

Acupuncture Halifax

Acupuncture Halifax - Acupuncture is a form of Traditional Chinese Medicine or TCM which has been utilized in China for thousands of years. It comprises sticking solid and fine needles into the body at certain points. Acupuncture is meant to be able to address imbalances within the body and release blocked energy. These imbalances could lead to ill health and result in 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 type of healing is based on the theory that every individual is filled with a life force energy called Qi or Chi. Balanced Chi or Qi requires the feminine yang and masculine yin elements of the body are balanced and aligned. When in proper balance, the qi would flow smoothly throughout the body along meridians of power. If someone is not healthy, this suggests that there is an obstruction or imbalance that has to be corrected. A TCM practitioner talks to the patient about the situation and can choose to utilize acupuncture, among different modalities, to cure it.

A session of acupuncture will start with the participant lying flat upon a table. The table should be adjusted to the height of the particular practitioner. Patients can be asked to take off some clothing while some can be able to remain fully clothed depending on the areas of body which the needles would be inserted. Acupuncture needles are placed into various points of the body. The needles enter at angles ranging from fifteen degrees relative to the skin to 90 degrees, that depends on the practitioner's judgment. Once the needles have been inserted, they can be manipulated by hand in twisting motions, heated, cooled, gently vibrated or electrified with a gentle current so as to stimulate the meridian.

Upon completion of a session of acupuncture, the patient might feel invigorated or experience more relaxation. The results of the session would vary widely from person to person and the kind and scope of the session. The initial cause of the problem may take a number of acupuncture sessions to eradicate it altogether or it can have resolved itself. The session must not be painful. If placed correctly, the needles do not result in bleeding or bruising. To be able to acquire 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 just serves as a kind of complementary medicine and could be combined with different treatments for better success. New acupuncture research have been able to show improvements in curing nerve conditions, relieving pain, asthma, headaches, deal with vomiting and nausea. It has proven effective for conditions like carpal tunnel syndrome, arthritis, fibromyalgia and back pain among others. The World Health Organization suggests acupuncture to assist with substance abuse, allergies and stress.