

How many treatments are usual?

Obviously the number of treatments vary with different conditions and individuals. Chronic problems generally require more treatment than acute ones. Some patients notice an immediate improvement after the first treatment, whereas others may not notice any effect until the seventh or eighth visit. It has been shown that a certain percentage of patients receive maximum benefit up to three months following a course of therapy.

A small number of patients will experience what may feel like a worsening of symptoms as the body's energies are returning to normal. This is expected and no need for alarm. It is followed by rapid improvement. Researchers internationally agree the usual number of treatments is between eight and sixteen with twelve being the most common. The usual frequency is two to four times per week.

Patients are urged not to enter an Acupuncture program with the thought of "taking a few" to see what will happen. This would be comparable for a physician to recommend a two hour operation only for the person to say they will try 45 minutes of it see how it does.

Even though the practitioner may recommend 12 visits as a trial of therapy should the patient respond completely within just a few treatments the physician may elect to discontinue treatment as success has been shown or to continue their use to assist in stabilizing the condition. Patients are always encouraged to be patient with the healing process.

What is the cost of Acupuncture?

Acupuncture fees vary throughout the nation and the experience of the practitioner. The usual fee is between \$50 and \$125 per treatment. However, these figures are very general but encompasses most practitioners.

What conditions are accepted?

Acupuncture has its primary effect on all physiologic functions of the entire body, therefore it has shown incredible success in a multitude of conditions.

The World Health Organization (WHO) lists over 100 specific pain and organic conditions which specifically respond to acupuncture.

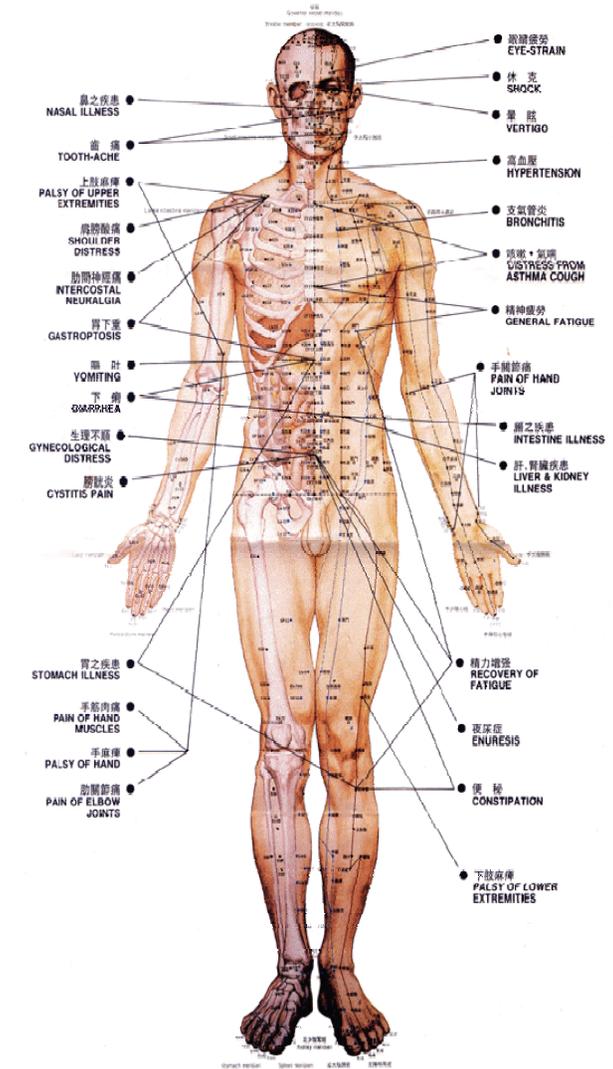
Are results permanent?

For acute problems where there has been little or no organ system or tissue damage, results are often permanent. For chronic conditions symptoms may occur from time to time. Generally a few additional treatments are sufficient to obtain relief. It is suggested that patients with severe or chronic conditions return for a booster treatment three to four times a year.

Are results psychological?

Many critics of acupuncture have suggested the science is hypnosis or "mind over matter". This criticism is totally unfounded as acupuncture has startling effects to infants and toddlers as well as veterinary applications. The effect it has in surgery as an anesthetic further disclaims the skeptics. Even total disbelievers report favorable response to acupuncture. However a positive outlook is obviously beneficial in all phases of life to include healing.

ACUPUNCTURE



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Meridian Therapy

What is Acupuncture?

Acupuncture is an ancient health science which is used to successfully treat both pain & dysfunction in the body. Authorities agree the science is between 5,000 and 7,000 years old.

Acupuncture appears strange to most Westerners as its primary application is the utilization of very slender painless needles placed in the skin at various locations to relieve pain or affect a body part or function.

Early Asian physicians discovered there is an energy network traversing on or just below the surface of the skin which communicates from the exterior to the internal organs and structures at over 1,000 "acupoints" on the body. This energy works in harmony with the body's circulatory, nervous, muscular, digestive, genitourinary and all other systems of the body. When this vital energy becomes blocked or weakened, an effect in a body system or anatomic location becomes evident. Stimulation of one or a combination of key acupoints on the body may restore harmony to the affected area.

Historians have stated, "More people have benefited from Acupuncture over the course of fifty centuries than the combined total of all other healing sciences, both ancient and modern".

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What is "Meridian Therapy"?

Meridian therapy is the accepted name employed by those who practice the principle of Acupuncture without the use of a penetrating needle.

Acupuncture is a principle, not a technique. Therefore, there are many ways to stimulate an acupoint other than a needle, just as there are many different strokes used in swimming. Many practitioners use electronic stimulation, laser beam, or pressure massage to effectively treat an acupoint. The principle of Acupuncture does not change, only the technique.

How does it work?

Far too often in the medical professions, a patient is told after extensive examination "there is nothing wrong". The examining doctor unable to find the cause of the problem has little else to tell the patients. Fortunately, many physicians are now referring their patients for an Acupuncture evaluation as a last resort.

The Asians have reported over thousands of years and now modern science is verifying the fact, not only does the human body have an electro-magnetic energy system, it courses through defined channels referred to as "meridians". In normal health this energy field flows unimpeded and is in a balanced state. If a disruption occurs, the altered energy flow can produce conditions and symptoms affecting certain organs or parts of and in many cases, the entire body.

Acupuncture's goal is to restore normalcy to the body's energy field by stimulating a combination of specific acupoints through a number of different applications, the needle is just one of them.

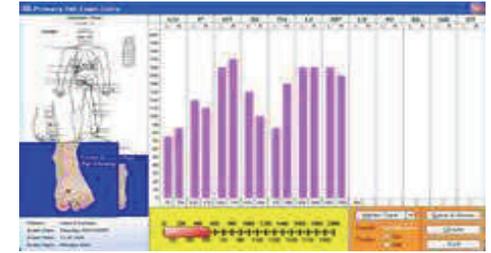


Addiction Control

Acupuncture has gained a great deal of notoriety in recent years concerning its considerable success with addiction control. It has been shown that acupuncture has a very positive effect in the area of both drug and alcohol addiction. This procedure, in conjunction with professional counseling has been proven extremely effective.

One of the most noteworthy addictions acupuncture helps is smoking. The average patient will reduce their intake by at least one half within twenty four hours of the first treatment. Some quit completely after the first treatment. Several additional treatments generally allow the patient to stop without experiencing the negative side effects of quitting. Acupuncture has also shown to be effective with diet in weight control.

Acupuncture Evaluation Electro Meridian Imaging



The cornerstone of acupuncture diagnosis is pulse examination whereby the trained practitioner, by feeling the six pulses of each wrist may be able to determine the balance of the 12 meridians. This ancient method of diagnosis is giving way to modern electronic, computer enhanced evaluation known as ryodoraku or "Electro Meridian Imaging (EMI)". It is not based on years and years of perfect practice as is pulse diagnosis and may be accurately employed by any practitioner.

The practitioner places an electronic probe on the skin over specific acupoints. By way of a sensitive metering device, the electro potential of the point is measured. This examination is extremely reliable and accurate and is quickly becoming the standard method of diagnosis.

Is treatment painful?

One would assume inserting a needle into the skin would be painful since most can relate to having a hypodermic injection or being stuck by a pin. However, four Acupuncture needles can easily be inserted into the hollow tube of a hypodermic needle. Because of the extreme slenderness of the needle, most people compare the sensations to less than a mosquito bite. The sensation referred to as "tehchi" occurs when the energy field is contacted, it feels like a mild to moderate heaviness or tingling.

Many superficial needle acupuncture treatments call for additional stimulation with the use of a mild electronic stimulation applied directly to the needle. It is pleasant and relaxing and produces accelerated healing response. It is not painful nor is any form of acupuncture.

The tapping "teishin" needle is not really a needle as it does not pierce the skin. It produces a mild topical sensation over the acupoint which may be compared to a ballpoint pen striking the skin. This form of stimulation has been successfully used for centuries.