

How does it work?

Answer: In traditional Chinese Medicine, there are 12 pairs of meridian and 8 extra meridians. They inter-connect and communicate with each other, go through the superficial body surface and internal organs.

Qi (energy) and Xue (blood) flow through distinct meridians that cover the body. When flow of 'Qi' and 'Xue' is affected, problems start. One of the manifestations may be pain. Through the manipulation of acupuncture needles on specific acupuncture points, therapist can regulate and restore the harmonious energetic balance of the body. There is a saying in Chinese medicine, "Tong ze bu tong, bu tong ze tong", which translates to "There is no pain if the flow of energy is smooth, if there is pain, the flow is obstructed".

How soon can I see the effect of treatment?

Answer: Patients respond differently to acupuncture, so the effect of treatment depend on the duration and severity of conditions, energy level of the body and the life style of patients. Usually for acute conditions (less than one year), a positive difference should be seen in 2 to 4 treatments. For more chronic conditions, more treatments may be required.

What are common conditions that can be treated by acupuncture?

Answer: Common conditions can be treated successfully by acupuncture are:

Neck and back pain; sciatica
Arthritis and joint pain
Headaches, migraines
Facial paralysis
Weakness due to nerve damage or stroke aftermath
Respiratory Disorder, Chronic bronchitis
Sinus headache
Seasonal allergy
Gastro-intestinal Disorder (IBS, constipation, diarrhea)
Gynecological Disorder
 pre-menstrual & menstrual symptoms(pain,fatigue,
acnes)
 pregnancy related problems (morning sickness, back
pain, depression)
Infertility
Insomnia



Is it safe?

Answer: Needles are sterilized, individually packed disposable needles. Licensed acupuncturists receive over two thousand five hundred hours of intensive training and have to pass a written and practical license examination.

Does it hurt?

Answer: Sensations such as 'heaviness', 'swollen', 'distention', or 'radiating' feeling traveling up or down along the meridian may be experienced. In Chinese medicine, this is called 'De Qi' (get the energy under the needle). With 'De Qi', treatment is usually more effective. Therapist should be able to adjust its technique according to the feeling of the patient and manipulate the needle accordingly.

How often should I receive treatment?

Answer: Patients are usually recommended to receive treatment two times a week, when conditions (pain) are under control patients may be recommended to receive treatment just once a week and then stop treatment.

