

Benefits of Acupuncture

Acupuncture is recognized by the National Institute of Health (NIH) and the World Health Organization (WHO) to be effective in the treatment of the following:

Addiction: Alcohol, Drug, Smoking	Anxiety
Arthritis	Asthma
Bronchitis	Carpal Tunnel Syndrome
Chronic Fatigue	Colitis
Common Cold	Constipation
Dental Pain	Depression
Diarrhea	Digestive Trouble
Dizziness	Dysentery
Emotional Problems	Eye Problems
Facial Paralysis	Fatigue
Fertility	Fibromyalgia
Headache	Indigestion
Irritable Bowel Syndrome	Low Back Pain
Menopause	Menstrual Irregularities
Migraines	Morning Sickness
Nausea	Osteoarthritis
Pain	PMS
Pneumonia	Reproductive Problems
Rhinitis	Sciatica
Seasonal Affective Disorder (SAD)	Shoulder Pain
Sinusitis	Sleep Disturbances
Smoking Cessation	Sore Throat
Stress	Tennis Elbow
Tooth Pain	Trigeminal Neuralgia
Urinary Tract Infections	Vomiting
Wrist Pain	

Illness is not a requirement to experience the benefits of Acupuncture. Keeping stress levels low through involvement in regular healthy activities such as Acupuncture helps maintain a healthy lifestyle. On the other end of the spectrum, if faced with a health challenge, lack of energy, pain, etc. Acupuncture can strengthen the body's energy and self-healing properties. An imbalance of "Qi" or energy in the body often precedes full blown

disease symptoms, and because of this fact Oriental medicine has a preventative role.

Qi – Is the vital energy in all living things, from the tallest tree to the smallest cell. Einstein showed us that everything is made of, and radiates energy. This subtle form of energy supports shape and enlivens our physical body and activates our lives. Qi is a combination of energies mixed together from food, air and inherited constitution. Qi provides the power to accomplish everyday activities. It is necessary for growth, development, movement, maintenance of body temperature, protects against illness and disease and overall regulation of the body. Our health is influenced by the quality, and quantity and balance of Qi.

Meridians – Are the energy pathways that run through the body. These meridians are where the Acupuncture points lay. The meridians are like rivers inside the body. Wherever a river flows, it carries water that provides nourishment and sustenance for life on our planet. Similar, meridians are the rivers were the Qi flows through our body. Qi flows through meridians as an invisible current, energizing, nourishing and supporting every cell, tissue, muscle, organ and gland.

Energy – For many people the concept of body energy or Qi is a very foreign concept. Many people do not think it is real or they think they can not “feel” it. But this is just because they do not understand it. We feel energy all the time. From static electricity to how we feel about something. Some people would just call that your “gut feeling,” “woman’s intuition,” “butterflies in the stomach.” But this is energy that you are feeling; your energy that is telling you what is going on. If something is good or bad. Have you ever had that feeling that someone was looking at you and you turn around and someone is looking at you; that is their energy that you are feeling. Have you ever been sitting in a room with your back to the door and you do not hear anything but just get that “feeling” and you turn around and someone just walked into that room. That is there energy that you are feeling. Ever said “you can cut the tension with a knife”; again feeling that energy. And we all have that one friend that no matter how crappy we feel when they are around we just feel better. That is their energy that you are feeling. We feel energy everyday, whether we understand what we are feeling or not. Some people will say “well you can’t see it so it is not real.” Well you (can not) see TV, radio, or cell phone signals, but that does not mean that they are not real.

Yin and Yang Theory

Yin and Yang represent opposite but complementary qualities. Yin contains the seed of Yang so that Yin can transform into Yang and vice versa. The Yin Yang symbol is the representation of complete balance. They have opposite but both very important functions in the body. In Yin you must have Yang and vice versa. It is the foundation which all Chinese medicine is based on.

Characterization: Yin

Yin – Earth, Moon, Space, Characterized by cold, Moist, Dark, Night, Water, Negative in Energy, Female, Material, Structure, Winter, Autumn, North, West, Right, Pressure, Blood, Po (animal soul), Death, Chronic, Gradual Onset.

Function:

Cools - By virtue of its fluidity, the Yin cools the body, therefore an even temperature is maintained when the Yin and Yang is in harmony.

Nourishes – This aspect of Yin, in the form of Yin Qi, supplies the nourishment to the meridians (the body fluids and blood nourish at all levels).

Provides Rest (inactivity) - When this nature is in balance with the Yang, it enables us to use our energy better, recover easily from fatigue and preserve a good quality of life for a long time. When this nature is not in harmony, hyperactivity will exist and stagnation can develop.

Organ Systems – Liver, Heart, Spleen, Lung and Kidney

Characterization: Yang

Yang – Heaven, Sun, Time, Characterized by heat, Dry, Bright, Day, Fire, Positive in Energy, Male, Immaterial, Function, Summer, Spring, South, East, Left, Soothing, Qi, Hun (Soul), Birth, Acute, Rapid Onset.

Function:

Warms – Warms the body.

Transforms (change) – All transformation of energy relies on Yang. This is usually provided by its nature to warm.

Protects – This nature is to defend the body against external pathogens. This provided in the form of Wei Qi (Defensive Qi).

Moves – Body fluids and blood are dependent on the movement of Yang Qi.

Holds - Even though the nature of Yang is to move, Yang also has the nature

to hold blood, body fluids and organs in their proper places.

Organ Systems – Gallbladder, Small Intestine, Stomach, Large Intestine, and Bladder.

Five Element Theory

The Five Element theory was developed to explain more specific correlations between conditions of the body and the natural environment. For example, in the east region of China a surgical knife made out of stone was administered to remove skin disease due to over-consumption of salty seafood's. Herbal remedies were developed in the west where rich food injured internal organs. Anma massage became popular when people in central China suffered with joint pain due to lack of exercise and the flood season. As mentioned above, Acupuncture became an excellent therapy to fever conditions in the warm and south, as Moxibustion was developed to balance the cold condition in the north of China.

These five classifications are relative and are not fixed. Thus is it impossible to be 100% certain that one type of treatment will consistently heal every sign of disease. The therapist must choose the appropriate modality of treatment (Acupuncture, Anma, Exercise, Herbs, Moxibustion ect.) according to each person's individual constitution and condition. Thus, just as no one disease ever takes the same form in two different people, no single form of therapy, be it Anma, Cupping, or Moxibustion, can possibly treat all conditions effectively at all time. Nothing in the physical world is absolute in itself. All things in the world of form (anything Yin and Yang)

are relative. Combinations of the above mentioned modalities are commonly practiced.

Five Element Theories and Characteristics:

	Wood	Fire	Earth	Metal	Water
Yin Organ	Liver	Heart, Pericardium	Spleen	Lungs	Kidney
Yang Organ	Gall Bladder	Small Intestine, Triple Burner	Stomach	Large Intestine	Bladder
Color	Green	Red	Yellow	White	Black
Smell	Rancid	Scorched	Fragrant	Rotten	Putrid
Sound	Shouting	Laughing	Singing	Weeping	Groaning
Emotion	Anger	Joy	Pensiveness	Sadness-Worry	Fear
Taste	Sour	Bitter	Sweet	Pungent	Salty
Sense	Eyes	Tongue	Mouth-Lips	Nose	Ears
Tissue	Sinews	Blood Vessels	Muscles	Skin	Bones
Climate	Wind	Heat	Dampness	Dryness	Cold

Functions of the Liver

- It stores Blood
- It ensures the smooth flow of Qi
- It controls the sinews
- It manifests in the nails
- It opens into the eyes
- It controls tears
- It houses the Ethereal Soul (Hun)
- It is affected by anger

General Liver Pathology

- Rapid changes (e.g. in skin diseases)
- Up and down fluctuation in levels of energy and mood
- Emotionally up and down
- Moodiness, irritability
- Pain

Eye problems
A feeling of distention
Gynecological problems

General Etiology of Liver

Exterior pathogenic factors Wind, Dampness
Emotions of Anger, Worry, Sadness
Diet
Blood loss

Anger (The emotion most directly related)

Anger includes frustration and resentment
Anger may cause Liver-Qi stagnation or Liver-Yang rising
Anger makes Qi rise and is a frequent cause of headaches from Liver-Yang rising

Functions of the Gallbladder

It stores and excretes bile
It controls decisiveness
It controls the sinews

General Gallbladder Pathology

Digestive problems
Hypochondrial pain
Tendency to obesity
Difficulty in making decisions

General Etiology of the Gallbladder

Diet
Emotional strain: Anger, Frustration, Bottled-up resentment
Exterior Pathogenic factors: Damp, Heat

Functions of the Kidneys

They store the Essence (Jing) and govern birth, growth, reproduction and development.
They produce Marrow, fill up the Brain and control bones
They govern water.
They control the reception of Qi.
They open into the ears.
They manifest in the hair.

They control spittle.
They control the two lower orifices.
They house the Will-Power. (Zhi)
They control the Gate of Life (Minister Fire, Ming Men)

Kidney-Yin Is the Root of:	Kidney-Yang is the Root of:
Liver	Spleen
Heart	Lungs
Lungs	Heart

General Kidney Pathology

Backaches
Tendency to obesity in Kidney-Yang deficiency
Thinness in Kidney-Yin deficiency
Emotionally a tendency to depression
Sexual issues
Exhaustion
Long, protraction problems

General Etiology of the Kidneys

Hereditary weakness
Emotional strain
Excessive sexual activity
Chronic illness
Overwork
Old age

Functions of the Bladder

It removes water by Qi transformation

General Bladder Pathology

Urinary problems (discomfort, pain, difficulty, frequency, control)
Turbid Urine
Frequent urination, inconsistency

General Etiology of the Bladder

Exterior pathogenic factors: Cold and Dampness
Emotional Strain: Fear and Jealousy, suspicion
Excessive sexual activity
Excessive physical exercise

Functions of the Lungs

They govern Qi and respiration
They control channels and blood vessels
They control diffusing and descending of Qi
They regulate all physiological activities
They regulate Water passages
They control the voice
They control skin and hair
They open into the nose
They control nasal mucus
They house the Corporeal Soul
They are affected by worry, grief and sadness

General Lung Pathology

Qi deficiency (Weak voice, shortness of breath)
Pallor
Thin Chest
Sadness
Skin problems such as eczema
Atopic constitution (Allergic asthma and eczema)
Phlegm
Exterior invasions of Wind (aversion to cold, sneezing, runny nose)
No gynecological connection

General Etiology of the Lungs

Exterior pathogenic factors (Wind, Heat, Cold, Dampness, Dryness)
Diet
Emotions (Sadness, Grief, Worry)
Life habits

Functions of the Large Intestine

Controls passage and conduction
Transforms stools and reabsorbs fluids

General Large Intestine Pathology

Bowel problems
Constipation/Diarrhea

General Etiology of the Large Intestine

Exterior pathogenic factors: Cold and Dampness

Emotional Strain: Sadness, Worry, and Anger

Diet

Functions of Small Intestines

It controls receiving and transforming

It separates fluids

General Small Intestine Pathology

Bowel problems

Borborygmus (Stomach Growling)

Issues with the mental clarity and discrimination

General Etiology of the Small Intestine

Diet

Emotional strain: Sadness, Worry, Anger

Functions of the Heart

It governs Blood

It controls the blood vessels

It manifests in the complexion

It houses the Mind (Shen)

It is related to joy

It opens into the tongue

It controls sweat

General Heart Pathology

Mental-emotional symptoms

Pathology of Mind reflected in the '*shen*' of the eyes

Depression, anxiety, insomnia

Palpitations

General Etiology of the Heart

Exterior pathogenic factors

Emotions: Joy, Sadness and Grief, Anger Worry

Diet

Overwork

Functions of the Spleen

It governs transformation and transportation of Blood, Qi, and Fluids

It controls the ascending of Qi

It controls Blood

It controls the muscles and the four limbs

It opens into the mouth

It manifests in the lips

It controls saliva

It controls the raising of Qi

It houses the Intellect (Yi)

It is affected by pensiveness

General Pathology of the Spleen

Tiredness

Tendency to obesity

Emotional tendency to depression

Dull-yellow complexion

Digestive disorders

Abdominal distention

General Etiology of the Spleen

Exterior pathogenic factors Damp-Heat, Damp-Cold

Emotional strain Pensiveness, Worry

Diet

Functions of the Stomach

It controls receiving

It controls the rotting and ripening of food

It controls the transportation of food essences

It controls the descending of Qi

It is the origin of fluids

General Stomach Pathology

Digestive complaints

Weak limbs

Tiredness

Stomach-Qi and Stomach-Yin reflected directly on tongue coating

General Etiology of the Stomach

Exterior pathogenic factors

Diet: Eat meals at regular times, eat a proper breakfast, to not over or under eat, not to nibble, not to eat late at night, not to eat to fast.

Emotional Strain: Worry, Excessive mental work, Anger, Frustration, Resentment

Functions of the Pericardium

It's the "protector of the Heart: invasions of exterior pathogenic factors

It's the house of the Mind: mental-emotional problems

It's the "centre of the thorax": channel pathology

General Pericardium Pathology

Mental-emotional problems, especially from relationships

Chest symptoms: stuffiness, distension, oppression, tightness, pain

Connection with menstrual problems in women

Functions of the Triple Burner

It mobilizes the Original Qi (Yuan Qi)

It controls the transportation and penetration of Qi

It controls the Water passages and the excretion of fluids

Movement of Qi

Spleen – upward

Stomach – downwards

Lung – downwards

Heart – downwards

Liver – all directions and upwards

Intestines – downwards

Kidney – downwards in some cases upwards

Bladder – downwards

General Function of Qi

Transforming

Transporting

Holding

Raising

Protection

Warming

General Pathology of Qi

Qi Deficiency (Low Energy)

Qi Sinking

Qi Stagnation (Stuck)

Qi Rebellious (Reflux/upward)