

## Acupuncture Charlottetown

Acupuncture Charlottetown - Acupuncture is a form of Traditional Chinese Medicine or also called TCM which has been used in China for thousands of years. It comprises sticking fine and solid needles into the body at specific points. Acupuncture is meant to deal with imbalances in 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, 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 referred to as qi or chi. The qi is considered to be in balance when the masculine and feminine elements of the body, referred to as yin and yang are in balance. When in proper balance, the qi would flow smoothly through the body along meridians of power. When somebody is unhealthy, this suggests that there is an imbalance or obstruction which must be corrected. A TCM practitioner talks to the patient regarding the condition and can opt to make use of acupuncture, amongst different modalities, in order to cure it.

In an acupuncture session, the person lies flat upon a table that is adapted to the height of the practitioner. The patient could be asked to undress and be draped with blankets for modesty or the client may remain fully clothed depending on where the needles are 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 90 degrees, which depends on the practitioner's judgment. After the needles have been inserted, they can be controlled by hand in twisting motions, gently vibrated, heated, cooled or electrified with a gentle current to be able to stimulate the meridian.

Upon completion of a session of acupuncture, the patient can feel invigorated or experience more relaxation. The outcome of the session will vary widely from individual to individual and the type and scope of the session. The initial cause of the problem might take quite a few acupuncture sessions so as to eradicate it altogether or it might have resolved itself. The session must not be painful. When placed properly, the needles do not result in bleeding or bruising. In order to obtain a productive acupuncture session, it is important that you seek out a licensed acupuncturist who has attended a Conventional Chinese Medicine school.

Often, in Western countries, the processes of acupuncture only serves as a form of complementary medicine and could be combined with different treatments for better effectiveness. New acupuncture studies have been able to show improvements in curing nerve conditions, headaches, relieving pain, asthma, deal with nausea and vomiting. It has proven useful for problems like for instance fibromyalgia, back pain, carpal tunnel syndrome and arthritis among others. The World Health Organization recommends acupuncture so as to help with stress, substance abuse and allergies.