

To The Point

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*Questions and Answers – Article by Dr. Brenda
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What is Acupuncture?

Acupuncture is a dynamic and integrated health care system that activates the natural, self-healing abilities of the body. This ancient Chinese Medicine strengthens and supports the body's ability to maintain balance, (homeostasis) and supports the immune system. Chinese Medicine is a safe, natural, drug-free way to support your healing and harmony of health. Your acupuncturist works in partnership with you to create healing solutions and maintain wellness.

How does acupuncture work?

Acupuncture triggers the production of endorphins, the body's natural pain killers. Acupuncture also positively supports the nervous and endocrine systems, helping the body to achieve a state of balance. The Chinese medical theory is based on universal life energy, Chi (QI). This energy circulates throughout the body along very specific pathways, meridians. As long as the energy flows freely throughout the meridians, health is maintained. However, once the flow of energy is blocked, the system is "out of balance", resulting in pain and illness. Acupuncture works to reset the balance and reprogram and restore the free flow of Chi.

Does acupuncture work for sciatica and back pain?

Absolutely! In Chinese Medicine the Gallbladder channel travels bilaterally from the lateral side of the eye all the way down to the lateral side of the little toe, a long meridian with forty-four points. This amazing channel zig zags down both sides of your body and still exists even if you have had your gallbladder removed in surgery! This relationship is integrated with your immune system and your liver. An energy blockage in this channel may create pain in the buttocks, hips, knees, toes, shoulder pain as well as headaches.

In the majority of patients, treatment reduces pain and increases mobility. The initial cause may be aging, auto injury, arthritis, or a variety of other diagnoses. The good news is the effectiveness of acupuncture in balancing the energy of the meridians to reduce pain. The treatment is relatively painless, cost effective, and safe with no drug interactions, many times, patients with sciatica pain experience traveling pain along the side of their legs, knees, back of the neck, or behind the ears. According to Chinese Medicine, the blocked Chi moves from place to place along the same channel, representing one system of imbalance in the body's balance. This is very important, since many patients consult with a variety of specialists trying to pin pointing the problem which is a part of one integrated system for the trained acupuncturist.

Does acupuncture work for migraine headaches?

In Chinese Medicine each headache is a result of an internal system of imbalance and has a multiplicity of disease patterns. The exact location of the pain provides clues regarding the origin and root of the cause of the head pain. For example, sensitivity to light and noise, nausea, and vomiting may indicate a liver system imbalance intensified by unresolved anger issues. The pain is usually located behind the eyes or sits like a cap on top of the head.

In the summer, headaches may be associated with sinus and nasal congestion, acidity in the stomach, flatulence and constipation. These headaches may appear in the morning and improve in the evening and are associated with the stomach and intestines. Digestion is a major player in the patient's health, a diagnostic tool indicating the overall wellness of the body and its functions. Additional patterns exist and a trained acupuncturist creates a treatment plan based on your specific symptoms and anecdotal descriptions of your symptoms. The partnership between patient and practitioner provides the foundation of the treatment plan and the creation of solutions to the problem.

What websites are good resources for information about acupuncture?

There are many excellent websites and references including the following:

www.acuxo.com/resources

www.nccaom.org

www.nccam.nih.gov/



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