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# Foreword

The classic Chinese explanation of acupuncture is that channels of energy run in even patterns through the body and across its surface. These energy channels, named meridians, are like rivers flowing through the body to irrigate and nutrify the tissues. A blockage in the movement of these energy rivers is like a dyke that backs up in others.

The meridians may be molded by needling the acupuncture points; the acupuncture needles release the blockages at the dams, and restore the regular flow through the meridians. Acupuncture treatments may therefore help the body's internal organs to rectify instabilities in their digestion, absorption, and energy production actions, and in the circulation of their power through the meridians.



## ***Learn About The Amazing Art Of Acupuncture***

Learn About The Healing Power Of Acupuncture

# Chapter 1:

## *Introduction To Acupuncture*

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### Synopsis

Think acupuncture, think needles. Primarily this is the way most people view the art of acupuncture. These needles are inserted into the skin but not too deeply; it would seem, at various locations to relieve pain or to correct a negative problem in a particular body part.



## **The Beginning**

It is not surprising to note that this art form originated from ancient china. The early Chinese physicians discovered the energy network just below the surface of the skin which communicated and connects the exterior surroundings to the internal organs and the various individual body systems in over a thousand acupoints. These acupoints are found in specific strategic places all over the body.

By addressing the imbalances in the body system through these various acupoints the practitioner is able to restore harmony or address any negative occurrences.

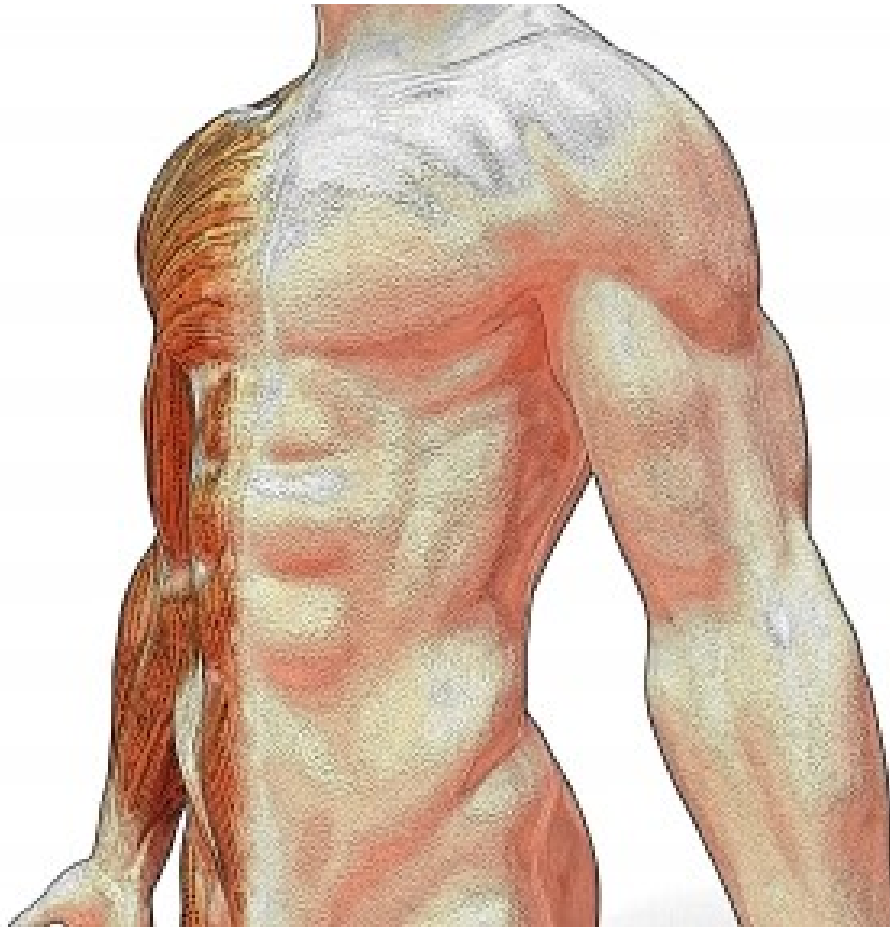
The basic idea behind acupuncture is to correct the balance and restore it to an optimum positive functioning level. By correcting the balance, one corrects the problem.

Originally discovered as an ideal way to keep pain under control or eliminate it altogether, it then went on to explore the possibility in restore the individual's health by seeking to correct the balance in the body system.

The assumption that this art form is painful as it consists of using needles as the primary way of approaching the treatment is totally unfounded. The needles are so delicately fine.

Ideally the individual considering this form of treatment should be willing to commit to at least a dozen sessions before the optimum levels can be reached. However some have attested to seeing results as quickly as after a few sessions only. There are also some who

experience worsening conditions; this is because the body is in the process of correcting itself. Thus by sticking to the desired amount of sessions, eventual positive results will unfold.



# Chapter 2:

## *How Acupuncture Can Diminish Neck, Shoulder And Back Pain*

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### Synopsis

Explained the most basic way, is that acupuncture uses an examination style that takes the pulse for diagnosis purposes; then the trained practitioner will be able to determine the balance of the twelve meridians and its working percentage.





## **Clear Up The Pain**

There are various areas that acupuncture has been proven to be able to provide relief to when this style of treatment is sought. Most neck and shoulder problems are caused by muscle tension and stiffness.

These conditions are mostly caused by the regular routine of most office bound workers who tend to be in a sitting position for the most part of a working day.

Couple this with the strain the eyes are put through when working on a computer is what causes these muscle tensions. Other reasons for these tense muscles are stress and tiredness.

Acupuncture addresses this problem by locating the important acupoints nearest to the problem area, which in this case is the “fuchi” point at the top of the neck, just below the hairline. This is the area that mostly affects the neck muscles.

As for the shoulder muscles the problem areas are found to be in the large muscle between the neck and the shoulder joint and the muscles between the shoulder blades. Acupuncture needles are then applied to these points to relieve the stiffness and increase local tissue circulation and induce additional relaxation responses. The better circulation eases the general tension in the area, thus eradication the discomfort originally felt.

To address back pain issues, the acupuncture practitioner will first examine the pulse of the individual in order to determine the condition of meridian points.

Then the larger nerve in the lumbar spine, the sciatic nerve is addressed. Needles may not always be inserted into the perceived area of the pain.

These needles can sometimes be placed around the lower back area while actually avoiding the meridian points. The blood flow is then normalized to ease the tension caused by the muscle strain.



# Chapter 3:

## *How Anxiety And Depression Are Treated With Acupuncture*

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### Synopsis

Addressing depression and anxiety is becoming a normal everything for most people today. Either the individual is experiencing this condition or someone connected to him or her is. Therefore the search for the most effective treatment is always foremost in anyone who is in or connected to this situation.



## **Ease The Mind**

Acupuncture has been known to be able to provide some relief in this area. The holistic approaches that acupuncture advocates are the idea behind the success rate.

Acupuncture for anxiety and depression addressed the body, mind, and emotional issues which lead to the negative condition in the first place. Acupuncture is used to create harmony and balance from within using the meridian points.

The acupuncture treatment is usually done in parts, addressing various parts of the body, within a 45 minute – 1 hour session. Starting with an inquiry as to the current state of mind of the individual, and then followed by a “reading” of the tongue and pulse.

For a period of about 10 minutes, needles are inserted into certain points on the back of the individual followed by other points around the back of the body like the lung area – for arresting any grief issues, the heart area for treating the absence of joy, liver points for anger and depression, and kidney points for fear or shock.

Then the patient is turned over and other points are addressed for energy and to settle the spirit. In addressing this, the needles are then placed on the lower arms, the lower legs, and stomach and head areas.

Sometimes needles are also inserted into the areas near and around the ears to balance the brain to create a sense of well being.

Most people using acupuncture as a form to find some relief from their anxiety and depression issues attest to feeling lighter, happier, and free after attending these sessions. It should be noted here that sometimes it may take more than a few sessions to achieve the desired results.



# Chapter 4:

## *Treating Sleep Issues With Acupuncture*

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### Synopsis

With the anxieties and constant demands made on the human body today, it is often quite difficult to unwind and relax enough to get a good amount of much needed rest in the form of a restful sleep pattern. By the time most people can bring their bodies to the relaxed state needed to induce sleep, it's time to get on with life.



## **Catching Z's**

Thus some people have to resort to looking for ways and means to get this much needed sleep. Taking medically prescribed alternatives may not be in the best interest of the individual as this could lead to undesirable long term side effects. This is where acupuncture can help.

Acupuncture works by balancing the subtle energy moving throughout the body. The energy moves along 14 specific pathways known as meridians. When some of these pathways are not flowing well because of disturbed sleep patterns an extent of disharmony is caused inside the cycle of the body system.

Using the acupuncture needles the practitioner inserts them into various points to induce a relaxed and comfortable state of mind and body. This then decreases the stress levels brought on by the insomnia and allows the body to return to an ideal state of relaxation. The placement of the needles also addresses the tension hormones and brings balance back to the nervous system.

Acupuncture also addresses other causes of sleep disorders like blocked airways, brain failing to control the muscles that control breathing and a combination of both of the above. Acupuncture is used to clear the obstructions in the muscle and nerve channels, facilitates the flow of oxygen enriched energy, and in turn relaxes the system. Besides this the acupuncture session can induce other positive results which have direct links to better sleep patterns. These include the ability to use deeper breathing techniques, improvement of the digestive abilities and general sense of well being.

# Chapter 5:

## *Helping Heal Arthritis With Acupuncture*

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### Synopsis

Arthritis can be treated using a number of tried and true methods. Some of these methods advocate the use of pharmaceutical remedies while other promote a more holistic and natural approach to addressing the condition of arthritis.





## **Debilitating Pain**

Acupuncture treatment has been used to address this problem for a long time. With the proven positive results, more and more people are trying this art form to address their pain and discomfort and sometimes total immobility caused by this condition.

Fine needles are inserted into several points around the body. These points are often near the site of the arthritis pain and not on the exact spot, as most of these specific areas are already inflamed and tender.

The points away from the exact area are called distal points. The acupuncture needles are usually left in for about 20 minutes and anything between two to twenty needles can be used in any one session.

Sometimes when the needles are being removed the individual may experience a pulling sensation where the needle is trying to detach itself from the skin surface. This is caused by the negative elements being drawn out of the body system through the needle.

Depending on the severity of the arthritis condition, several sessions may be required before any significant results become apparent. It is not uncommon to experience feeling worse after a session and the acupuncturist should ensure that the individual seeking this course of treatment is well aware of this fact.

Some people may experience a mild allergy too. Immediately after the first session, some dizziness may be felt as the body is trying to balance and heal itself.

However there are some people who come away from a session feeling no ill effects at all. It all depends on the individual and the severity of the arthritis condition.



# Chapter 6:

## *Healing Addictions With Acupuncture*

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### Synopsis

Addiction to anything is hard to overcome. It's even more difficult when the addiction involves controlled substances and long term medications.



## **Healing For Your Bad Habits**

Acupuncture is fast gaining popularity as being able to assist in addressing this condition successfully. The effectiveness is not limited to serious addictions like alcohol and hard drugs but can also be successfully used to address less serious conditions like nicotine dependency and over eating.

Acupuncture is used to raise the levels of endorphins in the nervous system which is instrumental in creating the body natural pain killers. Using acupuncture to raise the levels of endorphins allows the body system to then address the addictions more successfully.

Some of the treatments involve the insertion of the acupuncture needles into the outside of the ears. These needles are inserted into three to five different points for a period of about forty five minutes. This helps to simulate the calm and peaceful mind set.

Three of the five needles are to strengthen the liver, kidney, and lungs which are the major organs that are directly connected or effected by the addiction. Sometimes daily treatments are required initially after which the treatment schedules vary from twice a week to three times a week.

As the addiction condition becomes more controllable the acupuncture treatments are spaced further apart. Ideally these treatments should run the course for about three to four months to ensure complete eradication of the addiction.

Surprisingly nicotine addiction is not considered to be a very severe addiction, thus requiring only a few acupuncture sessions of control.

After the initial two or three sessions many claim to have a much lower craving level for the nicotine “fix”. After about five to six acupuncture sessions the addiction for nicotine is totally eradicated.

Besides the marked reduction in the addiction other positive results have been noted, like better sense of well being, relaxed, and improved sleeping patterns.



# Chapter 7:

## *Pain From Muscle Injuries Can Be Treated With Acupuncture*

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### Synopsis

Muscle injuries are very common in today's hectic world. Most of these muscle injuries occur during sporting activities; however there are many instances when muscle injuries are non sports related.



## **Body Relief**

Turning to conventional pharmaceutical medications to treat these injuries are fairly common but not really the best solution as some of these medications can either have unpleasant side effects or long term negative effects. Therefore if given the opportunity one should explore the acupuncture therapy treatment.

Acupuncture for muscle injuries tend to differ from the conventional acupuncture. In muscle injuries the muscle channels are used as opposed to the conventional acupuncture where the organ channels are used.

The needles are inserted along the 12 regular muscle channels to correct the pathology and restore the individual's health. The points used are usually located on the ankles, knees, elbows, and wrists.

Some needles are inserted perpendicularly and some are inserted horizontally, then electrical vibes are sent through the needles which are left inserted for about twenty minutes. In some cases a few needles are kept in longer to provide the constant Qi effect.

The needles that are harnessing and distributing the Qi are also at the same time creating the clearance from blockages to allow the blood flow to be at its optimum. This also helps to nourish the injured tissues, joints, or organs which lack the vital circulatory movements.

Some of these injuries include stiff neck, whiplash injury, injuries related to sports like tennis, golf, football, tendonitis, shoulder problems, carpal tunnel syndrome to name just a few.

A few sessions of acupuncture may be needed in order to gain total recovery. However after just the first session many people have attested to the fact that the pain levels were much more bearable giving the individual the confidence to continue with the treatment.

Sometimes acupuncture is used as a complimenting therapy to conventional medical prescriptions and this should not be totally discontinued without the opinion and consent of the attending medical physician.





# Chapter 8:

## *Using Acupuncture For Weight Loss And Controlling Obesity*

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### Synopsis

Keeping a healthy diet is not a priority for most people. Grabbing something to satisfy the hunger pangs and fill the stomach are more important to the individual who has little time to spare to create a balanced food intake.

Then there is the array of processed food available today. With easy access and fast preparation styles these foods have become a popular if not the only choice for most people. All these eventually lead to health problems like weight gain and obesity.



## **Weight Loss**

Acupuncture can be used successfully to treat the obesity condition effectively. There are different method of acupuncture which can address the weight issue, such as, manual acupuncture, electro acupuncture, acupressure and auricular or ear acupuncture. Acupuncture helps by adjusting the functions of the nervous system, the endocrine system, and immune system.

Technically, acupuncture manipulates the intestinal motility and metabolism as well as the emotional factors that contribute to stress, the number cause for over eating. Acupuncture through other corresponding reactions causes the increase in tone in the smooth muscle of the stomach thus suppressing the appetite.

In addressing the weight loss issue acupuncture suggests that the needle based alternative therapy does successfully contribute to this condition. The acupuncture process is supposed to stimulate the body's flow of vital energy and in turn improve several factors that relate to the weight problems. This is done by suppressing the appetite while boosting the metabolism and also reducing stress.

However to date there is not much scientific proof that acupuncture works in weight loss issues. One possible reason for this lack of scientific endorsement is that should acupuncture be proven to be the ultimate way to successfully accomplishing weight loss, the pharmaceutical industry and the medical industry would be severely affected.

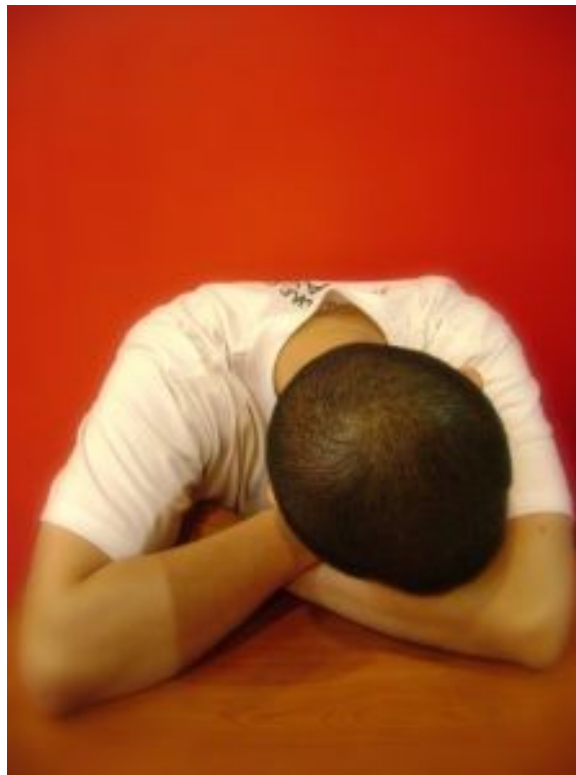
# Chapter 9:

## *Chronic Fatigue Syndrome And Fibromyalgia Treatment With Acupuncture*

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### Synopsis

A lot of new and little known diseases, ailment and illness are in existence today. Though some have gained medical attention and thus various researches have been conducted and a whole host of medications have been invented by pharmaceutical companies.



## **Tiredness**

Though little known, the chronic fatigue syndrome and fibromyalgia has long been treated with the use of acupuncture. Currently it is being introduced either as a standalone treatment or as a complementary therapy. Acupuncture is considered safe and effective and also suitable to be used to treat this condition.

Most people with fibromyalgia and chronic fatigue syndrome have been noted to have unusually low threshold of pain, thus when acupuncture is administered the threshold level is altered to be able to sustain a higher level of pain comfortably.

The position of the needles causes the complex changes in the brain and body by stimulating nerve fibers that then send signals to the brain and spinal cord, which in turn releases certain hormones that block pain or dulls it to make the individual feel more comfortable.

Because the pain threshold is not at a higher level, long term relief is noted. In some inconclusive experiments done using acupuncture, it was noted that this course of action actually provided for the deactivation part of the brain's pain matrix.

Acupuncture works by correcting the energy pathways through the body. This life force energy is called Qi or Chi. The Qi flows through the meridians in the body each of which corresponds to an organ or group of organs. When the acupuncture process restored the positive balance in the meridians then the body no longer has to deal with the occurrences of fibromyalgia and chronic fatigue syndrome. With acupuncture this flow is kept constant and at optimum levels.

# Chapter 10:

## *What you Need To Know To Find a Reputable Practitioner*

### Synopsis

Finding people who practice various forms of therapy or alternative medicinal styles can be quite challenging. There is a tendency for most people who have just a little knowledge in any particular field to start a business or institution promoting that skill.

If one is not cautious or discerning, getting hood winked is not unusual. However in some cases the consequences are even more damaging and severe.



## **What You Ought To Know**

Taking the time to check out the back ground and credentials of the practitioner is very important. If it is possible, getting to know people who have sought acupuncture treatment at the particular facility is also useful. Besides being informed of the success rate one also learns of the experiences of the individuals who have already tried a few sessions.

Other factors to take into consideration are the tools used for this trade. In the case of acupuncture the tools of a practitioner consist of very fine needles. The condition of the needles must be of paramount importance. In each session new needles should be used and they should be properly sterilized. Infections from non sterile needles may cause serious medical conditions.

Though it very rarely happens, sometimes unfortunate mishaps may occur, such as organ puncture. Thus one should enquire as to the experience of the practitioner. As most types of acupuncture procedures target the areas that surround the organ with the intention of treating a particular condition, a wrong insertion of the needles can lead to irreparable damage.

Some practitioners who are not very gentle or not so experienced may end up leaving bruises on the skin surface. These bruises could be rather unsightly.

Most medical practitioners will have some idea and recommendations as to the list of reputable acupuncture practitioners and methods used. Thus consulting a doctor or clinic which can then refer the individual to a qualified acupuncturist is a wise step to take.

# Wrapping Up

Remember that comparatively few complications from the utilization of acupuncture have been reported to the FDA, in light of the 1000000s of individuals treated yearly and the number of acupuncture needles utilized.

Still, complications have ensued from inadequate sterilization of needles and from unsuitable delivery of treatments.

Practitioners ought to utilize a new set of disposable needles taken from a sealed package for every patient and ought to swab treatment sites with alcohol or some other disinfectant prior to inserting needles.

If not delivered properly, acupuncture may cause serious adverse effects, including infections and punctured organs, so make sure to do your homework when selecting a practitioner.

## Notes