



The Gem

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The 12 Best Relationship Tips Ever

Romantic Weekend Getaways

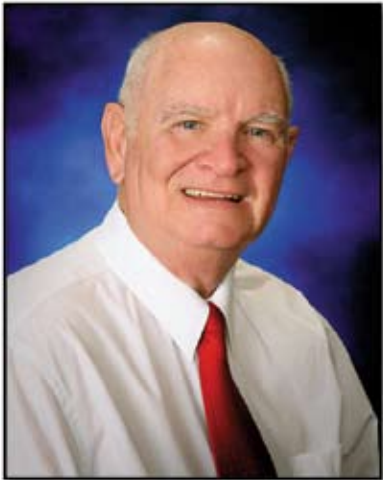
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Acupuncture?

Acupuncture is one of the oldest healing arts in the world today. It originated in China and other Asian countries thousands of years ago.

Although it has gained much popularity in the US, some still perceive it as mysterious art. Acceptance in the US has grown since organizations like the Federal Drug Administration (FDA) and the National Institute of Health (NIH) have begun to perceive acupuncture as a type of medicine, rather than some sort of eccentric ritual. As some Americans are losing patience with unsuccessful Western treatments, they are turning toward acupuncture. Even celebrities are trying acupuncture and are reporting its benefits.

Gwyneth Paltrow, Kate Winslet, Kate Moss, Madonna, Neve Campbell and Cher are just some that have used acupuncture to help them with their health ailments. Many athletes are utilizing it for pain and a quicker recovery too.

Since it has no side effects or interactions with any other procedures, many team doctors welcome the ancillary procedure that will return their stars to the playing field as soon as possible.

Many of you already know someone who has received the benefits of acupuncture, but still do not know the theories behind it. Acupuncture is a branch of Oriental Medicine that consists of the insertion of fine, sterile needles at specific acupoints on the body. Traditional acupuncture is based on ancient Chinese theories of the flow of Qi (pronounced "chee").

Qi is the vital energy or life force in all living things that is necessary for growth, development, movement, maintenance of body temperature, and protection against illness and disease. Qi flows along river-like meridians inside the body energizing, nourishing, and supporting every cell, tissue, muscle, organ and gland in the body. Physical and emotional trauma, stress, lack of exercise, overexertion, seasonal changes, diet, accidents or excessive activity can lead to a blockage or imbalance of Qi.

When the disruption to Qi is prolonged or excessive, or if the body is in a weakened state, then illness, pain or disease may develop. Many acupuncturists are also trained in Oriental Medicine, so they may prescribe Chinese herbs in addition to the acupuncture treatment.

During the treatment, tiny needles (the thickness of a hair) are applied to the appropriate acupoints. Once the needle is in, you may feel nothing at all, or you may feel sensations such as warmth, a dull ache, tingling, heaviness, or a "moving" sensation. This is usually felt only for a short period of time, or if the practitioner is manipulating or stimulating the needle. These are sensations of the needle connecting with your Qi.

Acupuncture can be used for: addiction, allergies, asthma, cosmetic concerns, dental pain, anxiety/depression, arthritis/joint pain, back and neck pain, carpal tunnel syndrome, effects of chemotherapy, erectile dysfunction, fatigue, fibromyalgia, headaches/migraine, heartburn/indigestion, infertility, insomnia, menopause, menstrual irregularities, nausea, numbness, sciatica, stroke rehabilitation, tendonitis and many more.

Due to its safety and effectiveness, acupuncture is gaining popularity by the day. Many insurance companies cover acupuncture treatments, so call your representative today to verify your benefits. (Note: Insurance companies will not cover cosmetic acupuncture procedures.)

If you have any questions or would like to know how acupuncture can help you, contact Dr. Coleman at N2Health – Chiropractic & Acupuncture in La Quinta @ 760-636-0079 to schedule a free consultation. Dr. Coleman is available for lectures on various health topics and can be reached @ drcoleman@n2healthnow.com. More information about N2Health is located at www.n2healthnow.com.



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