

How Can Acupuncture Help You?



IS ACUPUNCTURE FOR ME?

Almost everyone can benefit from acupuncture. Traditionally acupuncture is used to treat illness, but is also utilized as preventive medicine. Even when there are no symptoms, acupuncture can help maintain a healthy immune system and work to prevent illness from occurring and reoccurring. If you have a concern about how acupuncture can benefit you and if you would be a good candidate for treatment, feel free to call our office on Fridays to speak with the Acupuncture Practitioner.

NEEDLES?

The needles used in acupuncture treatments are very thin, about the width of a hair. Unlike hypodermic needles, acupuncture needles are solid and thin, not designed to cut the skin. The needles do not hurt when inserted properly. Many people feel the Qi arriving at the point and experience a tingling or heavy sensation. We only use needles that are individually packaged, sterilized, and disposable- never saved or reused.

WHAT TO EXPECT...

Your first visit will consist of a comprehensive health interview and examination to evaluate the nature of the imbalances which create your symptoms. This session includes health history questions, pulse analysis, tongue inspection and abdominal palpation, which are all used to develop a diagnosis and treatment protocol. Together we will work out a treatment plan specific for you. This is also an opportunity to ask questions so you feel confident and comfortable with your treatment plan.

ACUPUNCTURE CAN SAFELY AND EFFECTIVELY TREAT:

- ☉ Allergies
- ☉ Asthma
- ☉ Arthritis
- ☉ Auto-immune Disorders
- ☉ Back Pain
- ☉ Carpal Tunnel
- ☉ Colitis
- ☉ Depression & Anxiety
- ☉ Digestive Disorders
- ☉ Dizziness
- ☉ Endometriosis
- ☉ Fatigue
- ☉ Fibromyalgia
- ☉ Frequent Colds and Flus
- ☉ Headaches and Migraines
- ☉ High Blood Pressure
- ☉ Indigestion and Nausea
- ☉ Infertility
- ☉ Insomnia
- ☉ Irritable Bowel Syndrome (IBS)
- ☉ Menstrual Disorders
- ☉ Menopausal Syndrome
- ☉ Pain - acute or chronic
- ☉ Pediatrics
- ☉ PMS
- ☉ Pregnancy (morning sickness, etc.)
- ☉ Repetitive Stress Injury
- ☉ Skin Disorders
- ☉ Stress
- ☉ TMJ
- ☉ Urogenital Disorders
- ☉ Weight Management
- ☉ Women's Health



Acupuncture appointments are available every Friday from 11:00 AM to 4:00 PM
For more information or to make an appointment, please contact the UPC Wellness Center at
305.348.2401 Ext. 5

Reference: <http://membrane.com/philanet/acupuncture/basics.html>