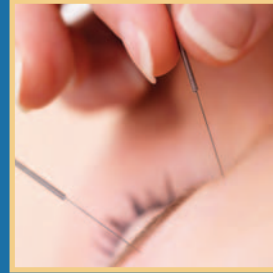
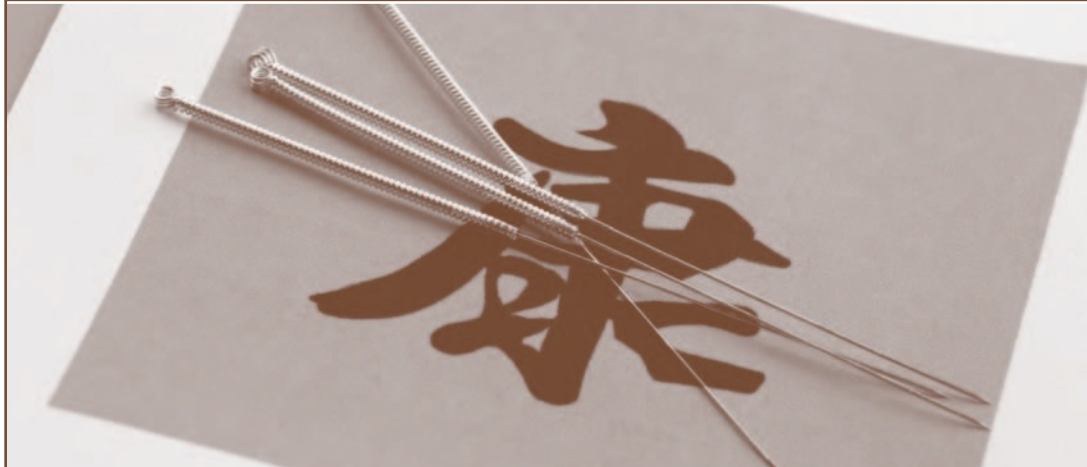


# Acupuncture



WELLNESSMD



# CLASSIC CHINESE ACUPUNCTURE

Imbalances of the body cause discomfort and diseases. The ultimate goals of traditional Chinese Acupuncture and herbal therapies are to help the body re-establish balance and harmony. The vital energy that supports all the body's activities is called Qi (pronounced as 'Chi'). Qi circulates in the body along channels called meridians. Acupuncture influences Qi through needles inserted into points along meridians that simulate energy and flow. After the balance is restored, the therapies further help the body maintain its balance so that there is a minimum amount of stress on the body.

Acupuncture needles are considered to improve the blood circulation and reduce the inflammation locally. In many pain conditions, when the local inflammation goes down, the pain is alleviated. The enhanced circulation is also needed for the healing process. When the body's functions are enhanced and the inherent weaknesses are strengthened, the body can protect itself from many predisposing factors of illness.

## Common Conditions Treated By Acupuncture:

- Addictions
- Allergies/Asthma
- Anxiety/Depression
- Arthritis/Joint Problems
- Chronic Pain
- Concentration Problems
- Digestive Problems
- Fatigue
- Headaches/Migraines
- Heart & Blood Pressure Problems
- High Cholesterol
- Immune System
- Impotence
- Infertility - Male & Female
- Insomnia
- Menopause & Menstrual Cramps/Disorders
- Neck & Back Pain/Stiffness
- Weight Control/Obesity



# A BRIEF HISTORY

Acupuncture was first discussed in the ancient Chinese medical text “Huang Di Nei Jing” (The Yellow Emperor’s Classic of Internal Medicine), originating more than 2000 years ago. During the 6th Century, improved transportation and communications within the Asian Continent led to the introduction of Chinese medicine to Japan, and along with Buddhism acupuncture came in the form of religious medicine.

Chinese acupuncture has been well established as the primary form of health care for over a thousand years. An acupuncturist’s role was comparable to that of a modern physician. In Japan, acupuncture remains an integral part of the health care system and is offered in conjunction with modern medicine.

In North America, acupuncture has grown into what is now a common form of pain management therapy in many clinics and hospitals. In 1997, the US National Institute of Health stated that acupuncture is a very useful method for treating many conditions. It acknowledges the side effects of acupuncture are considerably less adverse than when compared to other medical procedures such as surgery or pharmaceuticals. Because of this, acupuncture treatment has been included in many health insurance plans. It is an indicator of acupuncture’s acceptance into the mainstream and of its success.

# WELLNESSMD



## CONTACT US:

5458 Town Center Road, Suite 104

Boca Raton, Florida 33486

P: 561-961-5695 F: 561-961-5899

[www.wellnessmdboca.com](http://www.wellnessmdboca.com)