

Healing Axis

Integrative Energy Medicine

- Acupuncture
- Acupressure
- Chinese massage
- Sound Therapy
- Light therapy
- Herbal Therapy
- Lifestyle Counseling

Medicine for Body, Mind & Spirit

Acupuncture and Needleless Therapies Available

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What is acupuncture?

Acupuncture is a well developed, evolving health science which has been used for over 3000 years. It began in China and has spread throughout the world. Acupuncture theory evolved through the observation of nature and through clinical findings of countless practitioners through the ages sharing their knowledge and experience.

Acupuncture works with the body's own healing mechanisms. Part of this healing mechanism is a vital force in the body called "Qi" (pronounced "chee"). Many other cultures recognize this force using other names like prana, mana etc. This force or energy unites and communicates with all aspects of the body. It is the body's own inherent wisdom which adjusts our body, mind and spirit in response to change. Change is the one true constant in life. Change is brought about by outside forces in our environment and also as a natural expression of who and what we are and what we want to become. How all these forces combine and are integrated into ourselves determines our state of health and well being. Disease, literally "not being at ease" is a result of these energies being out of balance. Acupuncture helps to restore balance in the body.

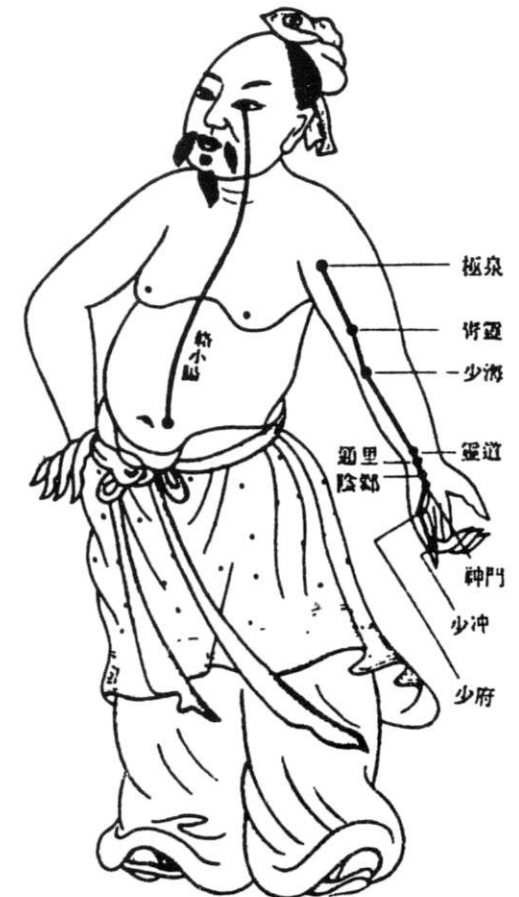
How Does Acupuncture Work?

Energy or Qi runs throughout the body in channels similar to rivers that course over the earth. This energy gathers on the skin at various locations which are the acupuncture points. Needles are placed on or into the skin at these points. The stimulation of various points produces local and distal effects within our bodies to restore balance and harmony. Acupuncture is used not only to treat disease

but also to prevent it, especially by reducing the effects of stress, so prevalent in today's modern world.

Is Acupuncture Safe?

Healing Axis uses only presterilized, single use needles assuring no transmission of disease and eliminating risk of infection.



How Does It Feel?

Acupuncture needles are made of fine gauge stainless steel. Upon insertion, some people feel

nothing at all and some feel a pinch. After insertion, most people feel nothing at all or the following: slight tingling, warmth, slight dull aching or heaviness. For those patients who are needle sensitive, Japanese acupuncture techniques can be employed in which there is no needle insertion or insertion is very superficial with very fine gauge needles. Most people find acupuncture to be calming and relaxing.

What is Treatment like?

Treatment begins with an interview and a physical examination. The physical examination consists of taking your pulse, looking at your tongue and palpation. Based on your signs and symptoms, your practitioner will come up with a diagnosis and a course of treatment. Treatment will include acupuncture and any of the following: teishin (tapping needle), moxibustion (burning of an herb called mugwort to warm and stimulate the flow of Qi), cupping, Tui Na (therapeutic massage), sonapuncture (tuning forks used on acupuncture points), exercises, dietary and lifestyle suggestions.

What Can I Expect After Treatment?

Everyone responds differently to treatments. The goal of your treatment is to bring the body back into harmony. The number of treatments needed depends upon the nature of the complaint, its severity and how long it has been going on. Generally, acute conditions are relieved in a much shorter time than chronic conditions. Your practitioner will suggest a course of treatments based on what is best for you. Your treatment is a cooperation between you and your practitioner. Healing Axis honors this relationship by emphasizing a personalized, caring and empowering form of healthcare.

What Can Acupuncture Treat?

While acupuncture has been used for thousands of years, it is only recently that the Western world has come to recognize the effectiveness of this medicine. The World Health Organization recognizes many conditions in which acupuncture has been useful for treatment and/or supportive therapy. Below is a partial list:

Respiratory

allergies
colds/flu
asthma
coughs
bronchitis
sinusitis
rhinitis
emphysema

Musculoskeletal

arthritis
carpal tunnel syndrome
sciatica
sprains/ strains
muscle cramps
tennis elbow
trauma
chronic and acute pain
TMJ
whiplash
bursitis
headaches and migraines

Neurological

neuralgia
facial palsy
stroke rehab
dizziness
paralysis

Emotional

anxiety
depression
mood swings
stress
insomnia

Gastro-intestinal

appetite disorders
diarrhea
constipation
food allergies
gas/ bloating
indigestion
peptic ulcer
hiccough
spasms

Urogenital

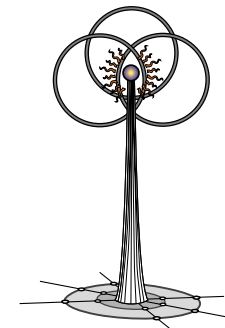
sexual dysfunction
stress incontinence
vaginitis
PMS
Urinary Tract Infections
infertility
herpes
irregular periods
painful periods
bedwetting

Mouth Disorders

toothache
gingivitis
pharyngitis

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Kevin Barr graduated from the Northwest Institute Of Acupuncture and Oriental Medicine in Seattle, Wa. earning a masters degree in Acupuncture. He has National Certification in Acupuncture.



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