

## Acupuncture St. John's

Acupuncture St. John's - Acupuncture is one measure of Conventional Chinese Medicine which has been used in China for thousands of years. The method of acupuncture involves placing fine but solid needles into certain points in the body. Acupuncture is designed to address imbalances in the body and release blocked energy. These imbalances might lead to ill health and result in poor well-being. The popularity of acupuncture has grown greatly in the West, although it is considered a comparatively new introduction to our medical library.

This form of healing is based on the theory that each individual is filled with a life force energy called Chi or Qi. Balanced Chi or Qi needs the feminine yang and masculine yin elements of the body are aligned and balanced. When in proper balance, the qi would flow smoothly throughout the body along meridians of power. When somebody is unhealthy, this suggests that there is an imbalance or obstruction which needs to be corrected. A TCM practitioner talks to the patient about the situation and could opt to use acupuncture, among other modalities, to treat it.

A session of acupuncture will begin with the participant lying flat upon a table. The table must be adjusted to the height of the particular practitioner. Patients could be asked to take off some clothing while some can be able to remain fully dressed based on the areas of body which the needles will be inserted. Acupuncture needles are inserted into different points of the body. The needles enter at angles ranging from 15 degrees relative to the skin to ninety degrees, depending on the practitioner's judgment. As soon as the needles have been inserted, they can be manipulated by hand in twisting motions, gently vibrated, heated, cooled or electrified with a gentle current in order to stimulate the meridian.

Upon completion of a session of acupuncture, the patient can feel invigorated or experience more relaxation. The outcome of the session would differ widely from individual to individual and the kind and scope of the session. The initial cause of the problem might take a number of acupuncture sessions to eradicate it altogether or it could have resolved itself. The session must not cause whichever pain. When placed properly, the needles do not result in bruising or bleeding. So as to receive a productive acupuncture session, it is important that you look for a qualified acupuncturist who has attended a Conventional Chinese Medicine school.

Usually, in the West, acupuncture is used as a complementary form of medicine. It is normally combined with other treatments for maximum efficiency. Research conducted on acupuncture in the West suggest that it might help to heal nerve conditions, headaches, relieve pain, asthma, address vomiting and nausea. It has proven helpful for problems like back pain, carpal tunnel syndrome, arthritis, and fibromyalgia among others. The World Health Organization suggests acupuncture to aid with stress, substance abuse and allergies.