

ARTHRITIS

Have you ever considered acupuncture to treat the stiffness, pain and swelling of arthritis? Perhaps you would be surprised to know that even the effect of weather conditions and/or changes in the weather (referred to as "rheumatism"), can be reduced with acupuncture and traditional Chinese medicine. Even the effects of traumatic arthritis can usually be helped when treatment is begun soon after the date of injury.

Traditional Chinese medicine consists of a blend of herbs and roots proven to be effective in treating arthritis. Acupuncture as well as traditional Chinese medicine have been found to be more effective and much less unpleasant, not to mention less dangerous than surgery, steroids or NSAIDs in the treatment of arthritis. Also, in comparison, acupuncture has fewer side effects and, of course, at a cost considerably less than surgery.

The treatment of chronic arthritis must be based upon the individual's particular imbalance or Qi. Careful consideration and expertise is given to manage each individual's progress. Treatment should be considered to be long-term and must be consistent. Obviously, acupuncture will not be able to reverse the effects of a physical deformity.

Acupuncture, in conjunction with traditional Chinese medicine is a most effective way to prepare for up-coming surgery as well as rehabilitation after surgery. Patients have found their treatments to decrease their discomfort as well as shorten the length of their recovery.

The benefits of acupuncture as well as traditional Chinese medicine in the treatment of arthritis has been proven to reduce the suffering and improve the condition of arthritis with a minimum of risk or side effects, and at a reasonable cost.

Treatment Principles

Traditional acupuncturists treat the whole body rather than just a disease in order to get to the root of the problem. In general, acupuncture and Chinese herbal medicine should be used for the long-term prevention of future reoccurrences during periods of relative remission and to prevent the progression of the disease. While during acute attacks, a combination of Chinese medicine, acupuncture and moxibustion may be particularly effective.

Some acupuncture techniques used to treat arthritis include:

- ◆ Distal Point Therapy
- ◆ Local Point Therapy
- ◆ Chinese Herbal Medicine
- ◆ Moxibustion

Results of Acupuncture Treatment

Acupuncture can reduce the discomfort and improve the condition of arthritis. Long-term relief is also promising.

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