

## Acupuncture Timmins

Acupuncture Timmins - Acupuncture is a kind of Traditional Chinese Medicine or TCM that has been used in China for thousands of years. It involves sticking solid and fine needles into the body at particular points. Acupuncture is meant to be able to deal with imbalances in the body and release blocked energy. These imbalances might lead to ill health and lead to poor well-being. The popularity of acupuncture has grown very much in the West, even though it is considered a comparatively new introduction to our medical library.

This kind of healing is dependent on the theory that each person is filled with a life force energy known as Qi or Chi. Balanced Chi or Qi needs the masculine yin and feminine yang elements of the body are aligned and balanced. When in good balance, the qi will flow smoothly through the body along meridians of power. If somebody is not healthy, this suggests that there is an imbalance or obstruction which needs to be corrected. A TCM practitioner talks to the patient regarding the situation and could opt to utilize acupuncture, among different modalities, to heal it.

In an acupuncture session, the patient lies flat upon a table that is adjusted to the height of the technician. The person can be asked to remove his or her clothes and be draped with blankets for modesty or the patient may remain fully dressed based upon where the needles are inserted. Acupuncture needles are inserted into various points of the body. The needles enter at angles ranging from fifteen degrees relative to the skin to 90 degrees, depending on the practitioner's judgment. After the needles have been inserted, they can be manipulated by hand in twisting motions, heated, cooled, gently vibrated or electrified with a gentle current to stimulate the meridian.

Upon completion of a session of acupuncture, the patient might experience more relaxation or feel invigorated. The results of the session would differ widely from person to person and the type and scope of the session. The initial cause of the problem could take quite a few acupuncture sessions to eradicate it altogether or it could have resolved itself. The session must not cause whatever pain. If positioned properly, the needles do not lead to bleeding or bruising. In order to obtain a productive acupuncture session, it is important that you look for a qualified acupuncturist who has attended a Traditional Chinese Medicine school.

Usually, in Western countries, the processes of acupuncture only serves as a form of complementary medicine and can be combined with other treatments for better success. New acupuncture studies have been able to show improvements in healing nerve conditions, pain, headaches, relieving pain, deal with vomiting and nausea. It has proven useful for conditions like arthritis, fibromyalgia, back pain and carpal tunnel syndrome amongst others. The World Health Organization recommends acupuncture to help with substance abuse, allergies and stress.