

## Acupuncture Kitchener

Acupuncture Kitchener - Acupuncture is one measure of Conventional Chinese Medicine which has been utilized in China for thousands of years. The practice of acupuncture included positioning solid but fine needles into certain points in the body. Acupuncture is intended to deal with imbalances inside the body and release blocked energy. These imbalances could lead to ill health and result in poor well-being. The popularity of acupuncture has grown significantly in the West, although it is considered a relatively new introduction to our medical library.

Acupuncture is based upon the theory that everyone is filled with a life force referred to as qi or chi. The qi is considered to be in balance when the feminine and masculine elements of the body, known as yin and yang are in balance. When in good balance, the qi will flow smoothly throughout the body along meridians of power. If someone is not healthy, this suggests that there is an imbalance or obstruction which must be corrected. A TCM practitioner talks to the patient concerning the situation and can choose to use acupuncture, amongst different modalities, to treat it.

A session of acupuncture will begin with the participant lying flat upon a table. The table needs to be adapted to the height of the particular technician. Patients can be asked to remove some clothes while some can be able to remain fully dressed depending upon the parts of body which the needles will be inserted. Acupuncture needles are placed into different points of the body. The needles enter at angles ranging from fifteen degrees relative to the skin to ninety degrees, depending on the practitioner's judgment. After the needles have been placed, they could be manipulated by hand in twisting motions, gently vibrated, heated, cooled or electrified with a gentle current to be able to stimulate the meridian.

Once the session is done, the patient might feel relaxed or invigorated. Based on the patient and on the session, the outcome will differ widely. The initial cause of the problem may take a number of acupuncture sessions so as to eradicate it altogether or it can have resolved itself. The session should not cause whatever pain. If positioned right, the needles do not cause bleeding or bruising. To be able to obtain a productive acupuncture session, it is vital that you seek out a qualified acupuncturist who has attended a Traditional Chinese Medicine school.

Often, in Western countries, the processes of acupuncture just serves as a form of complementary medicine and could be combined together with other treatments for better efficiency. New acupuncture studies have been able to show improvements in healing nerve conditions, pain, headaches, relieving pain, address nausea and vomiting. It has proven helpful for conditions like fibromyalgia, back pain, carpal tunnel syndrome and arthritis amongst others. The World Health Organization recommends acupuncture in order to aid with substance abuse, allergies and stress.