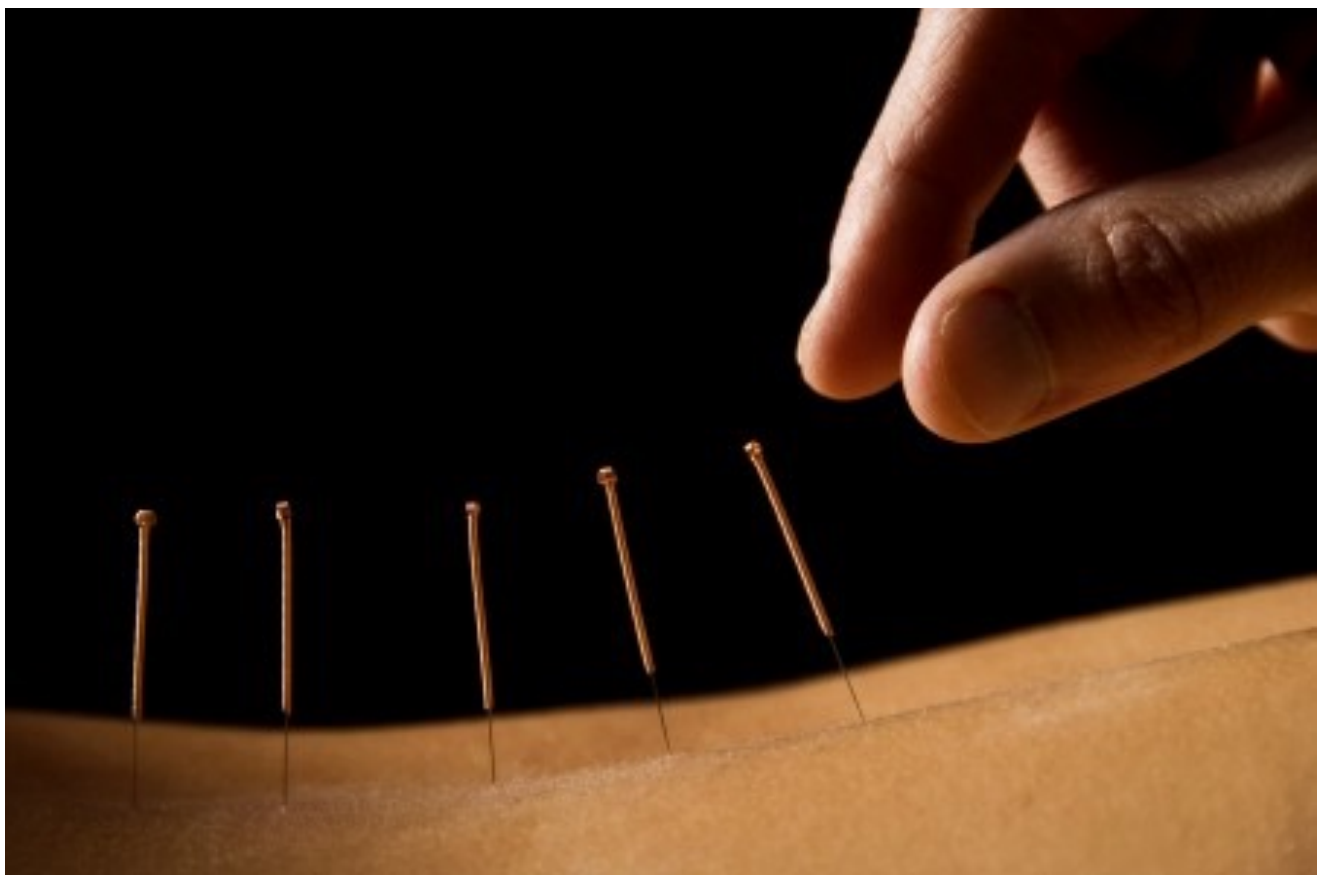

The Wellness Tree Answer Book

Everything you need to know about the
healing power of Acupuncture

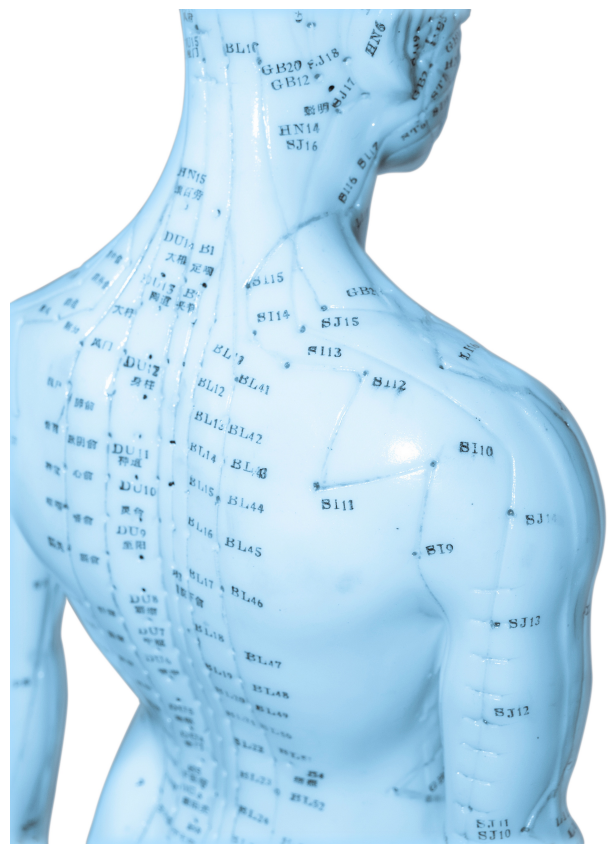


The Wellness Tree

2018

MERIDIANS? WHAT ARE THEY?

Several thousand years ago, acupuncturists discovered that Chi, the vital force, circulates throughout the body along fourteen major channels. Twelve of which are duplicated on the left and right sides of the body. The two other major channels are located in the center of the body, one in the front, the other in the back. And there are a number of so-called Extra Channels and the Spaces in-between Channels throughout the body. Today, acupuncturists usually call the channels "meridians." Meridians form a highly complex invisible network transporting and directing Chi to every part of the body including the head, arms, legs, torso, organs and systems. Good health, traditional sages of old discovered, depends on a balanced circulation of Chi throughout the meridians. Over centuries of trial and error and meticulous observation, acupuncturists accurately mapped the locations of the meridians and identified hundreds of specific points in the meridians where Chi can be accessed and stimulated when there is an aberration of flow. Those points are commonly called "acupoints." Over time, many more points have been discovered.



CHI? WHAT IS IT? WHAT DOES IT DO?

One English translation of the word Chi means energy, and though Chi is invisible, its presence becomes especially apparent in the workings of the bodily organs and systems which require prodigious amounts of energy. Yet acupuncturists view Chi not only as powering a function, they see it as inseparable from function as though there's no Chi without function and no function without Chi. Chi is also known as the life force, and since the total absence of Chi is death, obviously one's good health depends on a balanced distribution of Chi throughout the meridian network that influences the organs as well as the bodily systems: skeletal, muscular, endocrine (glands), circulatory, digestive, respiratory, urinary, reproductive, and nervous. When Chi flows smoothly and harmoniously throughout the meridians, each bodily system and organ interacts with and affects all the other systems and organs, which in turn are interdependent, interrelated, and integrated. Everything works together to make us feel whole and healthy, thanks to Chi.



WHAT CONDITIONS ARE TREATABLE BY ACUPUNCTURE?

In acupuncture medicine's terms, acupuncturists treat an imbalance of Chi, but in Western terms they treat hundreds of symptoms and conditions. Among conditions most

frequently treated are the following: Addictions Allergies Ankle Swelling Arm and Shoulder Pain Arthritis Asthma Attention Deficit Disorder Back Pain—Backache —Low Back Pain Bed Wetting (Enuresis) Blood Pressure — High or Low Bronchial Conditions Bursitis Carpal Tunnel Syndrome, Circulation, Poor Colds Colitis Colon. Spastic Constipation Cough, Chronic Depression Detox for Chemical Dependency Diarrhea, Disc Problems Diverticulitis Dizziness (Vertigo) Emphysema Fatigue, Chronic Feet, Cold

THE ACUPUNCTURE ANSWER BOOK

Fibromyalgia,	System	Numbness	Sinus Trouble
Flu,	Deficiency	Liver Problems	Skin Problems
Gall Bladder,	Indigestion	Neck, Stiff.	Sports Injuries
Disorders	Infertility	Painful	Stomach
Gas	Injuries	Nervousness	Problems
Gynecological	Auto. Home,	Neuralgia Pain	Sore Throat,
Dysfunctions	Sports, Work	Pleurisy	Thyroid
Hay Fever	Insomnia	Pre Menstrual	Conditions
Headache	Joint Pain	Syndrome	Ulcers,
Heart	Kidney	Prostate	Stomach
Problems	Problems	Problems	Urinary
Hemorrhoids	Knee Pain	Rheumatism	Problems
Hiccoughs	Leg Pain,	Sciatica	Whiplash.
Hip Pain	Cramps.	Shingles	
Immune	Tingling,	Shoulder Pain	

WHAT ARE THE MAIN OBJECTIVES OF ACUPUNCTURE TREATMENT?

The main objectives are three:

- #1—Relieve pain and other symptoms.
- #2—Strengthen the immune system.
- #3—Balance, harmonize, and integrate functions of the organs with each other, making for a unified, healthy person, rather than a collection of fragmented, disharmonious parts.

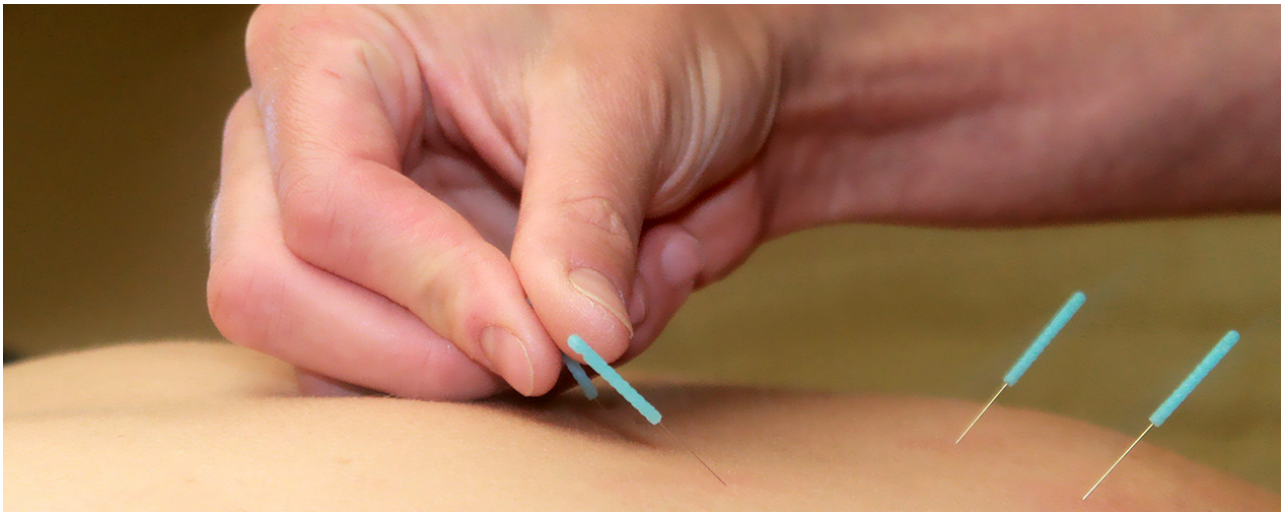


WHAT HAPPENS WHEN THE FLOW OF CHI BECOMES BLOCKED?

Chi is meant to flow freely throughout the meridian network carrying its balanced vital force to all the body's parts, organs, and systems, thereby encouraging them to function with each other in a natural, harmonious way. That leads to sound health. But any sustained blockage or other disruption of a balanced flow or distribution of Chi may bring on pain, a weakened immune system, and ill health. It's important to realize that while such blockage causes diminished Chi in one organ or part, it may also cause excessive buildup of Chi in another area. That phenomenon can be understood by visualizing a meridian carrying Chi as like a freeway carrying cars. On a freeway we know what happens when one or more lanes become blocked. It's a similar idea on a meridian. A

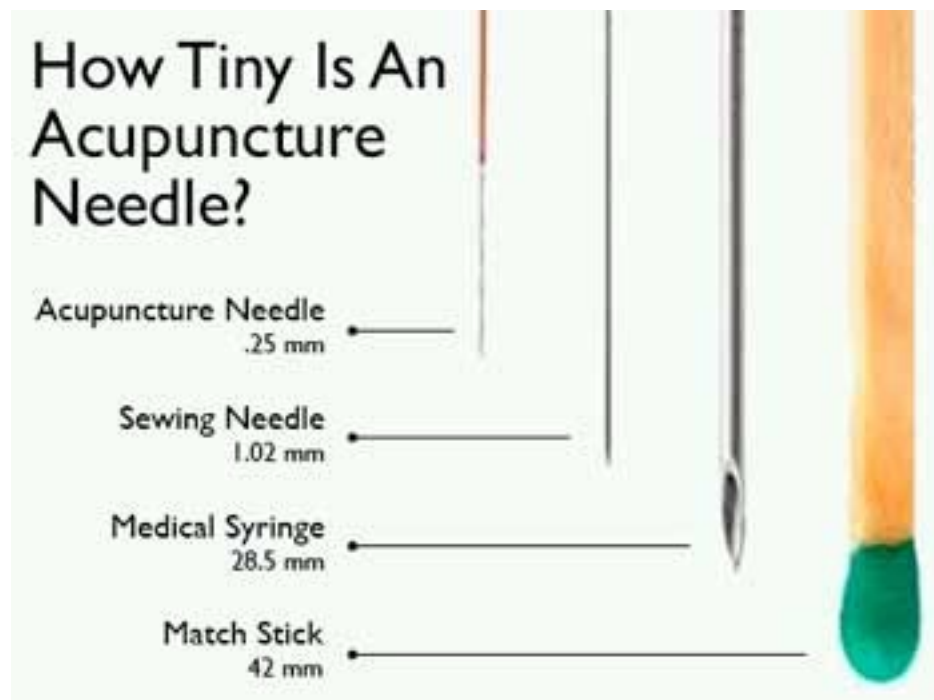
blockage may cause a deficiency of Chi beyond the blockage and a buildup of Chi behind the blockage, which may mean diminished activity of some organs and accelerated activity of others. Either way, Chi is unbalanced, so its flow must be normalized through an acupuncturist's skilled and expert care.

WHAT CAN BE DONE ABOUT BLOCKED, UNBALANCED CHI?



After the initial consultation II the acupuncturist completes t diagnosis and begins carrying out the treatment plan. The objective is to normalize the flow and distribution of Chi and balance its circulation by stimulating the selected acupoints via needles or other means. The treatment plan will most likely call for treating one to twelve or more points on each visit. At the practitioner's discretion, herbal therapies may be prescribed.

WHAT ARE NEEDLE TREATMENTS LIKE? ARE THEY PAINFUL?



Patients who have received inoculation, or other medical injection from a hypodermic needle are sometimes fearful that acupuncture treatments will be as painful. But such is not the case. Medical hypodermic needles are stiff, hollow, and thick for forcing liquid into the patient's flesh, usually an uncomfortable, if not painful, procedure. Typically, acupuncture needles are fine and flexible, no bigger around than a human hair or piece of thread. Deftly inserted into an acu-point by a skilled acupuncturist, the slender needle produces little or no sensation at all. When the needle makes contact with Chi, the energy, most patients experience a slight tingling sensation. First-time patients are usually amazed at how comfortable they are during treatment.

BESIDES NEEDLES, WHAT ARE OTHER TREATMENT OPTIONS?

While needle treatment is traditional, other effective means of bringing about the desired physiological response include acupressure (finger pressure), blunt probes, pressure massage, electronic stimulation, laser, heat, cold, ultrasound, moxibustion, herbal therapy, to name a few. In selecting a treatment method, the acupuncturist considers the following: #1 —Patient's age and physical condition. #2— Location of acupoints to be treated. #3—Desired effect. #4—Preference of the acupuncturist.



HOW DOES THE FLOW OF CHI BECOME BLOCKED OR UNBALANCED?

The desired balance in the flow of Chi can be affected by any noxious substance, both external and internal, including poor nutrition, adulterated food, toxic air or water, infectious or contagious diseases, malfunction of an organ, ergonomic or overuse injuries, as well as home, work, sports, and auto injuries. Excessive dampness, wind, cold, heat, even emotional responses to life such as worry, anxiety, stress may affect Chi's flow through the meridians.

WHAT IS INVOLVED IN ACUPUNCTURE DIAGNOSIS?

From its ancient beginnings to this day acupuncture diagnostic procedures center on finding blockages and imbalances of Chi. In examining meridians, today's acupuncturist may utilize electronic evaluation, but many utilize traditional diagnostic methods. The following outline gives only a glimpse into some ancient diagnostic procedures which, at first, may seem strange to Western patients, although for untold centuries these procedures have proved reliable for Asian patients. Pulse Diagnosis—An intricate expert evaluation of the pulses reveals excesses, deficiencies, disharmonies of Chi and what organs are involved. Observation of the Patient—Noting color and condition of the tongue, texture and condition of the skin, of the hair, of the voice — its strength or weakness — high or low pitch — hoarse — throaty. Answers here confirm many health issues. Interviewing the

Patient—Seeking a history of the illness, the patient's feelings, lifestyle, diet. All of those, as well as emotional problems may contribute to Chi's imbalance. Physical Examination—Feeling for tender acupoints is a reliable diagnostic tool because certain acupoints are related to specific areas and functions of the body. and tenderness may relate to a specific problem.

HOW TO KNOW YOUR ACUPOINTS TO TREAT?



Since the primary treatment goal is to unblock Chi and also achieve its equilibrium within and between the meridians, so the body can heal itself, the crux of the matter is this: where to access and stimulate the meridians in relation to a given health problem? Repeated experience in similar cases provides the acupuncturist with many tried and proven formulas. In addition, traditional formulas fitting each diagnosis are readily available in charts and books—formulas which have worked through the ages for billions of sick men, women, and children. Those formulas confirm which acupoints to treat

HOW LONG DO TREATMENTS TAKE?

Depending on the patient's condition and the treatment plan, treatments average about thirty minutes.

HOW MANY TREATMENTS AND HOW OFTEN?

Because each patient's health problems and response to treatment are unique, the number and frequency of treatments vary. Typically, the recommendation is two to four treatments per week for eight to sixteen treatments, although some patients respond favorably after only one or two treatments. Some may not improve until the eighth or ninth visit.



Others may require two or three treatments per week for several months for maximum results. And some-times, despite the acupuncturist's best effort and skill, the patient does not respond to

treatment. In general, acute conditions require less treatment than chronic conditions

ARE ACUPUNCTURE NEEDLES STERILE AND SAFE?

Yes. The government requires acupuncturists to follow strict safety procedures regarding needles, and sterilized needles are manufactured, packaged and shipped in strict compliance with the law.

DO ALL ACUPUNCTURISTS WORK THE SAME WAY?

Through the years the various Asian nationalities and the various acupuncture schools in America have created some variations in diagnostic methods, selection of acupoints to be treated, and needle techniques. Also, technology has brought new diagnostic and treatment methods unavailable just a few years ago. Yet acupuncture's basic objective remains constant with all practitioners: achieve equilibrium of Chi within and among the meridians so the body can heal itself.



IS ACUPUNCTURE PRACTICED IN AMERICAN MEDICAL INSTITUTIONS?

Acupuncture is becoming universally accepted. It's being utilized in more and more hospitals, wellness centers, pain management centers, doctor's offices (chiropractic, dental, medical, veterinary), and rehabilitation centers, where acupuncturists are a welcome and valuable part of the team.

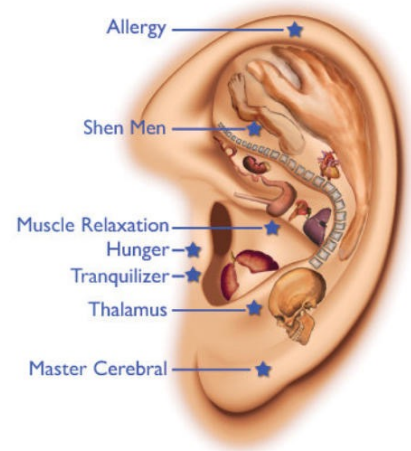


ARE ACUPUNCTURE'S RESULTS DUE TO HYPNOTIC SUGGESTION?

Any form of therapy carries the potential of a positive psychosomatic (mind-body) response. However, the highly successful use of acupuncture in veterinary medicine demonstrates that hypnotic suggestion plays no role in acupuncture healing. It's important to keep in mind, though, that acupuncture medicine is guided by a fundamental belief in the whole body concept of health which involves the inseparable relationships of the body, spirit, emotions, mind.

WHAT ARE EAR AND HAND ACUPUNCTURE?

Strange as it may seem, the surface of the ear contains an invisible upside-down representation of a fetus and points on the ear correspond to bodily parts and organs. Stimulating appropriate ear points often effectively treats pain and disease in the corresponding parts or organs. Stimulating certain points on the hand is often the treatment of choice for many conditions.



WHAT ARE OTHER ASPECTS OF ACUPUNCTURE MEDICINE?

Acupuncture is one of three branches of ancient traditional medicine. The other two are Herbal Medicine and the practice of a physical and mental discipline called Chi Gong. The main objective of each branch is to bring about a harmonious flow of Chi. Therefore, depending on the patient's needs, the treatment plan may call for any or all of the available methods.

ARE ANCIENT HERBAL FORMULAS STILL VALID?

The vast amount of herbal knowledge available today has accumulated through the centuries, so today's herbalist, even while following governmental regulations and guidelines regarding dispensing and compounding procedures, may draw on ancient herbal formulas that have been effective for a very long time. Herbalists today may adjust a traditional formula, the adjustment based on new knowledge and experience in similar cases. For the patient, that's often the best of two worlds: the ancient and the modern.

WHAT IS CHI GONG?

Chi Gong is a time-honored exercise method of addressing many health issues while enhancing one's physical and mental vitality. Through a process centered on pleasant, flowing movements, one gathers Chi—the life force—and directs that energy to specific organs and meridians.

The Three Branches of Traditional Acupuncture Medicine

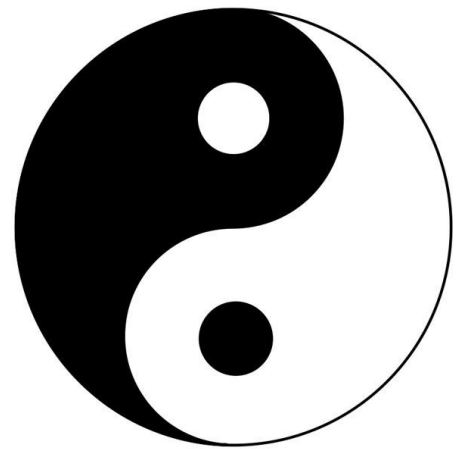
Acupuncture

Herbal Medicine

Chi Gong

WHAT ARE YIN AND YANG?

The give-and-take of yin and yang in the human body is a concept foreign to Western experience, but is a cornerstone of traditional acupuncture thought. Although understanding yin and yang is not essential to benefit from acupuncture treatment, getting comfortable with the yin concept can be very enlightening. In traditional Asian philosophy and culture, every entity in the universe carries both negative and positive influences. The negative influence is called yin, the positive influence yang. Yin dark. yang light; yin cold, yang warm; yin passive, yang active; yin night, yang day, etc. The shady (yin) side of a hill balanced by the sunny (yang) side is a classic example. Yin and yang are indivisible, never static, always fluctuating. They are the opposing balancing influences of every entity, and with yet another interesting factor: there is always a little yin in yang and a little yang in yin. This concept flows into acupuncture medicine where the symbol for yin and yang helps us visualize the balancing act that goes on constantly in every entity of the human body, from the organs and bodily systems to the smallest cell, as well as the vital force itself.



If one is to enjoy good health, acupuncture medicine teaches that a harmonious balance between yin and yang influences must already exist

in organs and meridians, or it must be attained. The attainment of such harmony is the goal of acupuncture treatment.

SYMBOL OF YIN AND YANG

Dark represents yin, white represents yang. The curved line separating the two speaks of their fluctuating interplay, an ever-changing influence on each other. The small dark and white dots tell us there is some yin in yang and some yang in yin.

CAN ACUPUNCTURE HELP RELIEVE PAIN?

Chronic pain, more than any other complaint, brings people to acupuncture. Patient complaints may include pain anywhere in the body as well as headache, pain in the back, neck, arm, shoulder, leg... all persistent reminders that something is wrong. Many people suffering with chronic pain have been taking pain medications—sometimes for years—but have never gained permanent relief. Also most health care professionals agree that pain medications, even when they relieve pain, seldom address the underlying cause.

Much of acupuncture's reputation, however, stands on its potency for relieving pain while addressing the underlying cause. Acupuncture is often indicated to treat chronic pain conditions, radiating pain along a nerve pathway, muscle spasm, inflammation. scar tissue pain, and pain located in multiple sites.

CAN ACUPUNCTURE HELP THAT "STRESSED-OUT" FEELING?

People already know that the demands of modern life leave many people feeling stressed-out and anxious because, it seems, there is always more and more to do and less and less time to do it. But there's often far more to daily stress than just negative feelings.

Acupuncturists see that such pressure cooker living contributes to a host of chronic illnesses and conditions. Here's why: Too much stress tends to affect the balance of Chi in the body which can lead to high blood pressure, heart disease, headaches, depression and many other stress-related conditions. So acupuncturists sometimes recommend

periodic acupuncture A care to bring Chi into balance and keep it that way. This often helps replace feelings of stress with a sense of well-being, something everyone desires.



WHAT ABOUT ACUPUNCTURE FOR SENIORS?

More and more seniors depend on acupuncture for much of their health care. Some seek an alternative method for chronic conditions, while others have already "tried everything else" for their problems. Also, some seniors have residual problems from a long-forgotten accident or other trauma which stayed more or less quiet for 777 years, only to flare up unexpectedly in the form of pain, soreness, and reduced mobility. When that happens some older persons tend to give up, saying, "I'm getting old and I'll just have to learn to live with this."

But sometimes it's too early for that response. In many cases, it's not too late for acupuncture to help. Countless older persons have discovered that acupuncture care often helps keep them feeling younger longer and still enjoying life.

WANT TO TELL MY FRIENDS ABOUT ACUPUNCTURE, BUT I DON'T KNOW HOW TO EXPLAIN It ANY SUGGESTIONS?

A Many people still don't know that an imbalance of Chi can bring on many health problems. What's worse, they don't know that acupuncture

is often the very treatment they need. Worse still, it may be a long time before they discover acupuncture unless someone tells them about it. That's why it is so important that people who have personally experienced the benefits of acupuncture tell their friends their own acupuncture story. No need to get technical. Keep it simple. Just speak from your heart, realizing that your friend has not tried everything without trying acupuncture. #1—Tell your friend how your health used to be, before acupuncture care. #2—Tell your friend what acupuncture has done for you. #3 —Then pass this book along to your friend.

WHAT BROUGHT ACUPUNCTURE TO THE UNITED STATES?

In the early 1970s American newspaper reporters covering President Richard Nixon's visit to China wrote about a "miraculous" healing method called acupuncture that was virtually unknown in the United States. According to news reports, instead of using chemical anesthetics, these Chinese acupuncturists were able to block the pain of surgery by deftly insert-ing needles into the patient at specific points. Even more astonishing, it was said that acupuncture relieved a wide variety of human ills, and had worked reliably for people through thousands of years. That publicity brought acupuncture into great demand by many Americans, some of them seeking a last-resort remedy for serious afflictions. But how to meet such demand? Although acupuncture was known somewhat in Europe, there were only a few acupuncturists in the United States, most of them sprinkled in California and New York; so it

took several years for acupuncture colleges to be established in the United States and train American acupuncturists. This book translates that great Eastern healing method into an understandable message for today's Western patients seeking potent health care.



Consider Acupuncture

If you have an unresolved health problem, consider acupuncture. Through thousands of years, acupuncturists throughout Asia have successfully treated billions—literally billions—of people for a wide variety of symptoms, conditions, injuries, and diseases. Now it's our time to reap the benefits of acupuncture. Although millions of Americans have already discovered this ancient healing and rely on it

for their health care needs, many persons in need of acupuncture stay away because its procedures and philosophy seem strange and mysterious. So here's a small book which, in a few minutes reading time. translates the essential facts of acupuncture into an easy-to-understand message for anyone seeking to integrate this long-established treatment method into their health care options.

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