Final Report: Acupuncture

First Source: Seirin (Online)

Acupuncture originates in China. However, there is contradicting information on the date it started being used. It has been suggested that it started as far back as 3000 to 4000 BC. It was only in the 1950s in Europe and the USA when acupuncture emerged in the West. It was only in Nixon’s visit to China in 1972, when acupuncture gained media popularity. Acupuncture is today a recognized addition to western orthodox medicine. The way acupuncture works can be explained by the Chinese medical theory, which holds that there is a vital life energy, which circulates through the human body by way of channels, called meridians. If the flow of this energy is unobstructed, good health is the result. However, if this flow is blocked then the symptoms of disease occur. Acupuncture is to restore balance in the body so the vital life energy can flow.

This relates to class because we have talked about how we all have an energy around us and in us. We know that non-traditional techniques of curing stress or pain have worked for a huge sum of people. In our class we have talked and discusses how by using stress management techniques we can lead healthier lifestyles and acupuncture has been proven to alleviate pain, reduce stress, and reduce disease for most people.

Second Source: Quick Facts Center (Online)

This source talks about what acupuncture is and what it does. It says that, “acupuncture works by stimulating the body’s own healing abilities. The fine hair-thin needles do not inject anything into the body. Instead, the healing chemistry of the body is augmented, directed, and generally made more competent to manage health problems” (Quick Facts Center, Online). The Mayo Clinic has been providing acupuncture service since 1975. “The World Health Organization of the United Nations currently lists 47 different illnesses that may be effectively treated with acupuncture” (Quick Facts Center, Online.) Many other professional acupuncturists say that there are many more diseases that can be treated with acupuncture. Some of the treatable conditions include: asthma,
tendonitis, menstrual pain, migraines, stroke rehabilitation, back pain, ulcer, arthritic pain, and sports injuries.

Some people ask, “Is acupuncture painful?” To answer the question, the answer is for most people, no. The needles are extremely thin and fine and their inserting is often not felt. Once the needles are inserted the patient can expect, “a dull sensation, a sense of warmth, or sometimes even a slight flow of energy up and down from the point” (Quick Facts Center, Online). Many practitioners now use only stainless steel, pre-sterilized, disposable needles which are used once and then discarded. Also, some acupuncturists find it necessary to obtain a ‘needling sensation,’ over each acupuncture site that is used. This involves the needle being moved slightly while it is in the skin. This usually causes a dull, bursting, or numb sensation around the site of the inserted needle. Many people believe it no longer feels like a needle in the skin.

As for guidelines for selecting an acupuncturist, a person should ask the following questions:

- Is the acupuncturist well recommended?
  - You can find this out by asking someone that has had acupuncture treatments or contacting the National Acupuncture and Oriental Medicine Alliance at the phone number (206) 524-3511.

- Is the acupuncturist certified?
  - A certificate with course completion from an accredited institution should be posted in the practitioner’s office.

- Does the acupuncturist take pulses?
  - Pulse taking is a critical technique used to determine the course of treatment and the response to treatment.

- Are clean techniques used?
  - Most practitioners used sterile disposable needles. If they are not used, you should ask about the sterilization process.

- Does the acupuncturist make large promises?
  - Be wary of any practitioner that guarantees relief.

- Does the acupuncturist give you the time you need?
There should be extended conversation before the acupuncturist begins treating you. You should feel comfortable asking questions.

This source pertains to our class because we talked about how certain things can stimulate our body’s own healing abilities, which acupuncture does. We discussed how it should take time to create wellness in your body if you have an illness, disease, or are stressed. Acupuncture is a treatment that does not work after one session. It takes time and you need to work on other areas also in your life. We also learned to be skeptical about certain ways of practicing certain stress management techniques. This needs to be done when choosing an acupuncturist.

Third Source: Natural Health II: Health Maintenance for the 21st century.

This book gives information on classical acupuncture disorders and where the points are where pain relief is created. It shows where the needles should be inserted or where you could give pressure to relieve pain or symptoms of the disease.

This relates to class because we had a lab, which dealt with acupressure and where to apply pressure to relieve stress or headaches. Just like in stress management class lab, I have attached sheets with different acupressure/acupuncture points to be used as another lab. The disorders include: Anxiety, Allergies, Common Cold, and Fatigue.

Discussion Questions:

1. Do you have any certain area or disorder that you would like to know the acupuncture/acupressure points?
2. Have any of you ever used acupuncture, and if yes, did it work?
3. Would you consider using Acupuncture?
Bibliography

