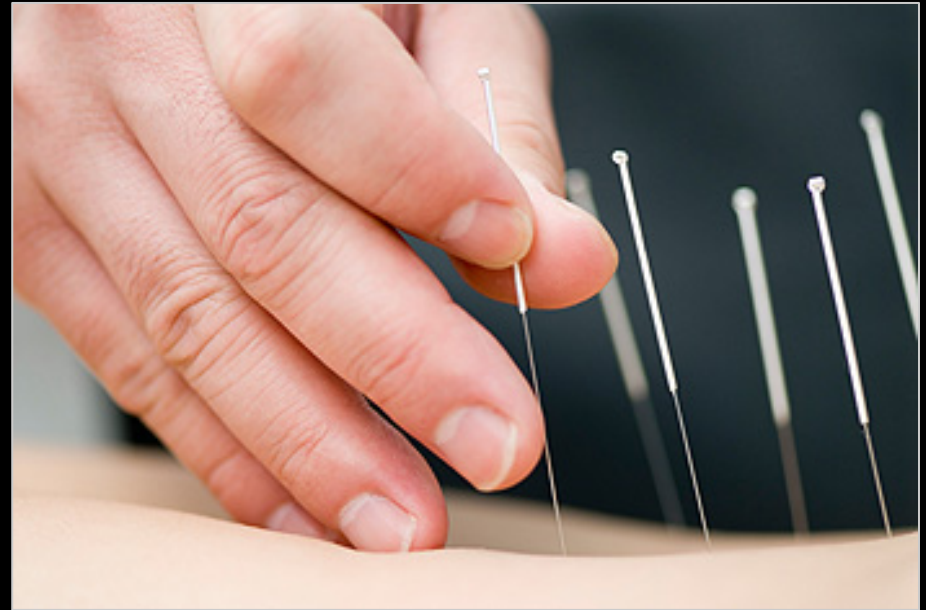


# Medical Acupuncture

## Core Concepts:

- Applies evidence-based concepts of acupuncture to relieve pain, alter movement patterns and improve performance
- Precise peripheral nerve stimulation technique, inserting needles into defined sites
- Needles are stimulated manually or with electricity for therapeutic purposes
- Acupuncture stimulates the nervous system to put the mechanisms of healing into action



# Proven Benefits of Acupuncture

- Pain Relief
- Reduced Inflammation
- Improved Circulation
- Stress Reduction
- Improved Nerve Conduction
- Improved Range of Motion
- Addiction Control
- Improved Organ Function



Acupuncture is a safe and effective method of treatment. Most patients feel minimal to no discomfort as the needles are inserted

# Effects of Acupuncture



- Interrupts transmission of pain from injury to the brain
- Stimulates healing at site of injury by stimulating the nervous system
- Nervous system releases specific pain controlling and anti-inflammatory chemicals (enkaphalins, serotonin, epinephrine)
- Electrical current fatigues muscle to decrease spasm
- Improved circulation flushes waste byproducts of inflammation which continues to irritate affected tissue