

DOES THE INSERTION OF ACUPUNCTURE NEEDLES HURT?

Some patients feel a minimal sensation when the needles are inserted, whilst others feel no sensation at all. Once the needles are in place, there is no pain felt.

Boyne Tannum Chiropractic Acupuncture Centre uses only disposable needles, resulting in a very low, if any, risk of infection from the treatments.

DOES ACUPUNCTURE REALLY WORK?

Yes, Acupuncture really works. In the past 5,000 years, more people have been successfully treated with acupuncture than any other health modalities combined.

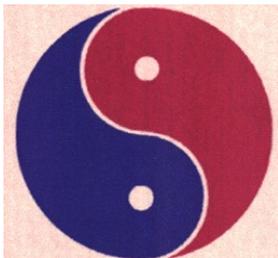
Acupuncture treatments can be given simultaneously with other techniques such as Chiropractic adjustments, Osteopathic, Massage, Physiotherapy, Homeopathic, Naturopathic prescriptions and even conventional Western medicine.

IS ACUPUNCTURE COVERED BY HEALTH INSURANCE?

Most private medical funds/insurance companies cover acupuncture costs. Health policies must be reviewed to determine acupuncture benefits.

A HICAP Health Claim facility is available at Boyne Tannum Chiropractic Acupuncture Centre, allowing for immediate claiming through the use of private health cards.

Yin
night
dark
cold
negative
passive
female
solid
liver
heart
spleen
lungs
kidney



Yang
day
light
warm
positive
active
male
hollow
gall bladder
small intestine
stomach
large intestine
urinary bladder

Highly Qualified Professional Practitioners who are committed to assist in improving your well-being, realizing healthy lifestyles

For your assistance contact:

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**BOYNE TANNUM
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ACUPUNCTURE CENTRE**

...ACUPUNCTURE... WHAT IS IT?

1. Acupuncture is a method of encouraging the body to promote natural healing to improve functioning and physical wellbeing in general.
2. The methodology consists out of the insertion of needles and application of heat or electrical stimulation at very precise acupuncture points.

HOW MANY TREATMENTS WILL I NEED?

The number of treatments needed differ from person to person:

- Complex or longstanding conditions: one or two treatments per week for several months may be recommended.
- Acute problems: Fewer visits are required.
- Health maintenance: Four sessions a year may be all that is required.

ANY SIDE EFFECTS TO A TREATMENT?

There are usually no side effects to a treatment. Occasionally the original condition experienced may worsen for a few days. There may also be general changes in appetite, sleep, bowel or urination patterns or an emotional state may be triggered.

However, these should not cause concern, as they are simply indications that the acupuncture is starting to work. It is a common experience with the first or second treatments to have a sensation of deep relaxation or even a mild disorientation immediately after the treatment. This condition will linger for a short while and will disappear after a short rest.

HOW DOES ACUPUNCTURE WORK?

The classical Chinese explanation is that channels of energy run in regular patterns through the body and over its surface. These energy channels, called meridians, are like rivers flowing through the body to irrigate and nourish the tissues. An obstruction in the movement of these energy rivers result in the forming of a 'dam'.

The meridians can be influenced by needling the acupuncture points as the acupuncture needles unblock the obstructions at the 'dams' and re-establish the regular flow of energy through the meridians.

Acupuncture treatments can therefore help the body's internal organs to correct imbalances in digestion, absorption, energy producing activities and in the circulation of energy through the meridians.

The modern scientific explanation is that needling the acupuncture points stimulates the nervous system to release chemicals in the muscles, spinal cord, and brain. These chemicals will either change the experience of pain, or they will trigger the release of other chemicals and hormones which will influence the body's own internal regulating system.



Child friendly techniques are available

AT BOYNE TANNUM CHIROPRACTIC ACUPUNCTURE CENTRE WE USE CHINESE MEDICAL ACUPUNCTURE

Acupuncture provides a natural form of healing, with benefits:

- ⇒ Provides drug free pain relief.
- ⇒ Effectively treats a wide range of acute and chronic problems.
- ⇒ Treats the underlying cause of diseases and illness as well as the symptoms.
- ⇒ Provides a holistic approach to the treatment of disease and illness, linking body, mind and emotions.
- ⇒ Assists in the prevention of diseases and illness as well as in the maintenance of general well-being

The World Health Organization recognizes the use of Acupuncture in the treatment of a wide range of medical condition, which includes:

Neurological and muscular disorders:

- Headaches
- Back pain
- Frozen shoulder
- Tendonitis / Bursitis
- Rib pain
- Facial trigeminal neuralgia
- Neck pain
- Sciatica
- Tennis elbow
- Arthritis
- Ankle / Heel pain

Gynecological disorders:

- Menstrual problems
- Infertility
- Menopause
- Hormonal issues

Digestive disorders:

- Constipation
- Bloating
- Diarrhea
- Toothache

Respiratory disorders:

- Sinusitis
- Asthma
- Hay Fever
- Tinnites

Psychological conditions:

- Depression
- Stress
- Anxiety
- Stop smoking