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## **ACUPUNCTURE AS A NON-TRADITIONAL METHOD OF TREATMENT**

Acupuncture is a form of treatment that involves inserting very thin needles through a person's skin at specific points on the body, to various depths.

The history of acupuncture. Acupuncture is one of the oldest practices of traditional Chinese medicine. During the sixth century, Traditional Chinese Medicine (TCM) and acupuncture were introduced into Japan via improved transportation.

By the 19th century, acupuncture had become commonplace in many areas of the world.

In 2010, UNESCO inscribed "acupuncture and moxibustion of traditional Chinese medicine" on the UNESCO Intangible Cultural Heritage List following China's nomination.

The philosophy behind acupuncture. Scientists of those times believed that the human body was filled with and animated by an invisible life-giving force which they called 'qi' and when the qi was flowing well and going to all the right places, then a person would experience good mental and physical health. When the qi was flowing incorrectly (blocked or deficient) that would result in illness.

Qi is said to flow through meridians, or pathways, in the human body. These meridians and energy flows are accessible through 350 acupuncture points in the body. [1]

Inserting needles into these points with appropriate combinations is said to bring the energy flow back into proper balance.

Some experts have used neuroscience to explain acupuncture.

Paul Kempisty, licensed acupuncturist with a MS in traditional Oriental medicine, explains, "Acupuncture is a minimally invasive method to stimulate nerve-rich areas of the skin surface in order to influence tissues, gland, organs, and various functions of the body."

"Each acupuncture needle produces a tiny injury at the insertion site, and although it's slight enough to cause little to no discomfort, it's enough of a signal to let the body know it needs to respond," Kempisty says.

"This response involves stimulation of the immune system, promoting circulation to the area, wound healing, and pain modulation." Contemporary research on acupuncture relies mainly on this theory.

Acupuncture points are seen as places where nerves, muscles, and connective tissue can be stimulated. The stimulation increases blood flow, while at the same time triggering the activity of the body's natural painkillers. [3]

Incorporating acupuncture into real life. An acupuncture session to last anywhere from 60 to 90 minutes.

The number of treatments needed depend on the individual.

A typical session entails lying still while approximately five to twenty needles are inserted.

Clinical practice varies depending on the country. [2]

Needles. The most common mechanism of stimulation of acupuncture points employs penetration of the skin by thin metal needles, which are manipulated manually.

Acupuncture needles are typically made of stainless steel, making them flexible and preventing them from rusting or breaking.

Needles are usually disposed of after each use to prevent contamination. Reusable needles when used should be sterilized between applications.

Needle length. Needles vary in length between 13 to 130 millimetres with shorter needles used near the face and eyes, and longer needles in areas with thicker tissues.[4]

Uses of acupuncture.

- low back pain
- neck pain
- osteoarthritis
- knee pain
- headache and migraine

Treatments.

- |                  |                      |
|------------------|----------------------|
| • Acne           | • Schizophrenia      |
| • Abdominal pain | • Stiff neck         |
| • Cancer pain    | • Alcohol dependence |
| • Obesity        | • Use of a pacemaker |
| • Insomnia       | • Hemophilia         |
| • Infertility    |                      |
| • Diabetes       |                      |

The most common response to acupuncture. There is no universal response to acupuncture.

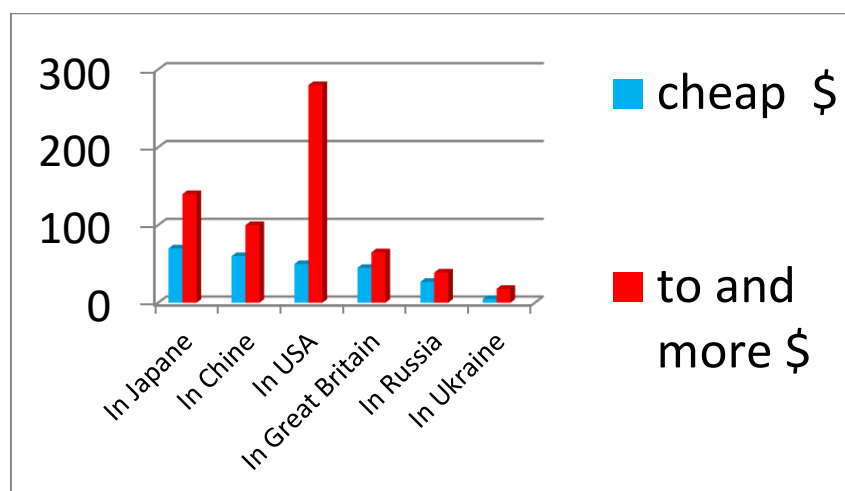
If you don't believe that acupuncture help, we can check on yourself. Studies have shown that body pressure points are an alternative treatment to relieve certain illnesses and pains.

Use gentle yet firm pressure with either middle finger or thumb on these points. Massage in a circular motion for 10 seconds and breathe deeply. [5]

As you press, your brain releases endorphins, chemicals that calm pain and invite pleasurable feelings. Your muscles relax and blood flows more freely. [6]

10 Magic points. [7]

How much does an acupuncturist cost?



Conclusion. Acupuncture enjoys moderate to strong evidence of effectiveness in the treatment of 46 conditions and is considered safe in the hand of properly trained practitioners. Patients, medical professionals, and healthcare administrators can be confident that the recommendation of acupuncture for many patients is a safe, cost-effective, and evident-based recommendation. Note that acupuncture is more than a placebo.

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