

What is Acupuncture

Acupuncture is a centuries-old form of treatment that involves placing needles at specific points along the body. Traditional Chinese medicine (TCM) has used acupuncture



as a treatment for a wide variety of physical ailments.

TCM asserts that vital energy known as “qi” moves within the body along 12 energy lines called meridians. Acupuncture is thought to promote health by stimulating points that connect with these meridians, thus easing blockages in the flow of “qi.” Acupuncture is generally considered to be safe when performed by qualified practitioners who use sterile needles.

According to Chinese Medicine, it is a blockage or imbalance in the flow of qi that is the root cause of dis-ease. When the qi associated with a particular organ system is in a condition of excess, deficiency or stagnation, negative emotional states such as fear, anxiety, anger, sadness or worry tend to manifest. If left unresolved, this imbalanced emotional energy will begin to produce physical symptoms. Similarly, if one of the five shen (spirits) of the organs is disturbed, the energetic imbalance produced by this disturbance will also, in time, manifest as physical dis-ease.

By affecting the flow of qi through the meridian system in specific ways, acupuncture is able to resolve spiritual and emotional imbalances before they manifest as physical dis-ease. For an acupuncturist, this is considered to be the highest form of practice: to detect imbalance at these more subtle levels, before they become physical diseases. If the disease process has already made its way into the physical body, acupuncture is able to alleviate its symptoms by resolving the energetic imbalances