

## FAQs

### How does it work?

The classical Chinese explanation is that channels of energy (meridians) run in regular patterns through the body and over its surface. Any obstruction of energy flow results in pain and/or disease. The meridians can be influenced by needling the acupuncture points; the acupuncture treatments can therefore help the body's internal organs to correct imbalances in their digestion, absorption, and energy production activities and in the circulation of their energy through the meridians.

The modern scientific explanation is that needling the acupuncture points stimulates the nervous system to release chemicals in the muscles, spinal cord, and brain. They will trigger the release of other chemicals and hormones, reduce inflammation or nourish the immune system which influences the body's own internal regulating system. Acupuncture increases vascular function which decreases with age...it improves your blood flow. Acupuncture affects the pain pathways, both the proprioceptive nerve fibers and the sensory nerves. It calms down those nerves that are overfiring and stimulates those nerves that are underactive. It can thereby affect the midbrain releasing endorphins and enkephalins.

The improved energy and biochemical balance produced by acupuncture results in stimulating the body's natural healing abilities, alleviating pain, and in promoting emotional well-being.

### Is it safe?

When a trained acupuncturist practices acupuncture, it is very safe and generally free of complications.

### Does it hurt?

I offer a very gentle, caring and friendly approach and educate you completely about the process. The sensation of receiving an acupuncture treatment can rarely be described as painful. Generally the feeling is more of a tingling sensation. Acupuncture needles have a rounded end tip and therefore do not cut the skin as regular injection needles do. The needle is hair like and is immensely small. Following treatment it is common for the patient to feel a sense of relaxation and or exhilaration. I am experienced and sensitive to those patients with low pain tolerance. I want you to feel safe and comfortable.

### Are there any side effects or complications?

Acupuncture is an extremely safe method of treatment, and as such, side effects and complications are extremely rare when treated by an experienced, licensed practitioner. However, a very small number of patients may have reactions to the procedure that may include light-headedness. Acupuncture needles used to penetrate the skin are presterilized, individually

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packaged and disposed after a single use. As in any matter pertaining to health, any concerns are discussed with me prior to and following treatment to ensure maximum effectiveness.

There are very few situations where acupuncture is not advised. While fertility is treated frequently, if the patient is pregnant, certain acupuncture points should not be used. These points may stimulate blood/energy flow.

### What should I expect at my consultation (first visit)?

I will ask extensive questions regarding your medical history, current complaints and review your health status. A physical examination including a tongue and pulse diagnosis will be performed. This will enable me to plan a suitable course of treatment.

### How many treatments will I need?

The total number of treatments required to effect change in a condition varies dependent upon the disease and its severity, the duration of the illness, and your overall condition. The treatment program is based on the patient and the results obtained in the initial visits. Both you and I thereafter would determine follow-up treatment. An acupuncture treatment session last approximately 30 minutes.

Call (949) 861-8901 today and let's get started.