

Acupuncture Norfolk

Acupuncture Norfolk - Acupuncture is a type of Traditional Chinese Medicine or otherwise called TCM that has been used in China for thousands of years. It involves sticking solid and fine needles into the body at certain points. Acupuncture is designed to be able to address imbalances in the body and release blocked energy. These imbalances could result in ill health and lead to poor well-being. The popularity of acupuncture has grown very much in the West, even if it is considered a relatively new introduction to our medical library.

This kind of healing is dependent upon the theory that every person is filled with a life force energy called Chi or Qi. Balanced Chi or Qi needs the feminine yang and masculine yin aspects of the body are aligned and balanced. When in correct balance, the qi will flow smoothly through the body along meridians of power. If somebody is not healthy, this suggests that there is an imbalance or obstruction which should be corrected. A TCM practitioner talks to the patient about the situation and could opt to utilize acupuncture, among different modalities, to treat it.

In an acupuncture session, the person lies flat on a table which is adapted to the height of the practitioner. The client can be asked to undress and be draped with blankets for modesty or the person could remain fully dressed depending on where the needles are placed. Acupuncture needles are placed into different points of the body. The needles enter at angles ranging from 15 degrees relative to the skin to ninety degrees, depending on the practitioner's judgment. As soon as the needles have been placed, they can be controlled by hand in twisting motions, gently vibrated, heated, cooled or electrified with a gentle current so as to stimulate the meridian.

When the session is finish, the patient might feel invigorated or relaxed. Depending on the patient and on the session, the results will vary widely. The initial cause of the problem can take several acupuncture sessions to eradicate it altogether or it could have resolved itself. The session should not be painful. When positioned correctly, the needles do not cause bleeding or bruising. So as to receive a productive acupuncture session, it is important that you seek out a licensed acupuncturist who has attended a Traditional Chinese Medicine school.

Commonly, in Western nations, the processes of acupuncture only serves as a form of complementary medicine and can be combined with various treatments for better success. New acupuncture studies have been able to show improvements in treating nerve conditions, relieving pain, asthma, headaches, deal with nausea and vomiting. It has proven helpful for conditions like for example fibromyalgia, back pain, carpal tunnel syndrome and arthritis among others. The World Health Organization suggests acupuncture to assist with stress, substance abuse and allergies.