circulating freely we are able to maintain proper physical and mental wellbeing.

### **Does it hurt?**

Generally, no it doesn't. There sometimes may be a slight prick as the needle is inserted, but most people feel nothing at all. After insertion a dull pressure or tingling sensation may be felt around the needle. I have quite a gentle approach to my needling, as I feel a treatment should be as pleasant and relaxing as possible, which I believe will further assist the healing response.

### **What is involved in a typical treatment?**

The first appointment will be an initial consultation and treatment, where you will be asked about your health, symptoms and what your goals are. Subsequent treatments will include a brief follow up and discussion. For the treatment itself you will lie comfortably on a massage table while needles are gently inserted and afterwards will remain in for 30 minutes. Depending on your condition, Tui Na massage, cupping, moxibustion or ear seeds may also be administered.

### **How long does a treatment last?**

The initial consultation and treatment is one and a half hours and subsequent visits are 45-60 minutes.

## How many treatments will I need?

Every individual is unique in his or her healing response, so depending on the duration, severity and type of concern the course of treatment will vary. In general it is beneficial to have a treatment at least once a week. Some people will notice a change after just one treatment, but others will see change over several treatments. It is important to mention that the patient's willingness to lead a healthy lifestyle, including a balanced diet and appropriate exercise will greatly support the rate of recovery.

## What can acupuncture treat?

Acupuncture can treat a wide variety of conditions, as Traditional Chinese Medicine takes into account the physical, mental and emotional aspects of health, thereby diagnosing in a more holistic manner. The World Health Organization (WHO) lists many conditions that acupuncture is effective in treating, including:

- Allergies
- Anxiety
- Arthritis
- Asthma
- Back pain/ache
- Depression
- Digestive disturbances
- Fatigue
- Facial pain
- Fertility
- Frozen shoulder
- Headaches
- High blood pressure
- Infertility
- Insomnia
- Mental or emotional stress
- Menopausal problems
- Migraines
- Menstrual irregularities and cramping
- Nausea
- Neck Stiffness
- Sciatica
- Side effects of chemotherapy and radiation
- Tennis elbow

*It is health that is real wealth and not pieces of gold and silver.*

~ Gandhi

Sara Salzgeber DTCM. RAc.  
Back At It Massage  
403 688 1561

203-1205 Bow Valley Trail  
Canmore, Alberta  
T1W 1P5