

# Acupuncture

Acupuncture is the surgical use of needles inserted into and removed from the body at specific locations on the body for the prevention, cure, or correction of any disease, illness, injury, pain, or other condition by controlling and regulating the flow and balance of energy (qi) and function to restore and maintain health. When properly performed, acupuncture need not cause pain or discomfort. The needles are very fine, solid, FDA approved, medical devices. Nothing is injected through them. The real power of acupuncture is not in the needles; it is in the hands of a gifted, highly trained and experienced health professional, who understands human energy and is able to move and balance it.

Vital, bio-electric energy flows throughout our bodies. It is our life energy. In China it is referred to as qi. Medical science has verified what the ancient Chinese enigmatically discovered a few thousand years ago. This energy flows along specific pathways, referred to as meridians or channels, and these act like master control circuits that regulate different systems, organs and functions in the body. This energy flow can become deficient, excessive or blocked. Along these channels are points that have specific characteristics and influences. Acupuncture needles are painlessly inserted to the correct depth at the acupuncture point and the flow of energy through the meridian is influenced by a skilled practitioner. When appropriate points are used and acupuncture is properly performed, the flow of energy is balanced, function is optimized and this contributes to harmonious health.