

## WHAT IS ACUPUNCTURE & ORIENTAL MEDICINE?

Oriental Medicine is an effective form of healthcare that has evolved for over 3,000 years to include both ancient wisdom and modern science. It is one of the oldest and most commonly used healthcare systems in the world. The general theory is that health is optimal if there is balance and proper flow of energy (Qi) within the body.

Acupuncture consists of the insertion of thin, sterile needles into specific acupuncture points. Stimulation of these points improves energy flow, thus promoting health and healing. While needling is the most common method, other techniques can be applied as appropriate. Generally, all techniques are fairly painless and often elicit feelings of relaxation.

Acupuncture can be used safely alone, or along with other therapies to enhance their therapeutic effect and/or alleviate side effects from medical procedures and medications.

To find out more about acupuncture and oriental medicine, you can start with this article at [www.acupuncture.com/education/theory/acuintro.htm](http://www.acupuncture.com/education/theory/acuintro.htm).

## WHAT CAN ACUPUNCTURE TREAT?

Acupuncture is recognized by the National Institute of Health (NIH) and the World Health Organization (WHO) to be effective in the treatment of a wide variety of conditions and symptoms. These include, but are not limited to, the following:

- Addictions (alcohol, drug, smoking)
- Anxiety
- Arthritis
- Asthma
- Back pain
- Carpal Tunnel Syndrome
- Common cold/flu symptoms
- Dental pain
- Depressive symptoms
- Diarrhea
- Digestive problems
- Dizziness
- Facial palsy/tics
- Fatigue
- Fertility issues
- Fibromyalgia
- Headache
- Incontinence
- Irritable Bowel Syndrome
- Menopausal symptoms
- Menstrual irregularities
- Migraines
- Morning Sickness
- Nausea
- Osteoarthritis
- Pain
- PMS symptoms
- Sciatica
- Shoulder pain
- Sinus problems
- Sleep disturbances
- Stress
- Tennis elbow
- Trigeminal neuralgia
- Wrist pain

## A STATEMENT FROM THE NIH:

*“Acupuncture as a therapeutic intervention is widely practiced in the United States. ... The data in support of acupuncture are as strong as those for many accepted Western medical therapies. One of the advantages of acupuncture is that the incidence of adverse side effects is substantially lower than that of many drugs or other accepted medical procedures used for the same conditions.”*

- National Institute of Health (NIH), 1997 Consensus

<http://nccam.nih.gov/health/acupuncture/>

## IS ACUPUNCTURE SAFE?

Yes! In Colorado, licensed acupuncturists are required to complete extensive training, and pass a “clean needle technique” exam and a national board exam. Only sterile, single-use, disposable needles are used. Due to the nature of insertion and the type of needles used, infections are rare.

To find a qualified practitioner, look for the credentials Diplomate of Acupuncture or Oriental Medicine (Dipl. Ac or Dipl. OM), or Licensed Acupuncturist (L. Ac).

To read about the licensed acupuncturists at Progressive Health Center, visit [www.progressivehealthcenter.org](http://www.progressivehealthcenter.org), click on ‘Practitioners’.

## HOW CAN I BENEFIT FROM ACUPUNCTURE?

In Oriental Medicine, it is our main priority to assess the entire person holistically. We focus not only on the disease itself, but also on how illness may impact the body, mind, and spirit. Acupuncture is very helpful in supporting the body’s physiological functions, energy, and reducing stress. The benefits of acupuncture include a treatment style that is uniquely designed to meet your specific needs and goals – whether it is for maintaining health and well-being, or optimizing functioning and health when dealing with chronic or acute and their related symptoms.



*Please feel free to call us at 303-788-9399 to learn about how we can help you in reaching your specific goals and optimizing your health and well-being.*

Mimi Lam, L. Ac



Connecting Complementary Therapies with Conventional Medicine

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