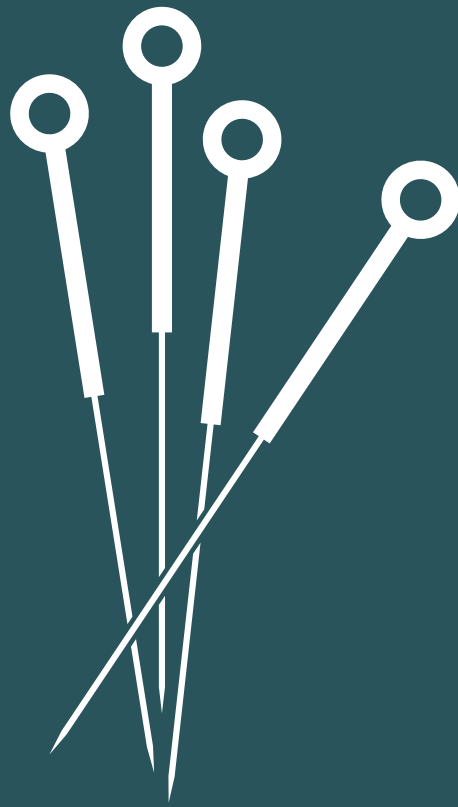


ACU



MADE
~ TO *move*

What is acupuncture?

One of the oldest forms of therapy (rooted in Chinese philosophy) whereby tiny stainless steel needles are inserted into the skin.

What is a Meridian?

The highways in which vital energy flows through the body (made up of acupuncture points).

What is Qi?

Qi is the sensation felt during acupuncture (subjective fullness, warmth, numbness, and tingling).

Who can provide acupuncture?

Any licensed healthcare provider who has taken additional education, training, and testing required by their regulator.

How does Acupuncture help?



Decreases pain by using the gate control theory



Decreases pain by using the endorphin-release mechanism



Decreases pain by using the hypothalamic-pituitary axis



Decrease pain by local and systemic hormone release

How do you choose the points?

Local	Shu	Influential
<p>These points are chosen based on local structures related to your pain and can include any meridian close to the site of pain.</p>	<p>These distal points are chosen based on the meridian in which you are experiencing pain.</p>	<p>There are 3 Influential Points:</p> <ul style="list-style-type: none">UB11 (bone/spine/joint)GB39 (nerve)GB34 (muscle/tendon/lig)

What conditions does Acu help?

- / Headaches & Migraines
- / Neck & Jaw Pain
- / Shoulder Injuries
- / Elbow Pain
- / Wrist & Hand Pain
- / Back Pain
- / Hip Pain
- / Knee Pain
- / Foot Pain & Plantar fasciitis
- / AND MORE!

When to avoid Acupuncture..

- ✘ Certain spots during pregnancy
- ✘ Open wounds
- ✘ Infected tissue
- ✘ In joints that have been replaced
- ✘ Patients with a bleeding disorder
- ✘ Patients with a mechanical heart valve
- ✘ Patients with a pacemaker

The Needle

Every needle is single-use, sterilized, stainless steel acupuncture needle. These come in varying lengths from 0.5 inches to 3 inches!



Medical Syringe 2.9 mm

Sewing Needle 1.0 mm

Acupuncture Needle 0.25 mm