



# Acupuncture Q & A with Dr. Chyung

Licensed Acupuncturist/Certified Herbologist

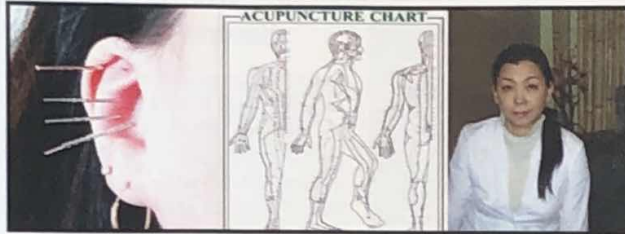
## What Is Acupuncture?

Acupuncture is a treatment tool within the practice of Traditional Asian Medicine. It has been used for thousands of years throughout Asian countries with great success and has gained popularity worldwide in recent years.

Fourteen major channels called "Meridians" course through the human body. A subtle energy "Qi" (pronounced chi) circulates via the meridians to all parts of the body, even the most remote cells. Qi is a vital force, a presence which separates living from the dead. Its balanced flow is crucial to maintaining good health. Misdirection, blockage, or other conditions diverting the amount of flow or balance of Qi may result in pain, dysfunction, or ill health.

Using acupuncture, a practitioner

of Traditional Asian Medicine stimulates certain points along the meridians by



inserting needles into those points. This stimulation helps restore the balance and flow of Qi so organs and other systems can work together in harmony. This sets the stage for the body to repair itself and maintain its own health.

**What are the needles? Are they like those that are used for injections?**

No. They are different. There are no open ends. Most acupuncture needles are

made of solid metal, some so thin that many patients cannot feel their insertion. Needles come in different sizes varying in length and diameter for conditions requiring their use. The types of needles used depend on the patient and illness, as well as treatment style of the practitioner.

All needles used for treatment have been thoroughly sterilized and come in pre-sealed containers to maintain their total sterility. Needles are used only once, then discarded to maintain the safety of the patients as well as the practitioner.

**I've heard that acupuncture can be painful. Can that be avoided?**

For those extremely sensitive to acupuncture needles, a technique known as 'acupressure' can be used instead of inserting needles. This treatment is similar to deep tissue massage except pressure is applied to 'acu-points'

instead of the 'musculature'. This treatment has very therapeutic properties. As 'acu-points' are stimulated, stress is relieved locally in that area.

**On TV I've seen something called 'cupping'. Is it related to acupuncture?**

Cupping is a treatment where implements designed like cups are placed on acu-points. Suction pressure stimulates the local area. This methodology is very effective for people who are sensitive to needles, but this application is limited due to size of the cups and crowding that may occur when required acu-points are located close to one another.

**NEXT ISSUE:  
The Health Benefits  
of Acupuncture**

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