

Acupuncture Healthcare Specialists
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ACUPUNCTURE – AN ANCIENT MEDICINE FOR MODERN DISEASES?

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Acupuncture has been used for thousands of years to successfully treat health conditions that plague many Americans today. The World Health Organization lists many conditions which acupuncture effectively treats, including: pain, neurological, gynecological, digestive, respiratory and emotional disorders. Acupuncture is only one component of Traditional Chinese Medicine (“TCM”); other aspects include herbal therapy, exercise, massage and diet. Acupuncture is based upon the theory that the body has an inherent energy, called “Qi” which regulates all functions. This Qi travels throughout the body in a three dimensional system of intricate pathways called meridians or channels. Disease occurs when this Qi gets blocked, disrupted, is in a state of excess or deficiency.

Acupuncture is the insertion of very thin needles (think of a cat’s whisker) into the body. Acupuncture at certain points along the most superficial channels of the skin, activates specific functions which normalize energy, thus restoring health naturally. Modern medical researchers are trying to determine exactly how acupuncture works. Some theories suggest that the acupuncture activates the body’s own natural painkillers, or restricts sensations such as pain to the brain. Acupuncture is very subtle, yet powerful and it may be that testing methods cannot yet identify Qi. Recent MRI studies, however, have proven that the insertion of acupuncture needles only at specific points along the channel pathways act to “turn-on” areas of the brain which

control the body's response mechanisms.

A typical acupuncture session lasts one hour. When receiving acupuncture, most patients feel an initial sensation when the needle is inserted, then relax completely. Patients typically say they feel a tingling, warm or dull sensation where the needles are placed. Many of my own patients fall asleep during the treatment, feeling very relaxed upon waking. This is due to the harmonizing effects of acupuncture which holistically restores balance to the entire body. Oriental medical physicians determined long-ago that there is an interrelationship between different body systems including emotional health (mind-body connection). This is evident upon one's first visit to an acupuncturist, who will perform a complete evaluation of all body systems in an attempt to piece together a pattern of disharmony which is the root cause of the patients' primary health complaint.

Many acute conditions respond rapidly to acupuncture. Chronic problems, however, usually are more deep-seated and may require a longer course of treatment. Acupuncture can also be used as a preventative medicine as it serves to keep the body in balance and reduce the probability of an illness occurring.

Mr. McConville has been a licensed acupuncturist with offices in Poway and Ramona, serving residents since 1996. He operates a family practice and treats a variety of disorders including: pain and gynecological syndromes, gynecological, internal medicine, asthma/allergies and pediatrics. If you would like to learn more about acupuncture, please contact Kelly McConville at 858-254-4781.