

Acupuncture

Acupuncture is one of several therapies included in Chinese Medicine. According to Chinese Medicine theory, life is a dynamic process of maintaining balance, both internally among the systems of the body, mind and spirit, and externally between individuals and their environment.

Acupuncture involves the insertion of fine needles at specific points on the body to stimulate the body's ability to heal and rebalance. The number and placement of needles used in a given treatment session depends on the patient and the treatment protocol. A typical acupuncture session lasts between 20 and 40 minutes.

Our acupuncture needles are sterile, stainless steel, and made for single-use. They range from inches to 3 inches long to inches to inches thick. Before insertion of the needle, the skin is locally sterilized with alcohol. Needles may be inserted freehand or with the aid of a plastic guide tube, using a number of different insertion techniques, such as spinning, flicking and gentle pulsing of the needle. Patients may feel sensations of numbness, distension or tingling at the needling site, which is called "De-Qi" and indicates that the correct point, depth and stimulation has been achieved.