

The most frequent questions I am asked as an Acupuncturist are:

What is Acupuncture?

How does Acupuncture work?

What can Acupuncture treat?

In this article I am going to break down the “mystery” of acupuncture for the lay person. I will familiarize you with some of the terminology and explain some of the science and art that is Acupuncture. I will give you the A-to-Zs of what Acupuncture can treat. I will also explain some of the ways in which Acupuncture works.

First, however, here is a bit of background

Here is what Acupuncture is not:

- It is not magic.
- It is not witchcraft.
- It is not a religion.
- It is not only for Asian peoples.
- It does not treat only pain.
- It is not used only on humans.
- It is not just for adults.
- It is not just about needles.

Acupuncture comes under the heading of Oriental Medicine. What does that mean?

Oriental Medicine consists of:

- Acupuncture,
- Chinese Herbal therapy
- Diet
- Chinese massage known as Tuina (pronounced Tween-a)
- Moxibustion (the warming of points using a lighted herb)
- Cupping (glass or plastic cups with air sucked out of them forming a suction)
- Exercise such as Tai Chi and Qi Gong (specific motions to move the body’s internal energy)
- Meditation.

There are also different kinds of Acupuncture:

The Chinese forms of Acupuncture are Five Element Acupuncture and Traditional Chinese Medicine (TCM). To understand the difference, one would have to know the history of China. It is sufficient to know that both types of Acupuncture are accepted forms of practice, and that neither is better than the other. There are also Japanese and Korean styles of Acupuncture, hence the broader term “Oriental Medicine”.

Now, let me answer the questions “What is Acupuncture and how does it work?”

Acupuncture is an ancient form of medicine using thin needles to balance the body. When the body is balanced and in harmony, there is no disease or illness. There are specific pathways in the body, called “meridians”, through which one’s energy or Qi (pronounced chee) flows. There are a certain number of points along these meridians where needles can be inserted to promote the flow of Qi, to unblock obstructions which occur in the body. Obstructions can be caused by trauma, stress, lifestyle, poor diet, over-exertion, seasonal changes and excessive activity, to name a few. Normally the body can maintain balance and harmony when a blockage occurs, unless the body is in a weakened state from excess or a prolonged blockage. Illness or disease occurs when the body is in a weakened state.

In conclusion, Acupuncture is an effective, safe and drug-free therapy that can treat a wide variety of ailments and allows the body to heal itself.

What can acupuncture treat? Please refer to the attendant article “The A – Zs of Acupuncture”

Now that you know what Acupuncture is and how it works, let me tell you what it can treat, A to Z:

A:

- |                                      |                     |                      |
|--------------------------------------|---------------------|----------------------|
| -Addictions (alcohol, drug, smoking) |                     |                      |
| -Anxiety                             | -Acne               | -Aggressive Behavior |
| -Arthritis                           | -Allergies          | -Anemia              |
| -Asthma                              | -Anorexia           | -Anger               |
| -Abdominal Distention                | -Acid Regurgitation | -Amenorrhea          |

B:

- Bronchitis
- Bell's Palsy
- Back Pain
- Belching
- Bed Wetting
- Brain Trauma
- Breast Problems
- Blurred Vision
- Borborygmus
- Bone Problems
- Bladder Problems
- Behavior Problems

C:

- Carpal Tunnel Syndrome
- Chronic Fatigue
- Colitis
- Constipation
- Common Cold
- Cough
- Concentration, poor
- Conception
- Convulsions
- Consciousness, loss of
- Coldness, hands & feet
- Chest Fullness

D:

- Digestive Disorders
- Depression
- Diarrhea
- Dizziness
- Dysentery
- Diabetes
- Dysmenorrhea
- Deafness
- Dream Disturbed Sleep
- Dysphasia
- Dysuria
- Dryness

E:

- Earaches
- Eczema
- Emotional Instability
- Eye Diseases
- Epistaxis
- Endometriosis
- Endocrine glands
- Eyelid spasms
- Elbow Pain
- Energy Balancing
- Eating Disorders
- Enuresis

F:

- Facial Pain
- Fibroids
- Flatulence
- Frozen Shoulder
- Facial Paralysis
- Fetus, Malposition
- Food Allergies
- Fever
- Facial Swelling
- Fertility Problems
- Fungal Infections
- Foot Problems

G:

- Genital Itching
- Gastric Syndromes
- Gallbladder Syndromes
- Genital Rashes
- Groin Sprain
- Goiter
- Genital Pain
- Grief
- Gingivitis

H:

- Hair Loss
- Heart Disease
- Heatstroke
- Hypertension
- Hyperactivity

- Headaches
- Hernia Pain
- Hepatitis
- Hyperthyroidism
- Hypersomnia

- Hangover
- Hiccups
- Hot Flashes
- Hypotension
- Hysteria

I:

- Impotence
- Infertility
- Irritable Bowel Syndrome
- Irritability

- Incontinence
- Influenza
- Intercourse, pain during
- Injuries, trauma

- Indigestion
- Insomnia
- Infection
- Irrational Behavior

J:

- Joint Problems, pain, weakness
- Jaw Pain

K:

- Knees, weak, pain, arthritis
- Kidney Stones, problems

L:

- Labor, difficult
- Legs, pain, edema, problems
- Liver problems

- Lactation, insufficient
- Lethargy
- Lung problems

- Laryngitis
- Leucorrhea
- Lymph Glands

M:

- Malaria
- Meniere's Syndrome
- Menstruation, irregular
- Miscarriage, habitual

- Manic Depression
- Menopause
- Migraines
- Muscle problems

- Mastitis
- Menorrhagia
- Morning Sickness
- Mouth problems

## N

Nausea	Nervous anxiety	Nervous exhaustion
Nails, brittle	Night sweats	Nose bleeds
Neck, pain, problems	Neck, spasms, stiffness	Nose, runny, dry, runny

## O

Obesity	Otitis media	Osteoarthritis
Ovarian pain	Ovulation pain	Orchitis

## P

Palpitations	Pancreatitis	Panic attacks
Paranoia	Pelvic Inflammatory disease	Phobias
Personality problems	Placental retention	Pneumonia
Postnatal depression	Prolapse of organs	Psoriasis
Post Traumatic Stress Disorder (PTSD)		Prostatitis
Premenstrual Syndrome (PMS)		

## Q

Qi (energy)	imbalances	
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## R

Raynaud's disease	Renal pain	Reproductive disorders
Rhinitis	Rib pain	Rheumatoid arthritis
Restlessness	Respiratory infections	Resentment

## S

Sacral pain	Sciatica	Shock
Scrotal, inflammation, pain	Sexual problems	Shoulder, pain
Sinusitis	Sneezing	Shoulder problems
Sleep, disturbed	Skin problems	Sore throat
Speech problems	Spermatorrhea	Spinal problems
Stammering	Stomach problems	Stroke
Sunstroke	Swallowing, difficulty	Sweating, excessive

## T

Taste, loss of	Tenesmus	Tennis elbow
Tinnitus	Thirst	Testis pain
Throat, problems	Thyroid problems	Tiredness
Tongue, swelling, ulcers	Tonsillitis	Toothache
Trauma	Tremors	Trigeminal neuralgia

## U

Upper back pain	Urethritis	Urinary tract infection
Urinary frequency	Urinary incontinence	Urinary problems
Urogenital problems	Uterus, abnormal bleeding	Uterine prolapse

V

Vaginal bleeding

Vaginal prolapse

Vision, blurred

Vomiting

Vaginal discharge

Varicose veins

Visual problems

Vaginal dryness

Vertigo

Voice, hoarse, loss of

W

Weight loss/gain

Wrist pain

Whooping cough

Will, weak or lack of

Worry

Withdrawal

X

Y

Yin & Yang imbalances

Z

The End