**Acupuncture FAQ**

**1.What Is Acupuncture？**

Acupuncture is a complete medical system originated from China more than 3000 years ago. It applies Traditional Chinese Medicine (TCM) theory to diagnose and treat illness, prevent disease and improve well-being by inserting acupuncture needles at critical points of human body. Due to its proven effectiveness and non-side-effect advantage, it has been becoming more and more popular throughout the world.

2.How Acupuncture Works？

Acutually, the science is still not able to find out how it works for us. TCM is really an experienced medicine which pools the wisdoms of chiness people of generations.

I would like to give a traditional explanation about how acupuncture works.

In TCM, there exists meridian system through our human body and more than 360 acupoints located at these meridians. These meridians connect all our tissue, muscles and organs together as a whole. And, they are the pathway of the Qi and blood. Qi (or a stream of energy) pushes blood flow through these meridians and acupoints to support and nourish tissue, muscles and organs to ensure their metabolism and functions.

When the Qi and blood are weak or obstructed for some reasons, the function of related tissue, muscles and organs will be impaired, and then, the discomfort, pain, and weakness will be induced. So, keeping the meridians unblocked is the way of ensuring our body’s self-healing ability.

By inserting and manipulating acupuncture needles into acupoints to the release Qi flow, or to stimulate the Qi of organs, aupuncture can reduce pain and harmonize the relationship between the organs to improve your body’s functioning.

3.Benefits of Acupuncture

Since acupuncture promotes the body's natural healing ability, many conditions can be corrected or improved.

In China, acupuncture is not only used for chronic pain management or as an analgesic, it’s also applied widely in all kind of place, such as beauty industry, weight loss, tumor, gynecological diseases,infertility, mental disorders, sub-health, postoperative rehabilitation and etc. Recently detoxification treatments of acupuncture have been recognized as a valid form of therapy for substance abuse.

Acupuncture is an excellent alternative therapy for health care. It is a wonderful part ofTCM which is a comprehensive system of preventive health care and health maintenance.

4.What Conditions Are Commonly Treated by Acupuncture?

According to my clinic experience, the following conditions can be treated by acupuncture most effectively.

**1>.Pain Relieve and Control.**

It is well proven that acupuncture can treat many types of pain conditions such as Arthritis, Cervical Spondylopathy, Knee Pain, Hand and Foot Pain, Sciatica, Shoulder Pain, Tennis Elbow, Lower Back and Neck Pain, Tendonitis, Gynecological Pain, Abdominal Pain, Hypochondriac Pain, Lumar Intervetebral Disc Herniation, postherpetic neuralgia and etc. Most of them have received satisfied treatment results. I have some patients who suffered injury due to car or sports accidents. They are also very pleased with acupuncture treatment.

**2>.Headache, Trigeminal neuralgia & Migraines.**

Definately, acupuncture can give them remarkable improvement of their condition.

**3>.Other Conditions.**

I have successfully treated other diseases and conditions such as Anxiety, Depression, Facial Paralysis, Insomnia, Neuralgia, Stroke Rehabilitation, and etc.

5.How Acupuncture Feels?

Prior to their first treatment, many people do not believe that acupuncture can be painless. Different sensations such as soreness, numbness, distending, warmth and pressure may be felt, but the energetic sensation differs from pain. People often comment that the feeling is unfamiliar but pleasant and relaxing.

Acupuncture needles are very fine, about the size of a thick hair. They are solid and nothing is injected through them. Over the centuries, refined needle insertion techniques have been developed, which enable the skilled acupuncture practitioner to place a needle with little or no sensation.

A lot of doctor said that needle-sensitive patients are always have a good clinic outcome. If you have a real fear of needles, discuss it with your acupuncturist. An appropriate treatment strategy can always be agreed upon.

6.Is Acupuncture Needle Safe?

Yes! Because now acupuncture is carried out with sterile and disposable needles approved by FDA.

**7.How Many Sessions Do I Need For Treatment?**

Since each person is unique, the number of treatments needed will vary. Among the determining factors are the type of condition, whether the condition is chronic or acute, and the vitality of the individual. Again, you should discuss your treatment program with your acupuncturist.

8.How Many Needles Should Be Used In Each Treatment?

First, it depends on how many symptoms and conditions are treated during one session. Too many needles can consume the engery of patient to cause fatigue that hinders treatment. So do not try to treat as many symptoms or conditions as possible.

Second, depends on the methods the acupuncturist choose. In some methods, they may use finer and more needles to treat a complicated condition.

9.How Often Should I Have Acupuncture Treatment?

It entiryly depends on the physical condition of each individual. I usually suggest it two to three sessions a week for the first two weeks. After reviewing the progress of treatment, I render it one to two sessions a week for the following treatments.

10.How Long Each Session Takes?

Normally, one session should take about 30 mins, which equals the time needed for the Qi runs a cycle in medidians.

Actually,it depends on comphrehensive factors, such as individual physical condition, the kind of diseases and needling methods. Some of the acupuncture therapy for certain kind of diseases may need more than 3 cycles, above 1.5--2 hours, some methods only need 2 minutes.

In general speaking, the outcome of acupuncture treatment relies on patient’s physical condition and the experience and skill of an acupuncturist. They are combination of diagnosis of symptom, accuracy of acupoints, timing, the depth and angle of insertion, techniques of manipulation, etc.

11.Should I Stop Other Medications?

You should discuss this issue with your physician.

12.In Which Cases, Acupuncture Is Inadvisable?

A patient should never take acupuncture therapy under the following conditions:

When the patient is too hot, when his or her pulse is greatly disturbed, when he or she is drunk or angry, when he or she is hungry or too full, when he or she is overtired, out of breath, or when he or she is full of great fear.

It is preferable not to have acupuncture treatment at all during pregnancy.

13.Does Medical Insurance Cover Acupuncture Treatment?

I can not give you a "yes" or "no" answer. That depends on which state you live, who is your medical insurance company and what type health insurance plan you have enrolled.

In some states like New Mexico, California, Maryland, etc., most of health insurance companies offer medical insurance programs that cover acupuncture treatment, even for Chinese herb formula.