

SOME CONDITIONS RESPONSIVE TO ACUPUNCTURE TREATMENT*

MUSCULOSKELETAL & PAIN DISORDERS

Frozen shoulder
Low back pain
Arthritis
Tennis elbow
Neck pain
Headache / Migraine
Whiplash injury

NEUROLOGICAL

Post-polio Syndrome
Shingles
Bell's Palsy
Facial neuralgia
Post-stroke recovery
Sciatica
Trigeminal & Intercostal neuralgia

PSYCHOLOGICAL / SPIRITUAL

Emotional imbalance (depression, anxiety etc.)
Insomnia or Dream disturbed sleep
Seasonal Affective Disorder
Terminal illnesses
Cancer support
Life transitions (grief, stress, worry etc.)

ADDICTIONS

Smoking
Alcohol & drug withdrawal

GASTROINTESTINAL

Hepatitis
Post-operative care
Hiatus Hernia
Functional Bowel disorders
Esophageal constriction
Colitis
Constipation / Diarrhea
Gastritis
Gastric hyperacidity
Duodenal & Gastric ulcers

RESPIRATORY

Asthma
Chronic cough
Acute bronchitis
Sinusitis / Rhinitis
Common cold
Tonsillitis
Allergies

CARDIOVASCULAR

Hypertension
Varicose Veins
Coronary Artery Disease

OBSTETRICS AND GYNECOLOGY

Infertility
Abnormal fetal position
Dysmenorrhea / Amenorrhea
Labour: induction of, pain & easing delivery

GENITOURINARY

Male infertility
Impotence
Incontinence

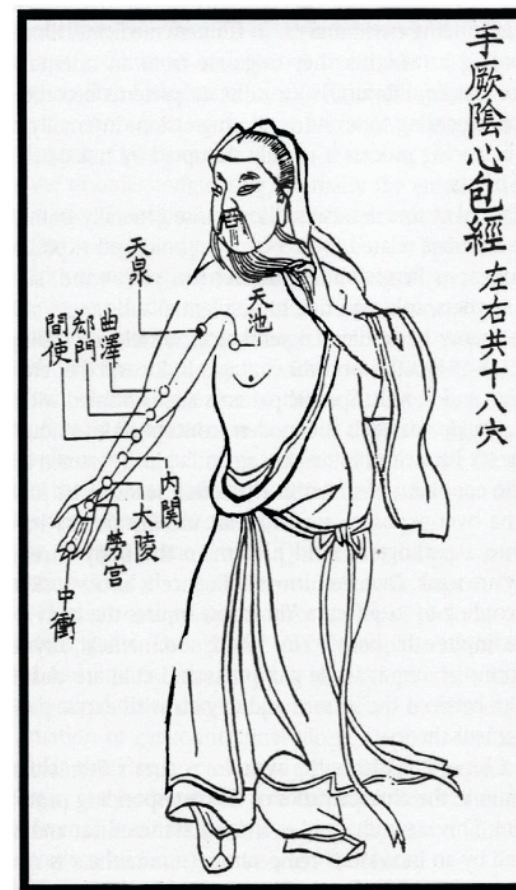
EAR-EYE-MOUTH

Macular Degeneration
Vision problems
Hearing loss
TMJ pain & dysfunction
Pharyngitis

**This is only a brief outline of western medical disorders that acupuncture is known to treat effectively, although there is a much wider range of conditions responsive to acupuncture when used according to traditional philosophy and diagnosis.*

For more information or to book
an appointment, please call:
Arnie Lade RAc
Greenspirit Health & Movement Resources
1822 Oak Bay Avenue, Victoria, BC
250 519-1030
www.greenspiritresources.com

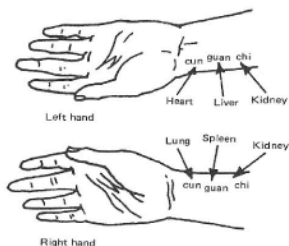
TRADITIONAL ACUPUNCTURE



A BRANCH OF CHINESE MEDICINE

TRADITIONAL CHINESE MEDICINE

Traditional Chinese Medicine is a holistic and humanistic system that views health as a harmonious relationship between man's internal condition and his external environment. The basis of this relationship is energy or what the Chinese call Qi ("Chi") - which courses through a specific network of channels and collaterals throughout the body. Each channel (meridian) corresponds to one of the vital organs such as the liver, heart, stomach, lungs and so on; each has a pulse associated with it which informs the acupuncturist of the condition of the energy within that meridian.



The twelve pulses are located on the radial arteries of the wrists. This vital energy exists in the body at birth, and leaves at death. During a lifetime it flows in a specific and continuous pattern according to two opposing forces - the Yin, negative and passive, and Yang, positive and active. In health, the two opposing forces are in balance. Deficiency or excess in the circulation of the energy causes an imbalance of the two forces and thus results in disease.

In Chinese medicine, it is held that any illness or symptom, whether it be knee pain, headache, indigestion or severe depression, is associated with an imbalance in the person's energy. All methods of Traditional Chinese medicine, including acupuncture and moxibustion are designed to enhance and maintain the uninhibited flow of this energy relationship.

TRADITIONAL ACUPUNCTURE AND MOXIBUSTION

Stated most simply, acupuncture is an empirical form of therapy developed over several thousand years of experience by the Chinese, which consists of stimulating designated points by insertion of very fine needles along the course of a specified Channel. It is a system of medicine which is used in the restoration and maintenance of health, as well as the prevention of illness. It has been practised in China for over 5000 years.

Acupuncture plays an important role in the development of preventive medicine. Often, conditions unresponsive to conventional therapy show significant response to acupuncture treatment.

Moxibustion treats and prevents conditions of ill health by applying heat to the channels. The herb, *Artemisia Vulgaris*, is material commonly used to warm and remove obstruction of the channels, thus promoting their normal functioning. Moxa may be applied directly on the skin over an acupuncture point or held at distance over it or burned on the shaft of a needle to conduct heat into the body.

ACUPUNCTURE AS PREVENTIVE CARE

Chinese medicine has a saying, "It's better to dig a well before you are thirsty than after." This applies to holistic medicine too. Regular maintenance treatments can go a long way to keeping you healthy.

Don't wait until you are sick before coming for treatment!

DURATION AND FREQUENCY OF TREATMENT

The duration and frequency of treatment depends on a variety of factors which include the severity of the complaint, how long the person has suffered from it, the extent to which lifestyle contributes to it, and what drugs are being taken for it. Some people only need a few treatments while others may need prolonged attention. The initial treatments will be once or twice a week and their frequency will be decreased as the person progresses, to once a fortnight, once a month etc., until there is only a need for a regular checkup at the change of each season.



RESPONSES TO TREATMENT

Often the first changes that occur do not improve the main complaint but rather the overall state of health. The person may notice that he or she sleeps better, feels more relaxed, feels more at ease within his or her self, or enjoys an improved body temperature.

These are all positive signs of a better energy balance which if continued and supported will lead to an alleviation of the main symptoms. Every aspect of the person is affected by the acupuncture treatment and changes may take place mentally, physically, or emotionally as the balance is restored. Reactions to treatment vary from individual to individual.