

Acupuncture is recognized by the World Health Organization to be appropriate in treating the following:

Digestive

Abdominal, Constipation, Diarrhea, Hyperacidity, Indigestion, Food allergies, peptic ulcers, gastritis, anorexia

Emotional

Anxiety, Depression, Insomnia, Nervousness, Neurosis

Reproductive Issues

Irregular, heavy or painful menstruation, Infertility in women and men, breach births, Menopausal symptoms, Premenstrual symptoms & sexual dysfunction

Miscellaneous

Incontinence, UTI, IBS, Addiction control, Blood pressure regulation, Chronic fatigue, Immune system tonification, Nausea, Vomiting and pain after post-op and chemotherapy

Musculoskeletal

Arthritis, Back Pain, Muscle cramping, Muscle pain/weakness, Neck pain, sciatica and TMJ

Neurological

Headaches, Migraines, Neurogenic Bladder dysfunction, Parkinson's disease, Postoperative pain, Stroke

Respiratory, ENT

Asthma, Bronchitis, Common Cold, Sinusitis, Tonsillitis, Ear infections

You and your family can reap the health benefits of thousands of years of acupuncture knowledge and success.

Try Acupuncture First!

CLASSIC TOUCH ACUPUNCTURE CENTER

Karen Chase, L.Ac.

Phone: 646-233-3016

www.classictouchacupuncture.com
Email: info@classictouchacupuncture.com

The Facts about **Acupuncture** & Your Health

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Q What is Acupuncture?

A Acupuncture is the insertion of fine needles into the body at specific points which have been empirically proven effective in the treatment of specific disorders

Q How old is acupuncture?

A Acupuncture is a medical system that has been used to diagnose, treat and prevent illness for over 23 centuries.

Q Is acupuncture safe?

A Yes. Because acupuncture treatments are drug-free, you avoid the risk of drugs which can cause many side effects or dependency.

Q How does acupuncture work?

A Traditionally, acupuncture is based on ancient Chinese theories of the flow of Qi (energy) and Xue (Blood) through discrete channels or meridians which traverse the body, similar but not identical to the nervous and blood circulatory systems. According to this theory, acupuncture regulates the flow of Qi shunting it to those areas where it is deficient and draining it where it is Excess.

Q Does a treatment hurt?

A Patients comment about the comfort of a treatment. Unlike the hypodermic needle that you see at the doctor's office which is large and hollow, an acupuncture needle is solid and extremely fine (the diameter of a human hair.)

Q Are the needles clean?

A All acupuncture needles and instruments must be sterile. Disposable, single-use, solid needles are recommended.

Q How do you determine what to treat?

A An extensive and in-depth diagnostic system takes into account many factors to design your treatment plan. Observation of your pulse and tongue are only a few techniques used to determine which points to use.

Q Are only needles used during

A No. Other techniques used include: moxibustion, acupressure, electrical stimulation, cupping, gua sha,

Q How many treatments are necessary?

A Because no two individuals are identical, the number of treatments will vary. The length and duration of treatment will depend on type and severity of your condition. Completing your treatments will help to restore your health.

Q Can everyone use acupuncture?

A Acupuncture is considered safe and effective for all ages. The next time you or a family member wants better health, just remember: *Try Acupuncture First!*

“One of the advantages of acupuncture is that the incidence of adverse effects is substantially lower than that of many drugs or other accepted medical procedures used for the same conditions. Acupuncture focuses on a holistic, energy-based approach to the patient rather than a disease-oriented diagnostic and treatment model.”

- 1997 NIH Consensus Development Conference