

Acupuncture Vancouver

Acupuncture Vancouver - Acupuncture is a kind of Conventional Chinese Medicine or also called TCM which has been used in China for thousands of years. It comprises sticking solid and fine needles into the body at particular points. Acupuncture is designed to be able to address imbalances in the body and release blocked energy. These imbalances could lead to ill health and result in poor well-being. The popularity of acupuncture has grown greatly in the West, even though it is considered a relatively new introduction to our medical library.

Acupuncture is based upon the theory that everybody is filled with a life force known as 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 someone is not healthy, this suggests that there is an obstruction or imbalance that should be corrected. A TCM practitioner talks to the patient about the situation and can opt to use acupuncture, among other modalities, to treat it.

In an acupuncture session, the client lies flat upon a table which is adapted to the height of the technician. The patient may be asked to remove his or her clothes and be draped with blankets for modesty or the person may remain fully dressed depending upon where the needles are placed. 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, which depends on the practitioner's judgment. When the needles have been inserted, they could be controlled by hand in twisting motions, heated, cooled, gently vibrated or electrified with a gentle current to stimulate the meridian.

Upon completion of a session of acupuncture, the patient can experience more relaxation or feel invigorated. The results of the session would vary widely from individual to individual and the kind and scope of the session. The initial cause of the problem can take several acupuncture sessions to be able to eradicate it altogether or it could have resolved itself. The session must not be painful. When placed properly, the needles do not result in bruising or bleeding. So as to acquire a productive acupuncture session, it is essential that you seek out a licensed acupuncturist who has attended a Conventional Chinese Medicine school.

Normally, in the West, acupuncture is used as a complementary form of medicine. It is usually combined along with other treatments for maximum success. Research done on acupuncture in the West suggest that it could help so as to cure nerve conditions, asthma, headaches, relieve pain, deal with nausea and vomiting. It has proven useful for conditions such as carpal tunnel syndrome, arthritis, fibromyalgia and back pain amongst others. The World Health Organization suggests acupuncture to aid with allergies, stress and substance abuse.