

The Healing Center



J.S. Eggleston D.C.
100 Vicar Pl Danville VA
434-836-3506

ACUPUNCTURE

Acupuncture is a method of encouraging the body to promote natural healing and to improve functioning. This is done by inserting thin needles or applying a laser to very precise points called acupuncture points.

According to classical Chinese writings, and validated by current scientific research, there are channels of energy that run in regular patterns through the body and over its surface. These energy meridians or channels are like rivers flowing through the body to nourish the tissues. An obstruction in the movement of these energy rivers is like a dam that backs up the flow in one part of the body and restricts it in others.

Stimulation of the acupuncture points influences the meridians, unblocking the obstructions and re-establishing the regular flow through the channels. Acupuncture activates the movement of energy through the diverse layers of the body's structure by activation of appropriate pathways in the acupuncture energy circulation network. It can therefore help the body's internal organs to correct imbalances in their digestion, absorption, and energy production activities, and the in the circulation of their energy through the meridians/channels. The improved energy and balance produced by acupuncture results in stimulating the body's own natural healing abilities, and in promoting physical and emotional well-being.

Acupuncture can influence 3 areas of healthcare:

- promotion of optimal health and well-being
- prevention of illness
- treatment of various types of organ dysfunction

Acupuncture has usually been associated with pain control, but in the hands of a well-trained doctor, it has much broader application. Acupuncture is sometimes used as the only treatment for a condition, but it also supports other treatments, such as medicine, homeopathy, nutrition therapy, and chiropractic, in managing many types of disorders.

The World Health Organization (WHO) recognizes the use of acupuncture in the treatment of a wide range of problems, including:

- digestive disorders: gastritis, hyperacidity, spastic colon, constipation, and diarrhea.

- respiratory disorders: sore throat, sinusitis, bronchitis, asthma, recurrent chest infections
- neurological and muscular disorders: headaches, facial tics, neuralgia, neck and back pain, tennis elbow, frozen shoulder, sciatica, arthritis, urinary, menstrual and reproductive problems.

In the past 2000 years, more people have been helped with acupuncture than with all other treatment modalities combined. You don't need to believe in acupuncture for it to work. It is used very successfully on cats, dogs, horses, and other animals who do not "believe in" acupuncture. A positive attitude may reinforce the effects, just as a negative attitude may indeed hinder the effects of acupuncture (or any other treatment).

Generally, long-standing, chronic conditions will require 1-2 treatments per week for up to several months, whereas an acute problem will usually require fewer treatments. For general maintenance of health or preventative care, about one session per season may be all that is needed.

Acupuncture needles are very thin and solid. There is no cutting edge like on a hypodermic needle, and the point is smooth, so that the risk of bruising and skin irritation is very low. **Only sterilized disposable needles are used in this clinic**, so there is no risk of infection. Rarely the original symptoms worsen for a few days, or other general changes may take place, such as changes in appetite, bowel patterns or sleep. These should not cause any concern, as they are indications that the acupuncture is starting to work.

Be sure to let the doctor know about any changes that you experience, either during or after treatment.