

What is Health? Practitioners of acupuncture and TCM take a holistic, or whole-body, approach to healing. This means that they consider how the body, mind, and spirit all work together, and believe that a state of health or wellness must involve the whole self.

True health is more than just not feeling sick. It means that you are functioning at your highest possible level. Your body is in harmony, your mind is alert, and your spirit is calm. You have the energy you need to get the most out of life. Each aspect of your whole self is strong and balanced.

Regular acupuncture treatments can help you achieve and maintain this level of wellness.

Maintaining Wellness

Just as your car needs a seasonal tune-up to perform at its best, you need regularly scheduled acupuncture care for optimal health. With regular treatments, your acupuncturist may be able to detect and resolve any imbalances or disruptions in the flow of Qi – before you start feeling symptoms. After all, you wouldn't wait for your teeth to decay before visiting a dentist – why wait for symptoms to occur before seeing your acupuncturist?

Wellness care is a great way to take a proactive approach to your health. In working with your acupuncturist, you may discover factors that could be affecting your health, including your lifestyle and emotional and mental states. Use your regular visits to discuss how exercise, nutrition, supplements, meditation or other lifestyle changes can help you. By incorporating acupuncture into your life, you'll be taking an active role in caring for your whole self.

Acupuncture is recognized by the National Institutes of Health (NIH) and the World Health Organization (WHO) as effective in treating these conditions:

Addiction	Facial Palsy/tics	Pneumonia
Anxiety	Fatigue	Reproductive problems
Arthritis	Fibromyalgia	Rhinitis
Asthma	Gingivitis	Seasonal Affective Disorder
Bronchitis	Headache	Shoulder Pain
Chronic Fatigue	Incontinence	Sinusitis
Carpal Tunnel	Hiccup	Sleep Disturbances
Colitis	Indigestion	Sore throat
Common cold	Irritable bowel syndrome	Stress
Constipation	Low back pain	Tennis elbow
Dental pain	Menopause	Tonsillitis
Depression	Menstrual irregularities	Tooth pain
Diarrhea	Migraine	Trigeminal Neuralgia
Digestive Trouble	Morning sickness	Urinary Tract Infections
Dysentery	Osteoarthritis	Vomiting
Emotional problems	Pain	Wrist pain
Eye problems	PMS	

Acupuncture & Fertility

The treatment of infertility with acupuncture and Chinese medicine dates back 2,000 years. These ancient, time-tested techniques improve fertility rates and support a woman's whole body, unlocking unlimited potential for health, healing and childbearing. A landmark study published in the medical journal *Fertility & Sterility* (vol 77, April 2002, pp721-724) found that acupuncture dramatically improves the chances of becoming pregnant when used in conjunction with other assisted reproductive techniques. Researchers from Weill Cornell Medical Center in New York reviewed studies and concluded that acupuncture helps to:

- Increase blood flow to the uterus, which improves the chances of an ovum implanting on the uterine wall
- Reduce anxiety, stress and the hormones that are secreted during stressful situations that can significantly decrease fertility
- Normalize hormone and endocrine systems that regulate ovulation, especially in women with polycystic ovarian syndrome
- Positively affect the hypothalamic-pituitary-ovarian axis, which plays a key role in fertility
- Regulate menstrual cycle

In a study published in *Human Reproduction Journal* (Vol 11, No. 6, 1996) an ultrasound was used to evaluate blood flow to the uterus during acupuncture treatments. The study found blood flow increases during treatment.

Acupuncture and Chinese medicine can raise the fertility potential for women by affecting the quality, quantity, balance and flow of Qi and blood. When Qi (also called Life Energy) and blood are circulating freely throughout the body, every cell, tissue and organ is properly nourished and functioning well. When this occurs, a woman's health and fertility are increased.

Acupuncture and Chinese medicine provide a safe, effective, drug-free, and natural approach to treating infertility and enjoying a healthy pregnancy. Here are a few reasons to try acupuncture and Chinese Medicine:

1. An acupuncturist does not treat just symptoms and signs, but instead activates the body's natural healing potential by treating the root causes that have lead to the problem or disease.
2. Acupuncture and Chinese medicine are completely natural. No drugs are ever used. In the Western treatment of infertility, undesired side effects and accumulated toxicity from invasive procedures and drug therapies may occur.
3. Acupuncture and Chinese medicine can be used to strengthen, support, and balance overall health and well-being, so other fertility procedures are more effective.
4. The practice of acupuncture and Chinese medicine is over 3,000 years old, and has helped millions of people become well and stay healthy.
5. IT WORKS!!!!