

HOW ACUPUNCTURE WORKS

SIGNAL STIMULUS

The stimulus from acupuncture needling creates a cascade of signaling throughout the connective tissue (fascia) involving the blood, nerves and immune system.

ACUPUNCTURE NEEDLE INSERTION

- Stimulates a local and a centralized reaction.
- The local reaction involves Sensory Neurons in the skin being stimulated.
- The central reaction occurs when the signals reach the brain and spinal cord.

ACUPUNCTURE POINTS

Acupuncture points are located in areas with higher concentrations of:

- Superficial nerves
- Blood vessels
- Neuromuscular attachments – where vessels and nerves penetrate muscle fascia

CENTRAL EFFECT OF NEEDLING

Both the Central and Peripheral Nervous Systems are effected

NERVOUS SYSTEM

Central Nervous System	Peripheral Nervous System
Brain	Voluntary Muscles – movement
Spinal Cord	Nerves
HPA Axis (see below)	Smooth Muscle – lining of organs
	Stress/Emergency response

WHAT YOU REALLY NEED TO KNOW

1. Acupuncture needling promotes homeostasis and self-healing. In short, acupuncture stimulates the body to heal itself.
2. Acupuncture influences:
 - A. The Nervous System — muscles, nerves, internal organs
 - B. Cardiovascular System — blood flow, distribution of nutrients, hormones
 - C. Endocrine System — Hypothalamic-Pituitary-Adrenal axis regulation— major pathway for homeostatic regulation
 - D. Immune System — strengthens the immune function of the body

BENEFITS OF ACUPUNCTURE:

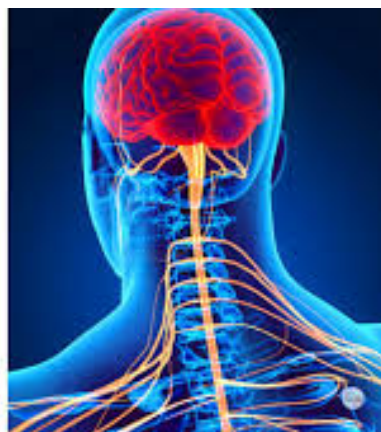
- Improved Sleep
- Improved Stress Response
- Less Pain
- More Energy
- Stabilized moods

ACUPUNCTURE CAN TREAT:

- Back/Shoulder
- Knee/Hip Pain
- Sciatica
- Insomnia
- Stress
- Anxiety/Depression
- Infertility – Male and Female
- Women's Health: menstrual cycle issues, menopause

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Acupuncture also works by stimulating the nervous system by activating nociceptors, sensory nerves, and proprioceptor fibers that travel from the skin to the spine and into the brain.



HOW ACUPUNCTURE WORKS



Acupuncture stimulates the release of powerful pain-killing and anti-inflammatory substances from the brain.



Acupuncture changes the way your brain responds to pain, and can modify internal organ function to treat many complex diseases.



Acupuncture has many local effects including relaxation of contracted muscles and increase in blood circulation.

