



ACUPUNCTURE: HOW IT'S DONE

Acupuncture is an ancient healing art founded in China over 5,000 years ago. It was noted that soldiers would be relieved of their ailments when pierced with arrows in particular spots. The size of the wound did not matter, only the depth and location. Over the next 1,500 years, similar information was gathered to form the basis of what is known today as Traditional Chinese Medicine (TCM). TCM includes Acupuncture and Herbolgy as well as nutritional and lifestyle counseling.

Only recently has the technology been invented that is sophisticated enough to verify theories of Chinese Medicine. For example, TCM relates the eye to the condition of the Liver. Research shows that both the eye and the Liver are derived from the same stem cell. Another example of technological advancement confirming TCM theories is the verification of the meridians or energy lines. A radioactive isotope was injected into the opening point of a meridian and was tracked as traveling along a path which did not correspond to a physical structure such as bone, muscle or blood vessel but rather the energetic path of the meridian. When the isotope stopped moving, a needle was inserted into the injection site and stimulated. Then, it continued on the course of the meridian.

TCM sees human life as a balanced force within nature living in harmony with the environment. As the equilibrium becomes upset, the process of disease follows. Disease is not defined as a life-threatening illness; rather it is a state of dis-ease which can be perceived by subtlest manifestations such as weak fingernails, oily skin, headaches or just a general sense of not feeling well. During a visit to the TCM practitioner or Acupuncturist, information is gathered about a person's state of being by five methods: looking, feeling, asking, hearing and smelling.

By looking, we gather information about Overall appearance; texture and color of the skin and hair; behavior; the shape and coating of the tongue.

By feeling, we gather information about Depth and quality of the pulse; reaction to palpating (touching) the area of complaint or key diagnosis

By hearing, we gather information about the sound and quality of the voice, breath and cough.

By smelling, we gather information about both the patient's and practitioner's observations regarding breath, sweat, urine, etc.

Once information is gathered, there are a few fundamental means of diagnosis. The simplest theory is of Yin and Yang. Yin and Yang are opposite and balanced yet never separate. The dark (Yin) night is accompanied by the light (Yang) of the moon and stars. The TCM practitioner evaluates the equilibrium of Yin and Yang and assesses how to achieve harmony.

The concept of Yin and Yang is commonly illustrated by the symbol of the one moving into the other until, at its peak, each contains its opposite:

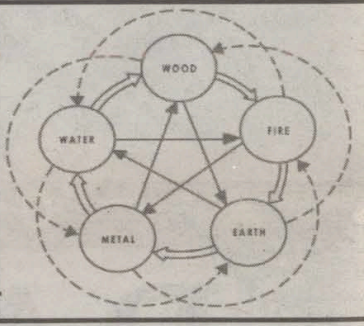
Yang is associated with Female, Cold, Earth, Chronic Disease, Diarrhea.

Yin is associated with Male, Hot, Heaven, Acute Disease, Constipation.

Qi (pronounced Chee) is a term that is frequently heard when discussing Acupuncture. Qi has many aspects. It is the energy that is in and around us. It has been likened to Oxygen. It gives organs, including blood vessels, their integrity and structure. It can be strengthened with clean food, water and air. It is depleted by poor diet and exercise habits as well as from external pathogens such as bacteria, fungus and viruses.

Another prominent system of diagnosis is that of the Five Elements:

Element:	Wood	Fire	Earth	Metal	Water
<i>Organs</i>	Liver; Gall Bladder	Heart; Small Intestine	Spleen; Stomach	Lung; Large Intestine	Kidney; Urinary Bladder
<i>Emotion</i>	Anger	Joy	Worry	Sadness	Fear
<i>Season</i>	Spring	Summer	Late Summer	Autumn	Winter
<i>Taste</i>	Sour	Bitter	Sweet	Pungent	Salty
<i>Sound</i>	Shouting	Laughing	Singing	Crying	Groaning
<i>Color</i>	Green	Red	Yellow	White	Black



Wood, Fire, Earth, Metal and Water. These five elements relate to each other as demonstrated in the chart.

The relation of the elements reveals the state of health. For example: black (color of the Water element) or dark circles under the eyes occur at times of stress (causing lack of, or poor, sleep). Stress taxes the adrenal glands, which are seated on the Kidney (organ of the Water element). To refine the diagnosis even further, observations determine whether the Yin or

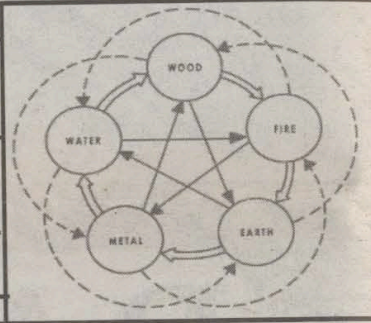
opening point of a meridian and was tracked along a path which did not correspond to a physical structure such as bone, muscle or blood vessel but rather the energetic path of the meridian. When the isotope stopped moving, a needle was inserted into the injection site and stimulated. Then, it continued on the course of the meridian. TCM sees human life as a balanced force within nature living in harmony with the environment. As the equilibrium becomes upset, the process of disease follows. Disease is not defined as a life-threatening illness; rather it is a state of dis-ease which can be perceived by subtlest manifestations such as weak fingernails, oily skin, headaches or just a general sense of not feeling well. During a visit to the TCM practitioner or Acupuncturist, information is gathered about a person's state of being by five methods: looking, feeling, asking, hearing and smelling.

By looking, we gather information about Overall appearance; texture and color of the skin and hair; behavior; the shape and coating of the tongue.

By feeling, we gather information about Depth and quality of the pulse; reaction to palpating (touching) the area of complaint or key diagnosis points.

By asking, we gather information about the main complaint and the general medical history of the patient.

Element:	Wood	Fire	Earth	Metal	Water
<i>Organs</i>	Liver; Gall Bladder	Heart; Small Intestine	Spleen; Stomach	Lung; Large Intestine	Kidney; Urinary Bladder
<i>Emotion</i>	Anger	Joy	Worry	Sadness	Fear
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TCM gives credence to the energetics as well as the physical aspects