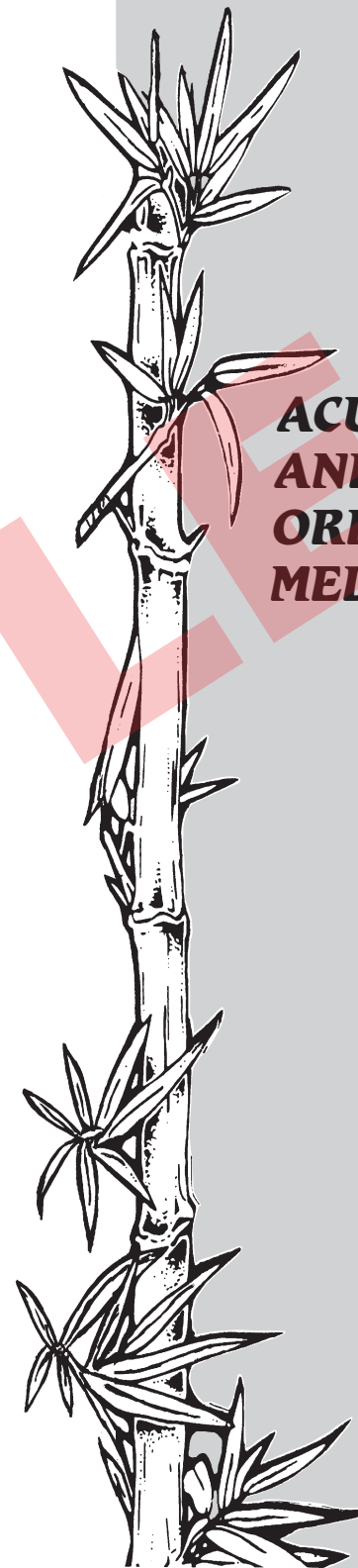


SAMPLE



**ACUPUNCTURE  
AND  
ORIENTAL  
MEDICINE**

#404-AC

MISSION PRINTING (559) 227-7640 • (800) 693-2108

## ACUPUNCTURE

Acupuncture originated in China more than 3000 years ago, and due to its proven effectiveness has been embraced throughout the world.

In modern China, acupuncture is practiced alongside Western medicine in most hospitals. It is an integral part of Traditional Oriental medicine which includes herbology, acupressure, nutrition, exercise and lifestyle counseling.

The word "acupuncture" comes from two Latin words, "acus" and "punctura". Acus means needle and punctura means pricking. It describes this ancient Chinese art of healing involving the insertion of needles into specific points of the body. These points are called acupuncture points.

Oriental and Western medicine compliment each other and can be integrated to offer optimal health care.

## ACUPUNCTURE IS EFFECTIVE

Acupuncture is unexcelled for reducing stress and tension. Stress is the cause of many emotional and physical complaints.

Acupuncture treatment is usually carried out by inserting very fine pre-sterilized disposable needles into specific points, stimulating and activating the body's self-healing mechanisms.

The effectiveness of acupuncture is well documented as also being effective for emotional and psychological problems.

## ACUPUNCTURE TREATMENTS

The number of treatments will depend on your condition and could vary from two to twelve sessions, depending on whether your symptoms are chronic or acute and on your general physical vitality.

Acupuncture treatments may also include a variety of non-needle techniques, such as heat treatment (called moxibustion), acupressure and nutritional supplements. Chinese herbal prescriptions providing essential nutrients, with tremendous healing and rebuilding potential, may also be prescribed.

Herbal prescriptions are often of critical importance in successfully treating chronic and painful conditions for which acupuncture is so well known.

## INSURANCE COVERAGE

At the present time insurance coverage varies from state to state.

Please feel free to ask any questions you may have regarding our office policy on insurance coverage.

## Acupuncture

*is safe and virtually  
free from side effects.*

## COMMONLY TREATED CONDITIONS

Some of the most common conditions that have been treated successfully in the United States are as follows:

- Alcohol dependence
- Allergies/Asthma
- Anxiety/Depression
- Arthritis/Joint problems
- Back pain
- Bladder/Kidney problems
- Childhood illnesses/Infections
- Constipation/Diarrhea
- Colds/Flu
- Cough/Bronchitis
- Fatigue
- Gynecological disorders
- Headache/Migraine
- High blood pressure
- Immune system deficiency
- Infertility
- Knee pain
- Neck pain/Stiffness
- Numbness/Poor circulation
- Pre-Menstrual Syndrome
- Sciatica
- Sexual dysfunction/Impotence
- Shoulder pain
- Skin problems/Shingles
- Stress/Tension
- Tendonitis
- TMJ/Jaw pain
- Weight loss

... and many more

