

# Acupuncture

EASTERN MEDICINE'S SOLUTION FOR RESTORING ORDER IN LIFE

By Lisa Beth Freedman, MD



In most western cultures, acupuncture is considered a “new alternative” medicine. In reality, acupuncture has been practiced for over five thousand years. Very basically, acupuncture is the insertion of very fine needles, on the body’s surface, in order to influence physiological functioning of the body.

The first record of acupuncture is found in the 4,700 year old Huang Di Nei Jing. This is supposed to be the oldest medical textbook in the world. It may have even been written down from earlier theories by Shen Nung, the father of Chinese Medicine. Shen Nung documented theories about circulation, pulse, and the heart over four thousand years before Western medicine had any concept about them.

Shen Nung theorized that the body had an energy force running throughout it. This energy force is known as Qi. The Qi consists of all essential life activities which include spiritual, emotional, mental, and physical aspects of life. A person’s health is influenced by the flow of Qi in the body, also in combination with the universal forces of Yin and Yang. If the flow of Qi is insufficient or unbalanced, Yin and Yang become unbalanced, and illness may occur. Qi travels throughout the body along “Meridians.” The acupuncture points are specific locations where the Meridians come to the surface of the skin, and are easily accessible by “needling.”

Energy constantly flows up and down these Meridians. When pathways become obstructed, deficient, or unbalanced, Yin and Yang are said to be thrown out of balance. This causes illness. Acupuncture is said to restore the balance.

Acupuncturists can use as many as six types of acupuncture needles. These needles vary in length, width, and shape. Today, most needles are disposable. There are a few precise methods by which acupuncturists insert needles. Points can be needled anywhere in the range of fifteen degrees to ninety degrees relative to the skin surface. In most cases, a sensation, felt by the patient, is desired. This sensation, which is not pain, is called deqi.

One type of acupuncture treatment in the United States is called Auriculotherapy or Ear Acupuncture. The theory is that since the ear has a rich nerve and blood supply, it would have connections all over the body. For this reason, the ear has many acupuncture points which correspond to many parts and organs of the body. Auricular acupuncture has been successful in treating problems ranging from obesity to alcoholism, to drug addiction.

Another popular treatment method is Moxibustion, which is the treatment of diseases by applying heat to acupuncture points. Moxibustion is used for ailments such as bronchial asthma, bronchitis, certain types of paralysis, and arthritic disorders.

Cupping is another type of treatment. This is a method of stimulating acupuncture points by applying suction through a glass jar, in which a partial vacuum has been created. This technique produces blood congestion at the site, and therefore stimulates it. Cupping is used for low backache, sprains, soft tissue injuries, and helping relieve fluid from the lungs in chronic bronchitis.

The question arises, how does acupuncture work? Scientists have no real answer to this; as you know many of the workings of the body are still a mystery. There are a few Prevailing theories:

1. Acupuncture raises levels of triglycerides, specific hormones, prostaglandins (pain enzymes), white blood counts, and overall antibody levels. This is called the “Augmentation of Immunity” Theory.
2. The “Endorphin” Theory states that acupuncture stimulates the secretions of endorphins in the body (the body’s natural high).
3. The “Neurotransmitter” Theory (brain chemicals) states that certain neurotransmitter levels are affected by acupuncture.



In conclusion, acupuncture is an effective form of treatment alongside, not only other "alternative" forms of treatment, but also along side mainstream medicine. Acupuncture schools are federally accredited by the ACAOM (Accreditation Commission for Acupuncture and Oriental Medicine).

**BIBLIOGRAPHIES:**

**Baxi, Dr. Nilesh and Dr.CH Asrani.** Speaking of: Alternative Medicine: Acupuncture. New Dehli, India: Sterling Publishers Private Ltd, 1986.  
**Duke, Marc. Acupuncture.** New York: Pyramid House Books, 1972.  
**Holden, Constance.** "Acupuncture: Stuck on the Fringe." Science, May 6, 1994, pg 770.  
**Lever, Dr. Ruth.** Acupuncture for Everyone. Middlesex, England: Penguin Books, Ltd, 1987.  
**Lipner, Maxine.** "Different Strokes." Women's Sports and Fitness, May/June, 1993, pg 31, 32, 85.  
**Moss, Dr. Louis.** Acupuncture and You: A New Approach to Treatment Based on the Ancient Method of Healing. London, England: Elek Publishers, 1972.  
**Nightingale, Michael.** The Healing Power of Acupuncture. New York: Sterling Publishing Co. Inc, 1986.  
**Ponce, Pedro E.** "Eastern Medicine Collides with Western Regulations at Mass. Acupuncture School." The Chronicle of Higher Education, October 27, 1993, pg A32.  
**Saslow, Linda.** "Scores of Students Take Up Acupuncture at Center in Syosset." New York Times, November 6, 1994.  
**Warren, Dr. Frank Z.** Handbook of Medical Acupuncture. New York: Van Nostrand Reinhold Co., 1976.

4. "Circulatory" Theory: this states that Acupuncture has an effect on the body's circulation.

5. One of the most popular theories is the "Gate Control" Theory. This has to do with the brain's perception of pain.

There are many diseases that can be treated successfully by Acupuncture. The most common ailments currently being treated are: lower backache, neck pain, arthritis, headaches, allergies, and relief of muscles spasms. There have also been trials in the use of acupuncture in treating anxiety disorders and depression. Likewise, very high success rates have been found in treating addictions to alcohol, nicotine, and "hard" drugs.



Lisa Beth Freedman, M.D., is a Holistic Family Medical Doctor who practices in Huntingdon Valley and Villanova. She has been successfully utilizing acupuncture for over three years for good health, wellness, and the treatment of disease,. She also utilizes herbal supplements, nutrition, homeopathy, and natural bioidentical hormones in her practice. Contact her at [lfreedman@phillyfitmagazine.com](mailto:lfreedman@phillyfitmagazine.com).

# Institute of Health and Wellness

## FIRST LINE THERAPY

Programs of Nutrition, Exercise and Stress Management

We offer consultations for:

- . Chronic Fatigue
- . Irritable Bowel Syndrome
- . Fibromyalgia
- . Weight Management
- . Pre-diabetic or Type 2 diabetes
- . Any other chronic health disorders

We understand the importance of your wellness. We continuously commit ourselves to meeting and exceeding your expectations for superior patient care and service to help you achieve your wellness objectives. We offer a total healthcare experience that provides you with a dedicated and friendly staff, flexible and convenient hours, and the highest quality care available.



Dr. Joseph R. Schneider  
Chiropractic Neurologist  
and Nutritional Consultant



Dr. Clair Corcoran  
Chiropractic Physician  
and Nutritional Consultant



Initial Consultation  
**\$75.00**

Regularly \$150. Expires: 10/31/08

444 Baltimore Pike, Springfield, PA  
610-544-9800 | [www.docjoe.meta-ehealth.com](http://www.docjoe.meta-ehealth.com)