



Acupuncture F.A.Q.

How does acupuncture work?

Acupuncture is a traditional Chinese medicine practice that involves inserting thin needles into specific points on the body to stimulate various physiological responses. The exact mechanism by which acupuncture works is not yet fully understood, but there are several theories that attempt to explain its effects.

One theory suggests that acupuncture stimulates the release of natural painkillers, such as endorphins and enkephalins, which can help reduce pain and promote relaxation. This may explain why acupuncture has been effective in treating chronic pain conditions.

Another theory suggests that acupuncture works by affecting the autonomic nervous system, which regulates various bodily functions such as heart rate, digestion, and breathing. By stimulating specific acupuncture points, the nervous system may be influenced to promote healing and balance in the body.

Acupuncture may also help to reduce inflammation, boost immune function, and improve circulation, which can all contribute to improved health and well-being.

Overall, while the exact mechanisms behind acupuncture are not yet fully understood, there is evidence to suggest that it can be an effective complementary therapy for a range of conditions, including chronic pain, stress, and anxiety.

Does acupuncture hurt?

Everyone experiences acupuncture differently. Some people don't feel anything, while other people may feel a deep heavy ache upon needle insertion that quickly goes away. Dry needling can be painful, but a fully trained acupuncturist doesn't rely heavily on these types of techniques to get desired results. We will make your treatment as comfortable as possible, and you are always encouraged to let us know if you are ever in pain.

The needles used in acupuncture are very thin (about the width of a human hair) and are inserted just beneath the skin at specific points on the body. Your acupuncturist will adjust the depth and angle of insertion based on treatment technique and your individual needs.

Most people find acupuncture to be a relaxing and calming experience, and many patients even fall asleep during their treatment. Some people may experience a temporary feeling of heaviness or soreness in the treated areas after the session, but this usually subsides within a few hours.

How many treatments will I need?

The number of treatments required to see change in a pattern or symptom is dependent on several factors. Conditions that have been in place for many years can sometimes be stubborn, and take more treatments to resolve than an acute situation. We also factor in your overall health, constitution and lifestyle choices. Most conditions should see significant change in 6 to 12 treatments. As part of your first appointment, we will discuss your health in-depth in order to plan an appropriate treatment schedule for your specific needs.

How long does acupuncture take?

Your initial evaluation will take 75 to 90 minutes; follow-up visits are 45 to 60 minutes. The duration of time you will spend on the treatment table, with needles inserted, will depend on your diagnosis. A longer needle retention time is not always superior. Depending on your diagnosis and constitution, your practitioner will determine the appropriate treatment duration for you.

Can you combine acupuncture with other medical services?

Absolutely! Examples of successful concurrent treatments include those for fertility, post-surgical rehabilitation, addiction recovery, and mental health challenges. Chinese medicine contributes greatly in almost all medical conditions to help reduce symptoms, speed healing and improve mental well-being. If you have questions about whether acupuncture can help you, feel free to reach out using the contact information below.

Does acupuncture work for treating Mental Health conditions?

Acupuncture has a tremendous effect on the nervous system, which makes it a great addition to your current treatment plan. Patients who receive regular treatments often report that their sleep improves, they have more energy, and they just feel better overall. By utilizing even very simple specific auricular acupuncture protocols, such as Battlefield Acupuncture and the NADA protocol, patients can benefit from drug-free alternatives to pain management and a decrease in withdrawal symptoms during drug and alcohol detox.