

ACUPUNCTURE. CHINESE HERBAL MEDICINE. TUI-NA MASSAGE.

What is acupuncture?

Acupuncture is a traditional Chinese medical treatment that has been practiced for thousands of years in China and other East-Asian countries. Since making its way west, it has quickly become one of the fastest growing integrated therapies.

The acupuncturist's goal is to stimulate the movement of Qi (pronounced chee) by applying sterilized needles to key body points. Qi flows through the body in channels, also known as meridians; health depends on the free flow of Qi through these pathways. Because these channels traverse the body's surface and connect to the internal organs, acupuncture can affect virtually all layers of the body.

What does and acupuncture session entail?

After the initial 30 minute interview, clients lie down on a comfortable treatment table. The acupuncturist will feel the clients' pulse and examine their tongue. Finally, they will check certain acupuncture points or meridians for tenderness.

Needles are then gently inserted into specific points. Their insertion is practically painless. Some people feel light tingling, aching, warmth, or heaviness around the needles. Most people find acupuncture extremely relaxing and may fall asleep during treatment.

What is Chinese herbal medicine?

Chinese herbal medicine and acupuncture are integrated therapeutic modalities often used together to treat various medical conditions. Grand Traverse Natural Health Care carries a full line of herbs in the form of teas, tinctures, pills, and granules. All herbs are rigorously tested for the presence of heavy metals, pesticides, fungicides, and correct classification. Herbs are typically administered for anywhere from five days to several months. Some herbs are ground, and used in the form of soaks or plasters for external application.

Acupuncturists at Grand Traverse Natural Health Care have years of experience with the Chinese pharmacopeia and have passed National Certification board exams for Chinese herbal medicine. We are also required to complete continuing education classes in pharmacology and drug-herb interactions. We take careful consideration of patients' pharmaceutical medications.

Are acupuncture and herbal medicine safe?

Rest assured that all acupuncturists at Grand Traverse Natural Health Care possess three-year master degrees from accredited U.S. acupuncture schools and have passed the National Certification Commission of Acupuncture and Oriental Medicine's board exams. To see if your acupuncturist has passed these exams, visit www.nccaom.org.

What are the other therapies used in Chinese Medicine?

Tui-na massage is an inseparable part of the other modalities of Chinese medicine. It is a type of bodywork that is used in conjunction with acupuncture. It translates into "push-grasp." A series of hand techniques are used to help the body remove blockages along the meridians and stimulate qi and blood flow to promote healing.

Moxabustion is a warming therapy used to stimulate acupuncture points.

Cupping is a method of applying acupressure to certain points by creating a mild vacuum on the skin. The therapy is used to dispel stagnation, thereby improving the flow of Qi and blood.

Is acupuncture only for treating pain?

Pain is the most common ailment treated with acupuncture, though treatments have been found to address digestive complaints, gynecological disorders, insomnia, asthma, depression, anxiety, fibromyalgia and various skin conditions.

Before resorting to surgery, strong pharmaceuticals, or expensive traditional treatments, consider 5 - 10 acupuncture treatments.