

## What is **acupuncture**?



Acupuncture is a technique that involves inserting very thin metal needles into the skin at precise points in the body to clear energy channels,

with the aim of restoring and maintaining health. The spots of insertion are picked based on a complex network of energy lines, termed meridians. Meridians are thought to encircle the body like global lines of longitude and latitude.

In the very first known published works on medicine, acupuncture is featured as a method of stimulating healing for a variety of ailments and pain. As a part of traditional Chinese medicine, dating to the first century AD, the historical belief is that the flow of energy in the body (called qi in Chinese) flows along natural pathways in your body. If the pathways are blocked, your energy will be unbalanced, and health problems occur. The needles unblock pathways and restore the natural flow of energy throughout the body.

Today, acupuncture is still practiced side by side in Asia with more modern technology in hospitals and private clinics to promote blood circulation and self-healing. Its popularity is increasing in the United States and Europe, and it's a safe, natural therapy suitable for almost all patients. Acupuncture is considered a holistic treatment for specific health problems, preventive care, and stress relief.

## Benefits of **acupuncture**?

According to "The Acupuncture Evidence Project", they found evidence that acupuncture can affect 117 conditions. Including:

### Stress-related conditions:

- Anxiety
- Panic attacks
- Depression
- Insomnia
- Irritable bowel syndrome

### Hormonal Imbalances:

- Mood swings
- Hot flashes
- Painful periods
- Endometriosis
- Infertility
- Low libido

### Pain-related conditions:

- Arthritis
- Osteoarthritis
- Lower & Upper back pain
- Neck pain
- Carpal tunnel syndrome
- Peripheral neuropathy
- Chronic headaches and migraines
- Jaw pain associated with TMJ dysfunction
- Shoulder pain
- Sciatica

### Other conditions treated:

- Asthma
- Babies in a malposition in utero (breech, transverse, etc)
- Cold and Flu Prevention
- Constipation
- Digestive disorders
- High blood pressure
- Recurrent nausea
- Sinusitis
- Weight management

## What you can **expect**?

- 1 The initial consultation with treatment will last 60 minutes as a detailed health history is taken. Typical appointments are generally scheduled for 30 - 45 minutes depending on your specific needs.
- 2 We suggest wearing loose clothing or bring a change of shorts/t-shirt with you for easy access to placement sites.
- 3 After swabbing the various acupuncture sites with alcohol, your practitioner will insert very thin, sterile, disposable needles.
- 4 You will usually feel little to no sensation or discomfort.
- 5 The needles will be left in for approximately 20 - 25 minutes, you will constantly be monitored for comfort.
- 6 There is no prolonged sensation upon insertion. Some points could be more sensitive than others, however, most patients feel deeply relaxed.
- 7 Your provider may make recommendations for other complimenting modalities, traditional Chinese herbs, dietary, and/or exercise changes as part of your suggested treatment plan.

## How you should prepare for your **ACUPUNCTURE TREATMENT:**

- ▶ Come hydrated.
- ▶ Avoid coffee or alcohol before and after by about 3 hours.
- ▶ Wear loose clothing.
- ▶ Always eat a light meal or snack before your appointments.
- ▶ Avoid strenuous physical activity for two hours after your treatment.



## Additional Services Offered

**Chinese Cupping Therapy :** Helps release toxins in your body and triggers the lymphatic system. The practitioner will place special cups on the skin for a few minutes to create suction. Cupping helps with pain, inflammation, blood flow, relaxation and well-being.

**Tui Na Massage :** Tui Na (also called Tuina massage): is a form of bodywork based on the principles of Traditional Chinese Medicine (TCM). Working along meridians (energy channels) throughout the body, the Tui Na practitioner taps into these energy points, using stretches, pressure points, and joint rotations, to balance the body's vital energy (Qi). The two words describing actions in the treatment: tui means "to push" and name an "to grab or squeeze." Tui Na has been called a combination of Shiatsu - a Japanese bodywork practice and acupressure massage.

**E-Stim :** Small electrode clips are attached to needles on specific points during a regular acupuncture session. The electrodes are part of a machine that generates a low-grade electrical impulse at a specific frequency and intensity which help the muscles relax.

**Auricular "Battlefield" Therapy :** battlefield acupuncture (BFA), a form of auriculotherapy where a sequence of gold aiguille semi permanent needles are placed at up to five specific sites in one or both ears, Battlefield acupuncture therapy sends a message right to the healing center in the brain to reduce pain and create a healing process.

**Moxibustion :** is a form of heat therapy that consists of burning the dried leaf on or above specific points on the body. This herb is known as mugwort, moxa, or Aiyè in Chinese medicine. It helps to warm areas of the body with the intention of stimulating circulation and lymphatic flow. It also helps to smooth the flow of Qi and blood and expel pathogenic influences.

### How often should I have acupuncture treatments?

The number of treatments required depends on each person's condition and response to acupuncture. The benefits of acupuncture are cumulative, so each treatment builds on the previous one. As patients experience improvement in their condition, and a state of well-being is maintained, treatments plans will be assessed. Everyone is unique, so it's best to discuss your timeline with your practitioner.

*"The doctor of the future will give no medicine but will interest his patient in the care of the human frame, in diet and in the cause and prevention of disease."*

*- Thomas Edison*

## Now Accepting Insurance Inquire within

### NEW PATIENT TREATMENT\*

Includes a complete medical overview, physical, Chinese medical diagnosis, and treatment.	60 mins <b>\$145</b>
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### DELUXE ACUPUNCTURE SESSION\*

Includes one of the following: Tui Na massage, moxibustion therapy, or cupping.	45 mins <b>\$95</b>
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### STANDARD ACUPUNCTURE TREATMENT\*

Includes acupuncture, e-stim, and heat if needed	30 mins <b>\$75</b>
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### ADDITIONAL TREATMENTS

Chinese Cupping Therapy	20 mins <b>\$50</b>
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Auricular "Battlefield" Therapy	<b>\$35</b>
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Ear Candling	2 units <b>\$30</b>
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*Ready to give it a try?  
Give us a call or stop by*

### Effective Integrative Healthcare

683 Old Mill Road, Millersville, MD 21108.

☎ **410-729-2200**

### Effective Integrative Healthcare

(Inside Gold's Gym) 1625 Crofton Ctr. Crofton, MD 21114.

☎ **410-451-4640**

### Effective Chiropractic PG County

7400 Riverdale Road, Lanham, MD 20706

☎ **301-577-6556**

*\*Insurance: Insurance coverage depends on your insurance plan.  
For specific information, contact our office.*



## ACUPUNCTURE



*Delivering health,  
wellness and a  
higher quality  
of life through  
Acupuncture and  
other therapeutic  
services.*