



EOH Acupuncture Frequently asked Questions

How does Acupuncture work?

Over 2000 years ago, Chinese doctors believed that illness was due to an imbalance of Vital energy (called Qi) in the body. We are bio-electrical beings, and the needles work with the natural anatomical mechanisms in the body to help create balance in the body systems. In acupuncture, disposable, stainless steel needles are used to stimulate the body's major meridians, or energy-carrying channels, to resist or overcome illnesses by correcting these imbalances.

Is Acupuncture Safe?

In the hands of a licensed practitioner acupuncture is a very safe, pain-free, effective, treatment for many acute and chronic conditions that has been used for thousands of years.

Is Acupuncture Painful?

Acupuncture treatments are not painful. Acupuncture is performed with thin needles that do not resemble the pain felt from a hypodermic needle. Patients often fall asleep and are in deep relaxation on the treatment table.

Are there any side effects?

One of the great advantages of natural medicine such as acupuncture is that it is very safe. Other than an occasional bruise, there are no major side effects.

Where do the needles go?

Needles are placed at specific acupuncture points on the body. There are nearly 400 specific points all over the body. The Acupuncturist will develop a treatment based on your needs. Depending on the specific condition the needles commonly are placed at or below the elbows, and at or below the knees. Other common areas are on the back, abdomen and ears.

What are the advantages of acupuncture?

One benefit to acupuncture is that it is a drug-free way to optimize health. With drugs, people often develop a tolerance, or the need for an increased dosage to achieve the same required effect. However, this does not happen with acupuncture. Acupuncture can help the body make immediate shifts or gradual shifts over several treatments. The Acupuncturist can evaluate the pulses and tongue to assess the body's response to treatment.

What should I expect for my first treatment?

During the first treatment the practitioner will ask questions about your health, your lifestyle and current state of your body systems and the reason for your seeking treatment

The practitioner will feel your pulse, look at your tongue and may palpate specific meridians to look for tender areas. Each treatment is approximately an hour.

Can I receive acupuncture when I am pregnant?

Acupuncture is safe during pregnancy and can help relieve many pregnancy and postpartum conditions. Because there are some acupuncture points that are contraindicated during pregnancy it is important to inform the practitioner if you are pregnant. We highly recommend acupuncture during and through your first trimester to help assist embryo development, prevent miscarriage, and address any other symptoms that may arise.

If you are having difficulty with fertility Acupuncture can be a wonderful in your journey to help.

How can I prepare for my acupuncture treatment?

The best way to prepare is to eat a snack or a light meal before treatment so the you body has sufficient energy to work with. If possible it is best to wear loose clothing so that your arms and legs are accessible for treatment. After treatment we recommend you drink a glass of water to help stabilize your energy.

Do Western medical doctors approve of acupuncture?

Yes. There are approximately 35,000 licensed acupuncturists in the U.S. In addition, the World Health Organization currently recognizes more than 40 medical problems which can be helped by acupuncture treatment. The FDA regulates acupuncture needles as medical devices. We follow closely the professional standards of practice to ensure we are providing the highest level of care.

Can I benefit from Acupuncture without having any health problems?

YES! The ideal way to use this medicine is to prevent symptoms and imbalances **BEFORE** they arrive. The difference between therapy is that when you have persistent symptoms – often acupuncture therapy is required. When you are symptom free, regular wellness acupuncture treatments optimizes your body and resets your systems to handle the stress and strains that you put on daily.

What do I do while receiving an Acupuncture treatment?

Acupuncture is a rare opportunity to ‘unplug’ and relax. No need to do anything but lay back enjoy a Zen moment.

Is there any scientific basis to Acupuncture?

This incredible ancient medical art for m has been standing the test of time for more than 2000 years. There are many studies regarding the efficacy of this medicine globally. The NIH (National Institute of Health) has recognized acupuncture as effective for many different health conditions. So now that western medicine is seeing that this medicine works, they have more incentives to study why and how it works. Many research studies are being done to show just how acupuncture works in the body and there are many functional, hormonal and neurological effects.

Below is a link showing some of their findings:
<https://nccih.nih.gov/health/acupuncture>

What should I expect after my Acupuncture treatment?

Energy levels: In the first few visits a patient can feel either an increase or a decrease in energy. Both are normal as the body adjusts to the improved blood flow that occurs through acupuncture.

Soreness: Soreness at the area of needle insertion is normal. It is only temporary and will pass. Gentle range of motion stretches and keeping the area warm should alleviate minor soreness in a few hours.

Bruising: Any therapy that breaks the surface of the skin can produce minor bleeding. Bruising happens occasionally with patients, especially as we get older due to reduced circulation. As your treatments progress, bruising should become less frequent as your circulation improves.

Healing Reactions: It can sometimes happen that the body discharges toxins and waste products faster than normal due to acupuncture. This is normal and is a sign that the body is improving

Return of your Symptoms: When pain or symptoms relief happen from a treatment, we want that result to last. However, these symptoms did not happen overnight, and so the pattern that the body is in may be resistant to change. Symptoms generally do return, but as your treatments progress, the effects will start to last longer, until a new pattern for the body sets in.

Be patient with change and try not to overdo activities when you are feeling good. This can exacerbate the symptoms and set back our progress. Try to be patient with the process, lasting change takes time and can often start slowly.

Drink Plenty water and be in close observation to your body; how the Acupuncture treatment affects one may not affect another the same way. Please keep note we want to hear how you felt on your next visit.