

## What is Acupuncture and Chinese Medicine? Can it help me?

By Rhonda Marr, L.Ac.

*“The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease”. – Thomas Edison*

Such is the goal of Acupuncture and Oriental Medicine. You may have watched the Oprah Winfrey show last fall when she had an acupuncture treatment on national television or you may have read about it in various magazines, but do you really know what Acupuncture is all about?

Acupuncture is one modality in the scope of Oriental Medicine. It mainly consists of the insertion of fine needles into the body at specific points that have shown to be effective in the treatment of specific health problems. The Acupuncture “points” have been mapped by the Chinese over a period of 2,000 years, and there are more than 1,000 known acupoints. In the past three decades, electromagnetic research has confirmed the existence and location of these points.

Did you know that Chinese medicine is the oldest profession, continually practiced literate medicine in the world? This medical system’s written literature stretches back almost 2,500 years, and currently, one quarter of the world’s population makes use of it.

The World Health Organization (WHO) recognizes over 150 conditions for which acupuncture has proven successful. Perhaps you or a loved one has at one time or another suffered from one of the many illnesses/medical conditions that can be successfully treated using Acupuncture. Did you know that Acupuncture is successful in the treatment of pain due to arthritis, fibromyalgia, tendonitis, back pain, sciatica, neck pain, sports injuries, TMJ, muscle cramps, carpal tunnel syndrome?

Gynecological complaints such as irregular or painful menses, premenstrual syndrome, menopause, infertility, ovarian cysts and even morning sickness and gastrointestinal complaints such as constipation, diarrhea, indigestion, hemorrhoids, irritable bowel syndrome, abdominal pain and ulcers, can also be treated with Acupuncture. Do you suffer from a respiratory illness such as asthma, allergies, sinusitis, the common cold and coughs? Are you plagued with headaches, migraines, sinus problems, eye pain, toothache, or tinnitus? Try Acupuncture, it works!

Even internal conditions such as high blood pressure, hypoglycemia, diabetes, impotence, allergies, stroke, neuralgia, chronic fatigue and Bell’s palsy have all been recognized by *WHO* for which acupuncture has been successful in treating. Does a loved one have a urinary condition such as frequent urination, bed wetting or incontinence? Why not try acupuncture before trying one of the newly advertised prescription medications with unwanted side effects?

Practitioners of Traditional Chinese Medicine diagnose what is out of balance in a person’s body by employing four basic examinations. The first being, Questioning: about one’s signs and symptoms, medical history and course of disease; Inspection: visually inspecting one’s

face, body and especially one's tongue and its coating; Listening: to one's voice and the sound of one's breathing as well as smelling any odors emanating from one's body or excretions; and finally, Palpation: of various areas of the body and especially the pulse at both wrists.

Using a combination of one's signs and symptoms, tongue diagnosis, and pulse diagnosis, the practitioner can determine the pattern of disharmony which requires rebalancing. Chinese medicine is a complete medical system which attempts to treat the full range of diseases, acute and chronic, traumatic, infectious and internally generated. It is an excellent and effective choice at the beginning of any disease or for diseases which modern Western medicine either does not understand or for which it has no effective treatment. Furthermore, Chinese medicine can also speed up the healing process when used in conjunction with modern Western medicine.

When practiced correctly by trained, qualified professional practitioners, acupuncture and Chinese medicine are extremely safe. In fact, when practiced correctly, they have no side effects and produce no iatrogenic or doctor caused disease.

You may be one of the millions of Americans who have tried prescription medications or undergone unnecessary surgery that caused unwanted side effects or illness or just simply did not correct the underlying cause of your illness or pain. But are you one of the one quarter of the world's population who has tried and used acupuncture? Give Acupuncture a try, it works!

*Rhonda Marr, L.Ac. is a New York State licensed Acupuncturist who has been practicing Acupuncture and Oriental Medicine at The Center in Auburn, NY, located at 1 Hoffman Street at the corner of Genesee. You may call The Center at 315-704-0319 for more information or to schedule an appointment. You deserve to be healthy and pain free!*