

Acupuncture & Pain



Pain is a warning signal, an alarm that goes off when your body is trying to tell you that something is wrong and out of balance.

Millions of people experience some type of pain. Many people cover up pain signals, either by ignoring them or taking medication. However, treated in this way, the source of pain will never completely go away. Its like hitting the snooze button on the pain alarm. Your body will keep reminding you that something is still wrong. Eventually, the pain may become more intense and chronic.

What can you do?

One approach is to get plenty of bed rest in hopes that the pain will just disappear. This may help for a while, but can possibly delay recovery and make the problem worse.

Another choice is to take medication that dulls the pain for a short period of time. This is understandable when pain is constant and unbearable. It may be helpful, but it won't get at the root of the problem and correct it. Plus, medications may cause unwarranted side effects and further compromise your health.

Surgery is yet another choice. At times, this approach may make sense, but it is both expensive and sometimes risky, and there is no guarantee that it will be effective.

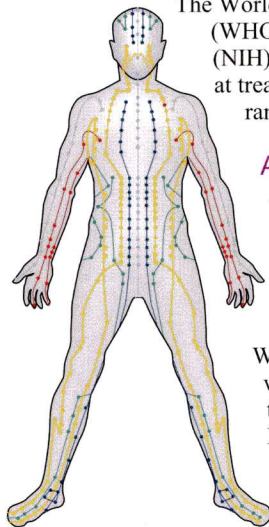
Acupuncture is a time-tested, safe, effective, natural, and drug-free way to eliminate pain. Unlike other methods for handling pain, there are no side effects.

The World Health Organization (WHO) and the National Institute of Health (NIH) acknowledge the benefits of acupuncture at treating and eliminating pain due to a wide range of causes.

An acupuncturist's approach to pain.

Acupuncture practitioners recognize that there is a vital life energy, called *Qi* (pronounced "chee"), circulating within the body. Qi flows through a series of pathways called *Meridians*. Meridians are like rivers within your body.

Wherever a river flows, it brings with it water that provides nourishment and life to the land, plants, and people around it. Likewise, Meridians transport life-giving Qi that provides nourishment to every cell, tissue, muscle, organ, and gland in the body.



Meridian pathways



For example, a kink in a hose will not provide an adequate supply of water to a plant. Eventually it will become unable to thrive, grow, and blossom.

Similarly, a blockage to the flow of Qi anywhere in the body, will inhibit the amount of nourishment that reaches our cells, tissues, muscles, organs, and glands.

What causes Qi to become blocked?

Many things can cause Qi to become blocked:

- Poor diet
- Physical trauma
- Emotional trauma
- Inherited weakness of Qi
- Chemical, physical, and emotional stress

Under normal circumstances, your body easily returns to good health and vitality. But when the disruption of Qi is prolonged, excessive, or if your body is at a weakened state, Qi flow becomes restricted and a variety of symptoms, including pain, may arise.

What does acupuncture do?

By inserting fine, sterile needles at specific points, an acupuncturist is able to break up blockages that have hampered the smooth flow of Qi. Once this is done, Qi can freely travel throughout the body, promoting pain-free health, well-being, and vitality.

Acupuncture can not only treat signs and symptoms of pain and discomfort, it can get to the root of what initially caused the problem. When the problem is corrected, your body can begin to heal on deeper levels.

Your acupuncturist may also suggest adjunct therapies to enhance treatment and speed healing. Massage, stretching, yoga, herbal supplements, and dietary changes support acupuncture care.

"I can't see a better solution to long term chronic pain. There is no question in my mind that acupuncture is safer than surgery or drugs."

- Dr. Bruce Pomeranz, a neurosurgeon, University of Toronto

