

## Acupuncture Regina

Acupuncture Regina - Acupuncture is one measure of Traditional Chinese Medicine that has been used in China for thousands of years. The method of acupuncture involves placing solid but fine needles into specific points in the body. Acupuncture is designed to deal with imbalances inside the body and release blocked energy. These imbalances might result in ill health and result in poor well-being. The popularity of acupuncture has grown very much in the West, even if it is considered a relatively new introduction to our medical library.

Acupuncture is based on the theory that everybody is filled with a life force called qi or chi. The qi is considered to be in balance when the feminine and masculine elements of the body, referred to as yin and yang are in balance. When in good balance, the qi will flow smoothly through the body along meridians of power. Whenever somebody is unhealthy, this suggests that there is an imbalance or obstruction that needs to be corrected. A TCM practitioner talks to the patient regarding the situation and may choose to utilize acupuncture, among different modalities, to be able to treat it.

A session of acupuncture will begin with the participant lying flat upon a table. The table should be adapted to the height of the particular technician. Patients could be asked to take off some clothing while some can be able to remain fully dressed depending on the areas of body which the needles will be inserted. Acupuncture needles are inserted into different points of the body. The needles enter at angles ranging from 15 degrees relative to the skin to ninety degrees, that depends on the practitioner's judgment. As soon as the needles have been inserted, they can be controlled by hand in twisting motions, heated, cooled, gently vibrated or electrified with a gentle current to stimulate the meridian.

When the session is done, the patient might feel relaxed or invigorated. Depending upon the patient and on the session, the outcome would differ widely. The initial cause of the problem can take several acupuncture sessions to be able to eradicate it altogether or it may have resolved itself. The session should not cause whatever pain. When placed properly, the needles do not cause bruising or bleeding. So as to acquire a productive acupuncture session, it is vital that you look for a qualified acupuncturist who has attended a Conventional Chinese Medicine school.

Usually, in the West, acupuncture is used as a complementary type of medicine. It is normally combined with various treatments for maximum effectiveness. Studies conducted on acupuncture in the West suggest that it can help so as to heal nerve conditions, headaches, relieve pain, asthma, deal with nausea and vomiting. It has proven useful for problems such as fibromyalgia, back pain, carpal tunnel syndrome and arthritis amongst others. The World Health Organization recommends acupuncture to aid with substance abuse, allergies and stress.