

Acupuncture NZ (formerly the New Zealand Register of Acupuncturists) is the oldest and largest professional body representing acupuncturists and practitioners of Chinese medicine in New Zealand. A member of the World Federation of Acupuncture and Moxibustion Societies, Acupuncture NZ also has strong affiliations with acupuncture associations in Australia, China, the United States, Britain and throughout Europe.

Members of Acupuncture NZ have completed a minimum of 4 years full-time training either in New Zealand or overseas and are recognised ACC treatment providers. All members are bound by the Acupuncture NZ Rules and Code of Professional Ethics and are required to complete on-going professional education in order to maintain their Annual Practising Certificate.

Chinese medicine is currently being assessed by the New Zealand Ministry of Health to be included under the Health Practitioners Competence Assurance Act 2003.

### Acupuncture and ACC

Acupuncture NZ members have been recognised as ACC Service Treatment Providers since 1990. This means that once you have a claim raised by your GP or other health practitioner and accepted by ACC, you can choose to have acupuncture treatment for your injury. It is not necessary to have a referral to your acupuncturist – the choice is yours. Your practitioner may also prescribe Chinese herbs but ACC will not cover their cost. Most practitioners will also charge a co-payment for any ACC treatment provided.

### Work and Income New Zealand

With a referral from a GP, those who are registered with WINZ may be eligible for some assistance with payment for acupuncture treatment.

## Acupuncture NZ

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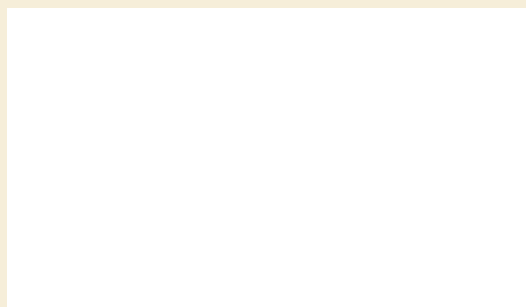
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For further information or to find a practitioner in your area please go to “Find a Practitioner” on our website –

[www.acupuncture.org.nz](http://www.acupuncture.org.nz)

Your local Acupuncture NZ member:



## Ask us about... Acupuncture



## What to expect

Both acupuncture and Chinese herbal medicine have been used successfully for many thousands of years in the treatment of a wide range of conditions. By inserting a number of very fine needles into specific points along a system of energy pathways or meridians, the acupuncturist endeavours to restore balance on every level. Because acupuncture works on the whole body, change can be generated emotionally as well as physically.

After taking an extensive case history, the practitioner will decide on the most appropriate course of treatment. This may be acupuncture alone or may incorporate Chinese herbal medicine, the use of moxibustion (the warming of acupuncture points using the herb *Artemisia*), tui-na (massage), dietary or lifestyle advice and perhaps the recommendation of gentle exercise (tai chi) or breathing (qi gong) techniques.

A course of treatment is generally considered to be between 8 – 10 treatments. Some conditions will benefit in fewer than this and long term problems could be expected to require considerably more.



## Conditions which may be treated using Acupuncture and Chinese herbal medicine

The following list is based on recommendations from the World Health Organisation.

**Musculo-Skeletal** – lower back pain, joint sprains, muscle strain, sciatica, arthritis, sporting injuries, sports performance or enhancement.

**Respiratory** – sinus problems, hay fever, common cold or flu, asthma, bronchitis.

**Gastrointestinal** – constipation, diarrhoea, irritable bowel syndrome, nausea, haemorrhoids, heartburn and reflux.

**Cardiovascular** – angina, palpitations, high and low blood pressure.

**Women's Health** – irregular or painful periods, some fertility disorders, premenstrual difficulties, menopausal symptoms.

**Pregnancy** – morning sickness, breech baby, heartburn, lower back pain, preparation for labour.

**Neurological** – headaches, trigeminal neuralgia, shingles, meniere's disease, tinnitus, Bell's palsy, post-stroke syndrome, insomnia.

**Metabolic Disorders** – chronic fatigue syndrome, adrenal insufficiency, hormonal irregularities.

**Psychological Disorders** – post-traumatic stress, anxiety, depression.

**Men's Health** – fertility issues, erectile dysfunction, prostate difficulties, hair loss.

**Other** – skin conditions, sports performance or enhancement, bladder disorders.

## What you need to know

- Acupuncture NZ members only use pre-sterilized single use needles.
- Usually no more than 6 -10 needles are used in each treatment.
- The needles stay in place for about 20 minutes.
- There is no age limit for treatment – everyone from babies to the elderly may benefit.
- Advise your practitioner if you are pregnant – some points are not recommended during pregnancy.
- Chinese herbs may be in raw form or offered as a freeze-dried powder, pills or capsules.
- Acupuncture NZ members are recognised ACC treatment providers.
- Most people are surprised at how painless acupuncture can be.

