I'm Katiana, I'm a licensed acupuncturist, and today we're going to be talking about acupuncture a little bit and show you some things that you can do at home without using needles. But with using the premise of acupuncture and licensed, acupuncturists have a national certification as well as the state certifications through the medical boards.

So when you go to an acupuncturist and we're going to be talking specifically about pain today, you get someone who's very, very good at non drug and non surgical treatment. So let's talk a little bit about what is acupuncture itself within the framework of its entire medical system, traditional Chinese medicine, in the same way that Western medicine is a full medical system.

Traditional Chinese medicine is a full medical system. Only one part of that is acupuncture using needles. So today, what we're going to show you is how you can use the body's energy. And the idea that energy flows through your body in lines, such as on this chart, where it shows going from the top of the head, down the back, down the legs, all the way to your toes and even out the limbs. Right down to the tips of your fingers. So on these lines of energy then ours very specific points somewhere. The balance of energy, the flow of energy and measurable by Western standards is greater on this line than off of it, and then within the line it's greater on the point.

Than anywhere else, there was a recent study done where a point at the very top of the shoulders actually is measurably has blood pooling there in a greater quantity than anywhere else on the body. And that's a very important point used in acupuncture. When we're talking about pain, we're talking about a lot of people in our society, your friends, your family, the nation. There's a lot of studies being done. How can we fix this pain? People have joint pain, back, pain, knee pain.

Even the headache pain can resolve that, whether it's been 15 years or maybe even someone comes to an acupuncture clinic with a headache pain that just started last week. That's unexplained either way, so if you have a long standing pain problem or if you have a very recent pain problem, you'll be able to use. The methods that I'm going to explain to you for resolving that pain, so let's move to the actually move to a patient who has knee pain and let's start working with a model and we'll go to an acupuncture table and I will show you how acupuncture with needles work.

And then I will show you how, without using needles using the same points, you'll be able to use acupressure and guasa and twina on your own pain at home. Safely and without needles.