

COMMON QUESTIONS about ACUPUNCTURE

Are acupuncture needles safe?

Yes. The U.S. Food and Drug Administration (FDA) approved acupuncture needles for use by licensed practitioners in 1996. The FDA requires that sterile, disposable needles be used and that they are labeled for single use.

How does acupuncture work?

The simple explanation is that very thin solid filiform needles are inserted into the body at specific points along one of the 12 acupuncture meridians. Meridians are virtually synonymous with fascia and soft tissue anatomical structures seen on high resolution images. Manipulating the needles along these meridians is what influences pain relief, improved organ function, better sleep, less anxiety, stress reduction, improved digestion, and many other health concerns.

Are there different styles of acupuncture?

Yes. We use Japanese style acupuncture, which is a gentle form of treatment using from 4-10 needles in a session, shallowly inserted with little to any sensation. Japanese acupuncture uses gentle palpation and massage to diagnose imbalances. Our approach is grounded in the Five Element tradition which deeply respects the persons overall constitution and focuses on improving vitality, development and ease rather than just providing symptomatic relief.

Do I have to be sick to benefit from acupuncture?

Absolutely not. Acupuncture is preventative medicine. Historically in China, patients paid their doctor when they were well and withheld payment when they became ill. Acupuncture today retains this emphasis on wellness and includes nutrition and lifestyle recommendations for longterm vitality.

What course of treatment is most effective?

The number of treatments needed varies by degree and severity of the symptoms. Some things are resolved in 1-3 treatments, while more chronic and severe conditions will take longer. The benefits of regular acupuncture treatments are cumulative in nature and 5-6 once a week visits is a general recommendation.