



AcuBalance

Acupuncture & Integrative Medicine

306 Middletown Park Pl. Ste C

Louisville, KY 40243

502.742.8613

info@acubalanceky.com

www.acubalanceky.com

What Is Acupuncture?

Acupuncture is an effective form of health care that has evolved into a complete and holistic medical system, known as Traditional Chinese Medicine (TCM). Practitioners of TCM have used this noninvasive medical system for over 3,000 years to diagnose and help millions of people health and sustain wellness. Collectively, TCM includes: Acupuncture, Herbal medicine, Cupping, Gua Sha, Moxibustion, and Asian Bodywork.

Acupuncture works by influencing Qi. Qi flows through the body in pathways called meridians that connect to and influence our physical, mental, and emotional health. Acupuncture points are located on these meridians and are areas through which Qi can be influenced.

From a biomedical standpoint, Qi can be thought of as a general term that encompasses all of the body's autonomic processes: nerve impulses, synaptic relays, chemical processes, metabolic actions, hormonal stimulation, cellular respiration, etc.

When Qi is abundant and flowing, health and wellness is experienced. Stress, pain, and disease states are a result of Qi becoming imbalanced, blocked, or depleted. Acupuncture treatments are methodologically designed to influence and balance Qi, meaning it aims to resolve the symptoms as well as restore the body to its natural state of homeostasis. Some examples of how acupuncture directly influences health include:

- Endorphin release to reduce pain
- Reduce inflammation locally and systemically
- Relaxation of connective tissues & muscles
- Increased circulation and tissue perfusion
- Enhanced tissue repair and tissue remodeling
- Increased proprioceptive and special awareness for posture and gait
- Modulation of the sympathetic/parasympathetic nervous systems to reduce stress reactivity
- Improved sleep quality
- Balance mood and cognition

What to Expect

The first visit includes a health history and examination where questions will be asked pertaining to symptoms, health, and overall lifestyle. Your tongue and pulses are also checked to attain more information about the state of your Qi. Together, this creates a diagnostic pattern.

Then, we will insert very fine sterile needles on the appropriate acupuncture points; sometimes needles will be stimulated manually or with an E-Stim Unit. Acupuncture points are located across the entire body; however, the back and limbs are the most common areas treated. Needles are retained for 20-30min, then the needles will be removed, and you'll be on your way!

What Can It Treat

Below is a list of conditions we have successfully treated, many of which are included on the WHO's list of conditions treatable with acupuncture.

<u>Neuro-musculo-skeletal Conditions</u>	<u>Internal Conditions</u>	<u>Hormonal & Mental/Emotional</u>
Acute & Chronic Pain	Asthma & Allergies	Addiction & Smoking Cessation
Arthritis & Rheumatoid Arthritis	Autoimmune Disease	Adrenal Fatigue
Bursitis	Cancer Support	Anxiety
Carpal Tunnel	Cardiovascular Disease & Angina	Chronic Fatigue Syndrome
Degenerative or Herniated Disc	Chronic Lyme's Disease	Chronic Worry & Rumination
Facial Palsy	Cold & Flu	Depression
Fibromyalgia	Dizziness & Vertigo	Endometriosis, Fibroids & Cysts
Frozen Shoulder	Food Allergy or Sensitivity	High Stress/Tension
Headache & Migraine	High Blood Pressure	Infertility (Male & Female)
Neuropathy	Indigestion, Reflux & GERD	Irregular Menstruation
Osteoporosis	Ulcers & GI Infections	Insomnia & Sleep Disorders
Plantar Fasciitis	IBS, Constipation, & Diarrhea	Low Libido & ED
Raynaud's Disease	Metabolic Issues	Menopause
Sciatica/Piriformis Syndrome	Palpitations	Mood Swings
Sprains & Strains	Prostate Issues	PMS & Menstrual Cramps
Surgery Prep & Rehab	Sinusitis	Pregnancy Support
Tendonitis	Skin Conditions	Thyroid Imbalance
Tennis or Golfer's Elbow	Stroke Recovery	Unspecified Emotional Imbalance
	Tinnitus	Unspecified Hormonal Imbalance
	UTI and Candida	

How Should I Prepare?

- Come with any and all questions you may have, we're here to help.
- Wear loose comfortable clothing for easier access to acupuncture points.
- Avoid large meals before treatments, but don't come on a completely empty stomach.

What Does It Feel Like?

- Responses to acupuncture varies, but it is not meant to be a painful experience.
- You may feel a tiny poke with the initial insertion followed by a short heaviness or dull ache.
- All of these reactions are good and a sign that the Qi is moving
- After your treatment, you will likely feel a balance of relaxation and rejuvenation.

Tell me more about the needles...

- The acupuncture needles are very fine, just a little larger than a cat whisker
- Typically, 1/8" – 1 1/2", but will vary depending on the part of the body being treated.
- Acupuncture very rarely causes bruising or bleeding; occasionally, a small amount of blood will appear with needle withdrawal; small bruises are very rare.

When Will I Feel Better?

- How fast you begin to feel better depends on a few variables (i.e. how long you've had the condition, how severe it is, how often you get treated, and types of treatment you're doing)
- You should start to see improvements after the first session, which will become more significant and longer lasting after 3-4 treatments.

How Often Should I come?

- For mild to moderate conditions, it is recommended you come twice per month but you are welcome to come once a week for faster results.
- More severe conditions are more readily alleviated with weekly treatments for 2-3months.
- Once significant results are realized, it is still beneficial to come every 2-3 months for "tune ups" and preventative care.