

Acupuncture Owen Sound

Acupuncture Owen Sound - Acupuncture is a kind of Traditional Chinese Medicine or TCM that has been utilized in China for thousands of years. It comprises sticking fine and solid needles into the body at specific points. Acupuncture is designed to be able to address imbalances in the body and release blocked energy. These imbalances can cause ill health and result in poor well-being. The popularity of acupuncture has grown greatly in the West, even though it is considered a relatively new introduction to our medical library.

Acupuncture is based upon the theory that everybody is filled with a life force referred to as qi or chi. The qi is considered to be in balance when the masculine and feminine elements of the body, referred to as yin and yang are in balance. When in proper balance, the qi would flow smoothly through the body along meridians of power. If somebody is unhealthy, this suggests that there is an obstruction or imbalance which needs to be corrected. A TCM practitioner talks to the patient regarding the situation and can choose to use acupuncture, among different modalities, in order to cure it.

In an acupuncture session, the client lies flat upon a table that is adapted to the height of the practitioner. The person may be asked to undress and be draped with blankets for modesty or the patient can remain fully dressed depending upon where the needles are placed. Acupuncture needles are placed into several points of the body. The needles enter at angles ranging from 15 degrees relative to the skin to 90 degrees, depending on the practitioner's judgment. As soon as the needles have been placed, they could be manipulated by hand in twisting motions, cooled, gently vibrated, heated or electrified with a gentle current to stimulate the meridian.

After the session is done, the patient can feel relaxed or invigorated. Based on the session and on the patient, the results will differ widely. The initial cause of the problem may take quite a few acupuncture sessions in order to eradicate it altogether or it might have resolved itself. The session must not be painful. If placed right, the needles do not result in bruising or bleeding. To be able to acquire a productive acupuncture session, it is important that you seek out a qualified acupuncturist who has attended a Conventional Chinese Medicine school.

Generally, in the West, acupuncture is used as a complementary kind of medicine. It is often combined together with different treatments for maximum success. Studies done on acupuncture in the West suggest that it might help to be able to treat nerve conditions, relieve pain, asthma, headaches, deal with vomiting and nausea. It has proven effective for problems like for example arthritis, fibromyalgia, back pain and carpal tunnel syndrome among others. The World Health Organization suggests acupuncture so as to assist with allergies, stress and substance abuse.