



HEALTHY CONNECTIONS

Ancient Wisdom for a Modern World

What is acupuncture? Acupuncture is an effective form of medical treatment that has evolved into a complete holistic health care system. Acupuncture and Chinese Medicine is a noninvasive treatment method that has helped millions of people become well and stay well.

Acupuncture promotes natural healing. It can enhance recuperative power and immunity, support physical and emotional health, and improve overall function and well-being. It is a safe, painless and effective way to treat a wide variety of medical problems.

What is Qi? At the core of this ancient medicine is the philosophy that **Qi** (pronounced “chee”), or Life Energy, flows throughout the body. Qi animates the body and protects it from illness, pain and disease. A person’s health is influenced by the quality, quantity and balance of Qi.

How does Qi move? Qi flows through specific pathways called meridians. There are 14 main meridians inside the body. Each of these is connected to specific organs and glands.

Meridian pathways are like rivers flowing inside the body. Where a river flows, it transports life-giving water that provides nourishment to the land, plants and people. Similarly, where meridian pathways flow, they bring life-giving Qi that provides nourishment to every cell, organ, gland, tissue and muscle in the body.

An obstruction to the flow of Qi is like a dam. When Qi becomes backed up in one part of the body, the flow becomes restricted in other parts. This blockage of the flow of Qi can be detrimental to a person’s health, cutting off vital nourishment to the body, organs and glands.

How is Qi disrupted? Physical and emotional trauma, stress, lack of exercise, overexertion, seasonal changes, poor diet, accidents, or excessive activity are among the many things that can influence the quality, quantity and balance of Qi.

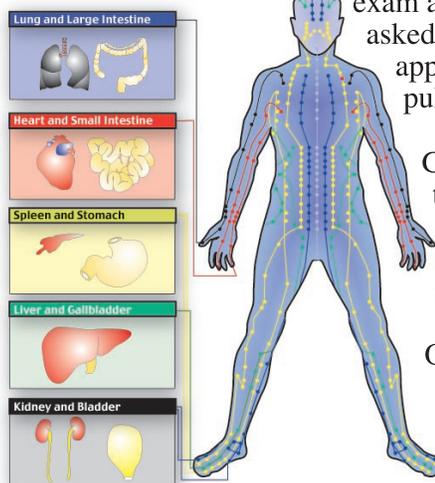
Normally, when a blockage or imbalance occurs, the body easily bounces back, returning to a state of health and well-being. However, when this disruption is prolonged or excessive, or if the body is in a weakened state, illness, pain, or disease can set in.

What takes place at my visit? During the initial exam a full health history is taken. Questions are asked regarding health, symptoms and lifestyle. An appropriate physical exam is conducted, including pulse and tongue diagnosis.

Gathering this information enables the practitioner to effectively diagnose and detect any specific imbalances of Qi that may have contributed to your health problem(s), and to create a well-structured and individualized treatment plan.

Once the imbalances of Qi are detected, acupuncturists use fine, sterile needles at specific acupoints along meridian pathways. The safe and painless insertion of needles can unblock the obstruction and balance Qi where it has become unbalanced. Once this is done, Qi can freely circulate throughout the body, providing adequate nourishment to cells, organs, glands, tissues and muscles. This can eliminate pain and restore balance and harmony, as well as the body’s ability to heal itself—ultimately leading to optimal health and well-being.

Acupuncture and Chinese Medicine is a **safe, effective** and **drug-free** therapy that can help address a wide variety of common ailments and problems.



When patients ask, “What can I do to get well faster?,” here’s how to respond:

1. Rest & Relax. After your appointment, it’s important to let the treatment settle in, giving your body the opportunity to heal and rebalance. Avoid strenuous exercise after your visit. Go home to rest and relax.
2. Eat Well. Eating a variety of grains, meats and vegetables are important, as these form the building blocks of every cell, muscle and tissue. Eat organic foods. You are what you eat, so, eat wisely!
3. Keep Up the Good Work. In order to achieve the best possible results, keep your appointments. Each visit is necessary for your healing process, as it builds upon all of the previous visits. Being on time and keeping your appointments will keep you on the road toward health.

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Wisdom that Works!

Today over \$500 million dollars is spent out of pocket for alternative care annually. Acupuncture and Chinese Medicine are gaining ground in the health care industry. This form of health care is built upon time-tested principles, which have evolved over thousands of years. Below are three basic tenets at the heart of Acupuncture and Chinese Medicine:

- 1) Everything is interconnected. An acupuncturist does not separate the human body into pieces and parts, but instead sees each person as a dynamic and holistic being. Each atom, cell, tissue, and organ is interrelated and interconnected, functioning as an integrated whole.
- 2) Everybody has an innate capacity for healing. Our bodies are constantly in the process of healing and striving for balance. It is always regenerating and repairing itself. When we become “out of balance,” our ability to heal can become dormant and difficult to access, but it is never completely lost. Acupuncture and Chinese Medicine can reawaken and support the self-healing and regenerative capacity of the body.
- 3) The best cure is prevention. In ancient times, practitioners of Acupuncture and Chinese Medicine were paid for their work as long as the patient remained healthy. When we exhibit signs and symptoms, we are already “sick.” It is best to address our health when we are feeling well, rather than trying to fix ourselves once we have broken down and become out of balance.

These are the main tenets supporting this ancient health care system for over 3000 years. They haven't changed too much, because they work!

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4. Get Out There and Do Something. Getting a moderate amount of exercise on a regular basis supports your physical and mental health and well-being. Low impact exercises such as Yoga, Tai Chi, Qi Gong, walking and biking are especially good for your body and mind.

5. Sharing is Caring. When patients share their acupuncture experience with friends and family, they seem to get better faster. This may have to do with the excitement that is expressed when you talk about care. We encourage you to get excited and to share your experience with those you know and love!
