



GOT PAIN?

TRY ACUPUNCTURE

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Pain takes a physical, financial and emotional toll on individuals and on our entire healthcare system.

Western Medicine looks at the issue of pain as simply *inflammation-causing-pain*, focusing on the location and severity of the pain. This approach fails to address the most important question, *what is the cause of the inflammation?* As a result, most Western medical treatments involve merely “masking the symptoms” with medication. Using this approach, it is not a surprise that the pain keeps coming back.

Acupuncturists, in contrast, use Traditional Chinese Medical Theory (TCM), to focus on the underlying cause and quality of the pain we feel. An acupuncturist will ask you a series of questions that may seem irrelevant (digestion and patterns of sleep, for example), but this is because TCM treats the root of the problem, **so that the pain goes away....and actually stays away!**

In addition to injury, TCM external environmental factors such as Wind, Cold, Heat and Dampness can cause blockages in the acupuncture meridians and in our joints, manifesting as pain in certain areas of the body in what TCM calls *Bi Syndromes*. These blockages may be *deficient* or *stagnant*, depending on the underlying cause and the patient’s overall health. The acupuncture points used to treat blockages may be localized around the area of pain or distant from the pain, according to the theory of the acupuncture channel meridians.

Acupuncture is a great way to treat pain resulting from injury or prevent suffering from further injury as a result of the initial pain.

Unfortunately, people most often use acupuncture as a “last resort”, after the failure of countless other types of treatments. But acupuncture is best used as a *preventative* or early pain treatment. If it is used right after an injury, it may help reduce the chances of developing chronic pain.

Chinese and Western herbs can also be utilized for treating pain without the side effects that pharmaceutical drugs often bring. So if you are scratching your head as to why your pain is not subsiding or you are wondering what to do the next time you start to experience pain, give acupuncture a try! Acupuncture not only helps with pain but can also provide relief from any anxiety that often accompanies the pain.