

ALTHOUGH ACUPUNCTURE FOR PAIN RELIEF IS WELL KNOWN IN THE U.S., IT IS EFFECTIVE FOR A WIDE VARIETY OF PROBLEMS. THE WORLD HEALTH ORGANIZATION OF THE UNITED NATIONS AND THE NATIONAL INSTITUTES OF HEALTH HAVE ENDORSED ACUPUNCTURE AND DECLARED ACUPUNCTURE AN EFFECTIVE TREATMENT FOR THE FOLLOWING CONDITIONS:

*Addictions*

*(smoking, weight loss, narcotics, alcoholism)*

*Arthritis*

*Back pain*

*Carpal tunnel*

*Chemotherapy nausea*

*Depression*

*Digestive problems*

*(gastritis, irritable bowel, nausea, ulcers)*

*Ear problems (ringing, earaches)*

*Fibromyalgia*

*Headaches*

*Infections, cold, flu*

*Insomnia*

*Menstrual & female disorders*

*Muscle & joint pain*

*(tendinitis, bursitis, sprains)*

*Post-op dental pain*

*Sinusitis*

*Skin disorders*

*Stroke rehabilitation*

*Urinary problems*

*and more*



#### ACUPUNCTURE AND CONVENTIONAL MEDICAL CARE

Acupuncture can be performed while other treatment modalities and medications are being used. It is easily integrated into and used with conventional medicine, and of course, holistic wellness. We recommend not altering medication or other therapies without consulting your primary care physician.

This could be what you have been missing even if you are in basic good health and want to facilitate your well-being and prevent illness. So call for a free consultation today!

DARREN R. CISSELL, B.Sc., D.C.

RIDGE CHIROPRACTIC CENTER

104 RIDGE RD, SUITE 144

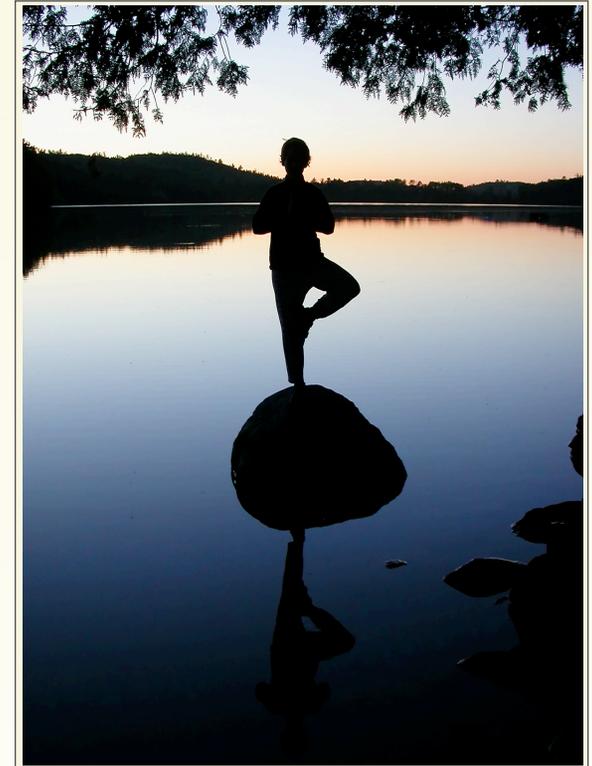
MINOOKA, IL 60447

MINOOKACHIROPRACTOR.COM

815.467.1464

# ACUPUNCTURE

DR. DARREN R. CISSELL



815.467.1464

When a patient seeks acupuncture, the patient must understand both the objective and the method used to attain it to avoid disappointment or confusion.

Acupuncture is the ancient Oriental art and science of inserting "extremely" fine needles into the body to open, unblock, increase, decrease, or even re-direct the flow energy or "Qi." This is a straightforward explanation for the complex process that takes place in the body during acupuncture.

## WHAT IS ACUPUNCTURE?

For over 2000 years, Chinese medicine practitioners have used acupuncture to open and unblock the body's life-giving energy or Qi (pronounced "chee"), believed to be responsible for illness and disease. It is the oldest practiced medical system in the world. Although its use has been widespread across the globe for years, it did not become available on a national level in the U.S. until diplomatic relations between China and the U.S. were relaxed in 1971.

Medical research in this country and others continues to try and explain acupuncture in western scientific terms as it is used for both dysfunction in the body and pain.

Early Chinese physicians discovered there are energy networks (meridians) traversing below the skin's surface which communicate from the exterior to the internal organs and structures at over 1000 points on the body. This energy works harmoniously with the body's digestive, genitourinary, circulatory, nervous, muscular, and all other bodily systems. An effect in an anatomic location or body system becomes evident when this vital energy becomes blocked or weakened.

Like chiropractic, the body is viewed as a self-regulating and self-healing machine that seeks to maintain balance within its environment. Nature tends to self-correct imbalances and recover from illness. However, symptoms that persist typically alert us to an imbalance on a deeper level. Acupuncture looks to this deeper underlying disharmony and focuses on both the root cause and the symptoms brought on by the imbalance. Historians have stated that more people have benefited from acupuncture than the all other health sciences, both ancient and modern combined.

# Acupuncture Explained...

## HOW DOES IT WORK?

Acupuncture is based on the premise of how Qi, or life-giving energy, moves along networks called "meridians" that enable all body organs to function. Free-flowing and abundant Qi is believed to give you vitality and allows the body to thrive. On the other hand, symptoms are believed to arise when Qi is depleted or obstructed. When there is a problem, the body's distress signals are the symptoms that often do not show until the problem or disease is well underway.

The goal of acupuncture is to restore balance to the body's energy by inserting tiny needles in specific points located on these twelve meridians mapped out on the body that are the highways for the Qi energy to circulate throughout the body. Acupuncture treatment rebalances Qi's circulation to all the body's organ systems over time. One notable advantage of acupuncture is that it is almost entirely free of side effects.

## ARE THE NEEDLES PAINFUL?

The needles used on these points are very thin (barely thicker than several human hairs), and the finest pre-sterilized, hypodermic, single-use needles are used. The needles are gently inserted just below the skin's surface. The sensation varies from feeling nothing at all to a quick pinch (like a mosquito bite) to a tingling sensation, referred to as "TEHCHI" when the energy is contacted. Occasionally other methods are employed, such as electronic and laser stimulation and tiny ear magnets the size of the ball in a ballpoint pen that doesn't pierce the skin.

## HOW MANY TREATMENTS ARE NEEDED?

Patients are advised not to enter an acupuncture program with the thought of "trying a few to see what will happen." Instead, patients are encouraged to be patient with the healing process. If treatments are recommended, and results occur in just a few visits, the doctor may discontinue treatments or continue their use to stabilize the condition.

Some patients notice an immediate improvement, whereas others may not see any effect until the seventh or eighth visit. It has been shown that a certain percentage of patients receive maximum benefit up to three months following a course of therapy. It is not unusual for a few patients to experience a worsening of symptoms, as the body's energies are returning to normal before they improve.

The Sunderlage Protocols developed by Dr. Jon A. Sunderlage, D.C., Dipl. Ac., L.Ac of The National University of Health Sciences are typically utilized. There are five patterns in total. Patients usually receive two to four treatments of each pattern at a frequency of one to two times a week. Local single needle points can also be used instead of the Sunderlage Protocol. If results occur in just a few visits, the doctor may elect to discontinue treatments or continue their use to stabilize the condition. Patients with severe or chronic conditions may want to do booster treatments two to three times a year.

## IS ACUPUNCTURE EXPENSIVE?

The cost varies from \$45 to \$65 per treatment depending on the use of gentle E-Stim and the number of needles required in the higher patterns. Insurance coverage is routinely verified by our friendly staff.