

# What is Acupuncture?



Originated in China over 5,000 years ago, acupuncture therapy is an effective form of health care that has evolved into a complete and holistic medical system (Traditional Chinese Medicine). Practitioners of acupuncture and Chinese medicine have used this noninvasive treatment method to help millions of people become well and stay well.

During an acupuncture treatment, an acupuncturist places fine, sterile needles at specific acupoints on the body. This activates the body's Qi and promotes natural healing by enhancing recuperative power, immunity and physical and emotional health. It also can improve overall function and well-being. It is a safe, drug-free therapy to treat a wide variety of health problems.