



## *Acupuncture & Eastern Therapies*

Acupuncture and eastern therapies have evolved over the past 3,000 years into a complete healing system that may be new to western ideas of health. These ancient therapies treat the whole person – body, mind and spirit. Optimal health and harmony occur when the correct quantity, quality and movement of Qi (pronounced “chee”) resides throughout the body. Qi means “vital life energy” and animates the body and protects it from pain, illness and disease; however, when the quantity, quality and movement of Qi is reduced, our health suffers. Qi can be normalized by treating prescribed acupuncture points unique to your constitution and health concerns, and there are approximately 400 acupuncture points in the human body. Acupuncture and eastern therapies have evolved in different parts of the world, and a variety of styles have emerged. All styles aim to rebalance and harmonize the body, mind and spirit; however, each style differs in its diagnostic protocol and specific treatment method.

Acupuncture treatments include the gentle insertion of very thin, sterilized single-use, stainless steel acupuncture needles, small seeds or tacks and/or by the application of heat and moxa to several prescribed acupuncture points. Moxa or “moxibustion” is a therapeutic technique to warm specific body parts and acupuncture points with mugwort (botanical name *artemisia vulgaris*), a medicinal plant.

### **Classical Five Element Acupuncture**

The late Dr. J.R. Worsley studied in China, Singapore and Korea in the 1950’s and brought Classical Five Element Acupuncture to the United States. The Five Element philosophy is based on the Elements found in the natural world – Fire, Earth, Metal, Water and Wood. Each Element creates, supports and influences the other Elements, thereby maintaining an entire balance. When these Elements are out of balance, unhealthy sign and symptoms often occur. Five Element Acupuncturists focus on how the Elements are interacting with each other in each unique person. For example, a fire requires a certain amount of wood to create a good flame. Not enough wood can leave you without enough flame to keep you warm, while too much wood can burn out of control. By diagnosing and treating the main element that is out of balance, Five Element Acupuncturists uncover the underlying cause or “Causative Factor” of your symptoms. Classical Five Element Acupuncture is one of the finest systems of preventive medicine and is an effective treatment to enhance sleep, reduce food cravings, experience greater vitality with fuller energy reserves, have a fuller sense of yourself, and enjoy more nourishing relationships and freedom from pain.

### **Shonishen**

Shonishen is a non-invasive form of Japanese acupuncture based on Chinese medical theory specifically for babies and children. Shonishen means “little children needles,” but no needles are used in this treatment. In a typical Shonishen treatment, involved the use of small blunt tools that provide different types of stimulation. The acupuncturists uses small blunt tools to gently brush, press, roll and tap over acupuncture points or along Qi or “vital life energy” pathways. Tui Na (Chinese massage) may also be incorporated. Shonishen works both as preventative care as well as for an effective treatment for specific conditions including allergies, asthma, attention-deficit/hyperactivity disorder (ADHD), bed wetting, constipation, diarrhea, diabetes, headaches, toothache and pneumonia.

## De-Stressing & Seeds of Wellness Acupuncture

Also known as Auricular (Ear) Acupuncture, this style of acupuncture uses the ear as a microsystem of the human body meaning body organs, structures or functions can be treated using specific ear acupuncture points. De-Stressing & Seeds of Wellness Acupuncture treatments may benefit many health complaints by reducing chronic pain, headaches, depression, anxiety and stress; improving sleep; supporting weight reduction and control, reducing cravings and withdrawal symptoms from smoking, medication and illicit drugs and enhancing sense of well being. Auricular (ear) acupuncture is an evidence-based practice that has been effectively used to decrease anxiety in high stress situations and is used in drug and alcohol detoxifications programs worldwide. After 9/11 and the 2010 Haiti earthquake, auricular (ear) acupuncture was used with thousands of survivors to help relieve symptoms of acute and post-traumatic stress.

De-Stressing Acupuncture uses a specific five acupuncture needle protocol in each ear, and acupuncture needles are removed after 15-45 minutes. Seeds of Wellness Acupuncture is ideal for people who want to try acupuncture, but may be nervous about acupuncture needles. Instead of acupuncture needles, ear seeds are applied to specific ear acupuncture points with small pieces of adhesive tape that can remain on the ear for up to a week - the usual interval between treatments. In follow-up appointments, any remaining seeds are removed, and new ear seeds placed on the opposite ear. Ear seeds can sustain the results between treatments by providing continuous mild stimulation to ear acupuncture points, and you may gently rub or press them for added effect.

### Medical Qi Gong

Medical Qigong therapy is the oldest therapeutic modality of Chinese Medicine. It is a comprehensive system of health care addressing the root cause of symptoms or disease and treats each patient as a whole. The word Qi means "vital life energy" and gong means "cultivating." Medical Qigong is the skill and art of cultivating one's vital energy as well as being able to affecting and directing Qi or life force for medical benefit. Medical Qigong is a mind-body practice and skill that improves one's mental and physical health by integrating postures, movement, breathing techniques, and focused intention.

### Traditional Chinese Medicine Acupuncture

Traditional Chinese Medicine Acupuncture is one of the most commonly practiced styles of acupuncture and diagnosis which is based on the Eight Principles – guiding factors used to determine the correct course of care. The Eight Principles help your acupuncturist know whether a health concern is in the body's interior or exterior, if it relates to excess (acute) or deficient (chronic) problems, hot or cold symptoms or yin and yang. (Yin and yang are eastern concepts representing two parts of the whole and are linked - both opposite and one within the other as illustrated in this yin yang symbol. Wholeness is achieved through the healthy interplay of both yin and yang.) Traditional Chinese Medicine diagnosis includes four main methods – pulse diagnosis, patient observation (skin and tongue diagnosis), asking questions and physical examination. By diagnosing and understanding the cause of imbalance and disharmony, the acupuncturist uses a variety of techniques - acupuncture, electro-acupuncture, acupressure and cupping - to restore and maintain health. Traditional Chinese Medicine Acupuncture can be an effective treatment for a wide variety of health conditions, and studies show its efficacy with treating anxiety, panic disorders, depression, insomnia, hypertension, osteoarthritis, chronic pain syndromes including fibromyalgia, migraines and headaches, as well as obesity and nausea during pregnancy and chemotherapy.

### Location, Telephone, Website, Office Hours

Health Center of Integrated Therapies

1551 Professional Lane, Suite 125, Longmont, 303.651.5188, [www.luhcares.org](http://www.luhcares.org)

Monday - Friday 8:00 a.m. - 5:00 p.m.