

The World Health Organization

recognizes acupuncture and traditional medicine's ability to treat over 43 common disorders including:

Disorders of the Bones, Muscles, Joints and Nervous System

such as arthritis, migraine headaches, neuralgia, insomnia, dizziness and low back, neck and shoulder pain

Gastrointestinal Disorders

such as food allergies, peptic ulcer, chronic diarrhea, constipation, indigestion, gastrointestinal weakness, anorexia and gastritis.

Gynecological Disorders

such as irregular, heavy, or painful menstruation, infertility in women and men, and premenstrual syndrome (PMS)

Urogenital Disorders

including stress incontinence, urinary tract infections and sexual dysfunction

Respiratory Disorders

such as emphysema, sinusitis, asthma, allergies and bronchitis

Circulatory Disorders

such as hypertension, angina pectoris, arteriosclerosis and anemia

Emotional and Psychological Disorders

including depression and anxiety

Addictions

such as alcohol, nicotine and drugs

Eye, Ear, Nose and Throat Disorders

Supportive Therapy

for other chronic, painful and debilitating disorders

Acupuncture Clinic

An Affordable Option in Health Care

The Acupuncture Clinic at Creative Wellness is an opportunity to receive acupuncture at a reduced cost of \$25 per session, in a group setting sharing a large room with up to 5 other patients all of whom are in comfortable, reclining chairs. Acupuncture is a non-invasive and effective method of treating a variety of disorders including Stress, Anxiety, Insomnia, Smoking and other addictions. An initial, private consultation is required prior to treatments in the group setting. An initial private consultation fee of \$50 is required prior to treatment in the group setting.

Call to schedule your consultation today.

CREATIVE
WELLNESS

*Guide to
Acupuncture &
Oriental Medicine*

CREATIVE
WELLNESS

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Hours

Sunday
9am - 9pm

Monday - Friday
8:30am - 9:30pm

Saturday
9am - 5pm

Get well and *stay well* with
the power of acupuncture.

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Acupuncture at a glance...

What is Acupuncture?

Acupuncture is an effective form of health care that has evolved into a complete and holistic medical system. Practitioners of acupuncture and Chinese medicine have used this noninvasive medical system to diagnose and help millions of people get well and stay healthy.

An acupuncturist will place fine, sterile needles at specific acupoints in the body. This activates the body's Qi and promotes natural healing by enhancing recuperative power, immunity and physical and emotional health. It also can improve overall function and well-being. It is a safe, painless and effective way to treat a wide variety of medical problems.

What is Oriental Medicine?

Oriental Medicine in the form of Acupuncture has been used for several thousands of years and is an honored tradition to maintain and promote health. It encompasses Chinese herbal remedies, acupuncture, massage (in the form of shiatsu or tui na) and dietary suggestions. When used in combination, imbalances are corrected and health is attained and maintained.

What is Qi and how does it travel?

At the core of this medicine is the philosophy that Qi (pronounced "chee"), or Life Energy, flows throughout the body. Qi helps to animate the body and protect it from illness, pain and disease. A person's health is influenced by the quality, quantity and balance of Qi.

Qi circulates through specific pathways called meridians. There are 14 main meridian pathways throughout the body. Each is connected to specific organs and glands. Meridian pathways are like rivers. Where a river flows, it transports life-giving water that nourishes land, plants and animals. In the same way, meridian pathways transport life-giving Qi to nourish and energize every cell, organ, tissue and muscle.

When Qi flows freely throughout the body, one enjoys good physical, mental and emotional well-being. An obstruction of Qi anywhere in the body is like a dam,

backing up the flow in one area and restricting it in others. This blockage can hinder the distribution of the nourishment that the body requires to function optimally.

What can Qi affect?

Many things influence the quality, quantity and balance of Qi. Physical and emotional trauma, stress, lack of exercise, overexertion, seasonal changes, diet, accidents or excessive activity can lead to a blockage or imbalance of Qi.

Normally, when imbalance occurs, the body naturally bounces back, returning to a balanced state of health and well-being. When the disruption of Qi is prolonged or excessive, or if the body is in a weakened state, then illness, pain or disease can set in.

What will my acupuncturist do?

During the initial exam a full health history will be taken. Questions will be asked regarding symptoms, health and lifestyle. Your acupuncturist may also check pulses and your tongue and may conduct a physical exam. This information is then organized to create a complete, accurate and comprehensive diagnosis of where Qi has become blocked or imbalanced. After the interview process, you will receive an acupuncture treatment. Visits with your acupuncturist may last from 30-90 minutes.

Why do they want to feel my pulses?

There are 12 pulse positions on each wrist that your acupuncturist will palpate. Each position corresponds to a specific meridian and organ. Your acupuncturist will be looking for 27 individual qualities that reflect overall health. If there are any imbalances, they may appear in the pulse.

Why do they want to look at my tongue?

The tongue is a map of the body. It reflects the general health of organs, Qi and body fluids. Your acupuncturist will look at the color, shape, cracks and coating on your tongue.

How many treatments will I need?

The number of treatments will vary from person to person. Some experience immediate relief, others may take months or even years to achieve results.

Chronic conditions usually take longer to resolve than acute ones. Plan on a minimum of a month to see significant changes.

Treatment frequency depends on a variety of factors: your constitution, the severity and duration of the problem and the quality and quantity of your Qi. An acupuncturist may suggest one or two treatments per week, monthly visits for health maintenance or seasonal "tune-ups."

What should I expect from my first session?

Where the acupuncture needle has been inserted, you may experience a vague numbness, heaviness, tingling or dull ache. Most people don't feel the needle going in. Sometimes people experience a sensation of energy spreading or moving around the needle. This is called the "Qi sensation." All these reactions are good and are a sign that the treatment is working. After treatment you may feel energized or may experience a deep sense of relaxation and well-being.

How should I prepare and what to expect after?

Come with any questions—we are here to help you. Wear loose, comfortable clothing for easy access to acupuncture points on arms and legs. Don't eat large meals just before or after your visit. Refrain from overexertion, working out, drugs or alcohol for up to 6 hours after the visit. Avoid stressful situations. Make time to relax and be sure to get plenty of rest. Between visits, take notes of any change that may have occurred, such as alleviation of pain, pain moving to other areas or changes in the frequency and type of problems.

Will my insurance cover it?

Creative Wellness does accept insurance and works with most major medical insurance providers for our varied services. Please call your insurance company to ask if your policy covers acupuncture. In cases of auto and workers comp, please call your insurance company prior to a visit. Most medical flex spending accounts can be used for acupuncture. If your insurance policy does not currently cover acupuncture, please let your voice be heard on this issue.