

More about Acupuncture

WHAT DOES ACUPUNCTURE TREAT?

Acupuncture is a safe, effective way to treat many common ailments without the use of medications or invasive therapies. There are numerous conditions that have seen successful results with Acupuncture, including:

- Fatigue
- Stress & Anxiety
- Insomnia
- Headaches
- Nausea & Vomiting
- Acid Reflux
- Muscle Aches and Stiffness
- Cold & Flu Symptoms
- PMS and other Gynecological Issues
- Chronic & Acute Pain (probably the most known and recognized)
- And many more...

WHAT IS THE BASIS OF ACUPUNCTURE FOR PAIN?

Nerves and muscles work together to help your body move normally. When nerves become irritated or damaged, the chemical relationship between the nerves and muscles is altered and the muscles they control can become weak, tight and painful. This condition is known as neuromyofascial pain.

Acupuncture is a minimally invasive technique that involves inserting fine needles into the muscles most affected by the nerve problem. This allows painful muscle knots or “bands” to be released.

The long term benefit comes from creating a tiny injury in the muscle. As the treated area heals, it releases repair factors to re-create a normal relationship between muscles and nerve.

These techniques are at the cutting edge of Acupuncture’s evolution in the West. We combine the best of traditional and modern approaches for pain management.

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