

Commonly Asked Questions About Acupuncture

How does acupuncture work, in simple terms?

Our bodies are intelligently organized systems. A system, as defined by Merriam Webster is, “a regularly interacting or interdependent group of items forming a unified whole.” Consider our origin embryologically: a sperm and an egg fuse to form one cell; this cell divides in two, the two into four, and the process of division continues until the organized structures (organs: skin, heart, liver, brain, etc.) comprising the human form develop in such a way that it can exist outside of the womb. For this level of organization to be possible, cells must be able to communicate. When cells are correctly organized, our bodies function healthily. When cells lose organization, our bodies become diseased. Cancer for example, is simply cellular division run amok, dividing and spreading uncontrollably within the system; these cells are no longer properly communicating with the rest of the body (Keown, 2014). In the simplest of terms, acupuncture redirects communication on a cellular level to support correct organization within the system.



What can acupuncture be used to treat?

Acupuncture is best used as a preventative medicine, promoting wellness and warding off disease, or ‘dis-ease’, before it occurs—however, acupuncture can be used to treat a wide variety of complaints including, but not limited to:

- musculoskeletal pain · neurological disorders · fatigue · anxiety · poor stress management · hormonal imbalance · weight gain · addiction · hypertension · insomnia · headaches · allergies · menopause symptoms · gastrointestinal and reproductive disorders ·

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When can I expect results?

Results vary based on the individual, the timing, and the severity of the complaint. Acute issues, depending on the severity, may only take only 1-3 treatments to resolve. Chronic issues may take up to 3-4 treatments to begin noticing a shift in symptoms. Acupuncture is most effective in treating both chronic and acute issues when performed at a higher frequency (1-3x/week), especially in the beginning of a course of treatment. The practitioner will determine the frequency and course of treatment appropriate for each case.

What should I expect to feel during treatment?

Upon insertion of the needles you might feel slight pressure and/or a slight prick. Because acupuncture calms the nervous system, you should begin to feel a sense of general relaxation within several minutes. It is not uncommon to feel different sensations during treatment, such as: heaviness, achiness, distention, warmth, itching, or tingling—do not be alarmed, these sensations are positive indicators of the body's response to acupuncture and should subside during treatment. Often patients will fall asleep or drift into a dream-like state; it is best to embrace the relaxation and enjoy the treatment.

Is acupuncture appropriate for all ages?

Yes, acupuncture is appropriate for all ages. However, different cautions and methods (such as acupressure, magnets, or manual manipulation of meridians) may be applied on populations with underdeveloped or compromised immune systems, such as infants and the elderly.