

Question: Can Acupuncture help with...?

Answer: We left this question open-ended for a reason, and that's because everybody finishes the question differently, according to whatever health issues concern them. Everybody knows that Acupuncture is good for pain. What most people don't know, though, is that Acupuncture is part of an entire system of medicine, commonly known as Traditional Chinese Medicine (TCM). As an entire system of medicine, TCM treats the entire spectrum of human health, from prevention to treatment, from wellness to illness. We have successfully treated people with conditions from reflex sympathetic dystrophy to depression, from insomnia to menopause, from infertility to chronic fatigue or fibromyalgia, from auto accidents to acid reflux. We don't just help relieve pain, we treat problems of emotions (depression, anxiety, irritability), internal medicine, hormone imbalances, the musculoskeletal system, pediatrics, geriatrics, or pretty much any other health problem you can think of. In the coming months, we'll probably deal more specifically with some of the more common health problems, as questions arise.

Question: Does Acupuncture hurt?

Answer: You have to realize that the sterile, one-time use needles are very, *very* small - about the width of a human hair. They would actually fit *inside* a hypodermic needle. That's a long way of saying, "No, it doesn't hurt." You may feel the tiniest of sensations or you may not feel anything at all. We have many patients who don't like needles. Some simply keep their eyes closed for the entire treatment, and never even see a needle. Even the patients who really hate needles keep coming back. I think that says something about the effectiveness of Acupuncture, as well as about how comfortable people are once they've tried it.

Question: What happens during a treatment?

Answer: It depends on the individual, but we may do much more than just Acupuncture. We might use cupping, moxibustion, infrared heat, Chinese massage (Tui-Na), electrical stimulation and other treatments. We have received exhaustive training in herbology and prescribe herbs extensively. The treatment you receive will depend on your complaint, the root cause of your complaint, and your comfort level.