

## AN INTEGRATIVE APPROACH TO ACUPUNCTURE

At Progressive Health Center, we are committed to providing an integrative approach to health. Within the context of integrative medicine, acupuncture and oriental medicine provides valuable benefits to your care – whether it is for maintaining health and well-being, or maximizing functioning and health when dealing with chronic or acute illnesses.

In Oriental Medicine, it is our main priority to assess the entire person and how illness affects their body, mind, and spirit. We focus not only on the disease itself, but the impact that the illness has on the person. Acupuncture is very helpful by supporting the body's physiological functions, energy, and reducing stress. All of these things help the individual to heal, cope, and prevent secondary symptoms that may arise from stress while keep the body and mind stronger to be able to successfully complete other treatments. In other words, we support the patient and the relationship with illness.



Here are some of the ways that we can work with conventional medicine in optimizing your health and medical care.

### □ **Post Surgical symptoms**

- ***Post surgical pain and scarring (which can exacerbate pain and limit range of motion).***

Because acupuncture is excellent at increasing microcirculation to the surgical site, treatment can significantly decrease pain, minimize scarring and thus enhance optimal levels of healing and rehabilitation.

- ***Secondary symptoms such as digestive symptoms (nausea, loss of appetite, upset stomach, and constipation), urinary symptoms (urgency or pain).***

Acupuncture is an excellent therapy for recovering from all of the above symptoms by promoting the body's own functions, and eliminating pain. In fact, according to a study at Duke University Medical Center, acupuncture can be more effective in reducing post surgical nausea than medication. To read the article visit

<http://www.dukemednews.org/news/article.php?id=8166>

- Additionally, because acupuncture is so well-known for the treatment of pain, it is a ***valuable option when surgery is not the best course of treatment.***

### □ **Chronic pain associated with numerous conditions (MS, fibromyalgia, cancer, arthritis, degenerative disc problems, etc.).**

- Acupuncture improves circulation and enhances the body's own ability to deal with pain without the side effects that often come with the use of pain medications and other prescription medications. Additionally, in some cases, acupuncture has been shown to provide equal or better results than medication *without side effects.*

### □ **Side effects of prescription medications**

- While medication may be necessary and a vital part of treatment, they may also cause significant side effects for certain individuals. Many medications for pain, for example,

can impair digestive and bowel functions, cause mental fog, sleep problems, balance issues, or frequent urination. Because acupuncture uses the body's own energy systems, it is a safe treatment for many symptoms whether they are directly related to your illness or caused by medications.

❑ **Post stroke and brain injury rehabilitation**

- Acupuncture can be used as an adjunct therapy in neurological rehabilitation. This is accomplished by increasing circulation, thus supporting the repair and growth of neurological pathways, and managing pain. This **may support rehabilitation therapies such as physical and occupational therapy, and speech rehabilitation.**
- Some of the most significant clinical reports from China are related to the use of acupuncture for post-stroke rehabilitation.

❑ **Support for cancer patients so they can complete their chemotherapy and/or radiation therapy.**

- Help with **nausea, malaise, fatigue, and pain by supporting their own body's energy**
- Can be **helpful in helping your own body's ability to increase blood and platelet production**, which is so crucial during chemotherapy.
- **Stress and emotional symptoms** as a result of coping with life-altering illness.
- More detailed articles can be found at:  
[http://medicalacupuncture.org/aama\\_marf/journal/vol14\\_1/article2.html](http://medicalacupuncture.org/aama_marf/journal/vol14_1/article2.html)

The key point is that acupuncture is a valuable integrative therapy for many complex disorders that tend to affect many facets of an individual's functioning and health. In cases where acupuncture may not be effective in treating the primary condition itself, it can be highly effective in dealing with many associated symptoms secondary to the primary condition such as digestive problems like constipation and diarrhea, reducing stress, enhancing the immune system, managing pain, and increasing energy to optimize the individual's health and well-being. You can find a more complete list of treatable conditions and symptoms by referring to our article about acupuncture.

Mimi Lam, L. Ac



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701 E. Hampden Ave., Suite 225 Englewood, CO 80113 303-788-9399 [www.progressivehealthcenter.org](http://www.progressivehealthcenter.org)