

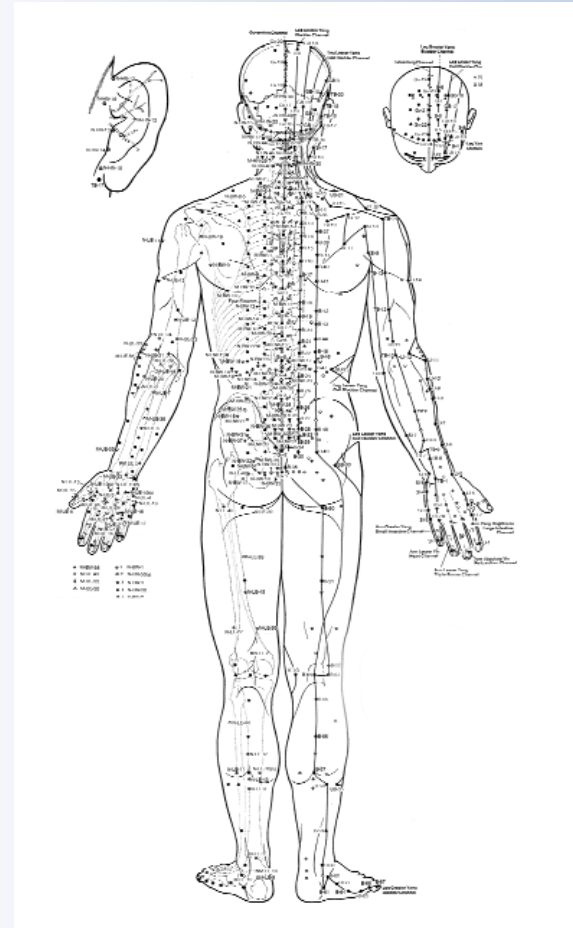
“Our own natural healing ability is the most powerful force available to us.”

Tenet of Traditional Oriental Medicine

### Free Consultations

Wondering if acupuncture would work for you? Our licensed acupuncturists offer a free consultation so that you can come in and ask questions before you decide to begin your treatments. Just call our office at 607-271-2080 and set up a convenient time.

## Acupuncture



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## What is Acupuncture?

Acupuncture is an ancient form of traditional Oriental Medicine, which seeks to treat not only the symptoms of disease, but the underlying causes as well. It is based on the tenet that your body has pathways (called meridians) and these pathways carry life energy. This energy, called "Qi", can become blocked or overfilled, creating disharmony.

Acupuncture uses sterile, hair thin needles in specific areas of the body to correct this disharmony and to help stimulate the body's own natural ability to heal. Oriental medicine can also involve herbs, which may also continue to help the body heal naturally. Acupuncture helps to establish and restore a sense of physical and emotional well being.

## The History of Acupuncture:

Acupuncture is one aspect of Oriental Medicine. Oriental Medicine is the world's oldest, continually practiced medical system. For at least three thousand years, practitioners of Oriental Medicine and Acupuncture have been preventing and treating a wide range of diseases. These techniques are becoming quite popular throughout the world. Oriental Medicine treats both symptoms and root causes of health concerns. By doing so, one may prevent recurrences and restore harmony to the body as well as stimulate its own natural ability to heal.

## Does Acupuncture Hurt?

No. But the needle should cause a sensation, which is generally pain free. Most patients find the one-hour treatments deeply relaxing and leave the session with a sense of well-being.

## Is Acupuncture Safe?

Yes. Only sterile, single-use disposable needles are used. Herbal formulas are carefully crafted to have no side effects and to meet the specific needs of the individual. Most of these formulas have been in use for centuries. In the hands of a trained and licensed practitioner, acupuncture is a very safe and effective method to restore and maintain good health.

## How Long are the Sessions and How Soon Do I Feel Results?

The initial evaluation and treatment takes over an hour. Follow up sessions last about an hour. Although people respond differently to the treatments, (depending on what you are being treated for) positive effects may be noticed immediately and are usually experienced within a month of weekly treatments. Complete resolution of a disorder may take several months, with treatments decreasing in frequency over time.

## What Can Acupuncture Treat?

Oriental Medicine treats a very wide range of health care concerns. Scientific research has led the World Health Organization of the United Nations to issue a list of over forty diseases and disorders that acupuncture successfully treats. Some of the conditions treatable by Oriental Medicine include:

- Muscle Aches
- Sports Injuries
- Joint Pain
- Neck Pain
- Headaches
- Depression
- Fatigue
- Insomnia
- Anxiety
- Menstrual Problems
- Digestive Disorders
- Addictions
- Traumatic Injuries
- Smoking Cessation