



BACK & BODY HEALTH

Acupuncture/Chinese Medicine is More Than Just Needles!

Have you ever had a pain or condition that nothing seems to help? Did you consider acupuncture but did not feel comfortable with the idea of using needles? Read on and find out how you can benefit from Chinese Medicine without the use of acupuncture needles!

You can benefit from Chinese Medicine without the use of acupuncture needles! Here's how:

Ear seeds

Ear diagnosis and therapy uses points on the ear to treat conditions in the body. After determining the areas that need to be addressed, small seeds are taped to certain spots on the ears. The seeds can be left in place for up to 10 days, giving a continuous treatment. Ear seeds are beneficial in treating a wide variety of conditions including quitting smoking, insomnia, digestive disorders, and pain.

Moxibustion

This therapy involves warming body points with a specific herb. It can treat swollen or painful joints from injury or from arthritis, and is an excellent way to boost the immune system and improve energy (especially in those dealing with cancer).

Cupping

In this therapy, a cup is warmed and then placed on certain areas of the body. The cup is either left in place or moved over a surface (such as the back). The 'sliding' is very comfortable and is similar to receiving a massage. This therapy is excellent for sore muscles. It is also used in treating certain respiratory conditions, especially when there is lots of phlegm production.

Chinese Herbs

Chinese herbs treat a wide variety of conditions from fatigue to gynecological issues. If you have a condition that just does not seem to be responding to regular treatment, try Chinese herbal medicine. The herbs used in this clinic meet the highest standards of manufacturing. They are given in capsule, pill or powder form making them easy to take. This clinic does not use any animal products in the herbal formulas.

Formulas are made specifically for each person to treat his/her condition. Chinese herbs have been used effectively for over one thousand years, so there is a huge amount of knowledge on how these herbs are combined to treat a variety of conditions.

All of the above modalities can be used alone or in combination.

For an appointment with Karen McInnis at Back & Body Health call 209.BACK (2225).

Karen McInnis is a Registered Acupuncturist and Practitioner of Traditional Chinese Medicine with advanced certification in Auricular Diagnosis & Treatment and Japanese & Chinese Moxibustion.