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|  | Twist and Turn  The best way to turn a breeched baby... Acupuncture or External cephalic version?  by: Cassandra Davis |  |  |  |
|  | **Background Information (Page 2)**  When diagnosing a patient for treatment with acupuncture, it is good to look for patterns in the Qi that have become unbalanced. Qi flows up and down pathways and when the flow of Qi is insufficient, unbalanced, or interrupted, Yin and Yang become unbalanced and illness will occur (Schoen 135).   Deficient Qi is when an organ does not have enough Qi; one with a deficient Qi appears fatigued, weak, or has a weak appetite. Stagnate Qi is a disturbance due to trauma, pathogens, or emotions. Swelling, dysphea, or a blockage of blood flow can result. Rebellious Qi is when the normal movement of the Qi are reversed, resulting in vomiting or nausea. Lastly, Collapse Qi is when an organ or meridian cannot perform properly. Gross abnormalities such as hernias can result and, if they are not taken care of, death could result (Schoen 135). By knowing the ailment, a doctor can properly choose the correct points to insert the needles to provide care.  When talking about Qi, it is a good idea to understand the concept of Yin and Yang. Qi is a mixture of the opposing forces Yin and Yang (134). Compare Yin and Yang to the sun cycle. For life to exist on earth there has to be an equal balance of sunlight and darkness. Yang is like the sun: hot, bright, hyper, day, active. Yin is like the moon: cold, dark, hypo, night, passive. Neither Yin nor Yang can exist with out the other, just as the earth could not survive in totally darkness, or total sun (Schoen and Wynn 135). Yin and Yang are constantly changing state, trying to achieve the best situation for the surroundings. When they become unbalanced natural calamities occur in nature and disease in humans or animals can occur (Stone).    A treatment of acupuncture is a way to properly fix transformations in one�s Qi. Hair thin needles ([Fig. 2](http://docs.google.com/fig2acuneedles.htm)) are placed into a meridian at an acupuncture point, which is a point where the meridian comes to the surface of ones skin (Singer).  There is a total of two thousand acupoints; however, a doctor would only include about 150 in their practice (qtd. In Schoen and Wynn 138). There are nine types of needles; however, only six are commonly used and they are usually disposable. The needles are inserted anywhere from fifteen to ninety degree angles with skin depending on the skin surface and the treatment being given. Some techniques applied to the needles to further help the patient are: rising and thrusting, twirling, or a combination of the three. Vibrations are created by plucking, scraping or trembling. By using these techniques one will experience a sensation through out their body called deqi (Singer). This sensation is the result of movement of one�s chi to help heal, or cure the illness presented.  [1](http://docs.google.com/abstract.htm) 2  [3](http://docs.google.com/BGI3.htm)  [4](http://docs.google.com/bgi4.htm) | |  | |  |  | | --- | --- | |  | [Home](http://docs.google.com/truehome.htm) | |  | Abstract [1](http://docs.google.com/abstract.htm) 2  [3](http://docs.google.com/BGI3.htm)  [4](http://docs.google.com/bgi4.htm) | |  | [Prediction](http://docs.google.com/Prediction.htm) | |  | [Procedure](http://docs.google.com/procedure.htm) | |  | [Data](http://docs.google.com/data.htm) | |  | [Conclusion](http://docs.google.com/conclusion.htm) | |  | [Works Sited](http://docs.google.com/workscited.htm) | |
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