

HOW ACUPUNCTURE WORKS

SIGNAL STIMULUS

The stimulus from acupuncture needling creates a cascade of signaling throughout the connective tissue (fascia) involving the blood, nerves and immune system.

ACUPUNCTURE NEEDLE INSERTION

- Stimulates a local and a centralized reaction.
- The local reaction involves Sensory Neurons in the skin being stimulated.
- The central reaction occurs when the signals reach the brain and spinal cord.

ACUPUNCTURE POINTS

Acupuncture points are located in areas with higher concentrations of:

- Superficial nerves
- Blood vessels
- Neuromuscular attachments – where vessels and nerves penetrate muscle fascia

CENTRAL EFFECT OF NEEDLING

Both the Central and Peripheral Nervous Systems are effected

NERVOUS SYSTEM

Central Nervous System	Peripheral Nervous System
Brain	Voluntary Muscles – movement
Spinal Cord	Nerves
HPA Axis (see below)	Smooth Muscle – lining of organs
	Stress/Emergency response

WHAT YOU REALLY NEED TO KNOW

1. Acupuncture needling promotes homeostasis and self-healing. In short, acupuncture stimulates the body to heal itself.
2. Acupuncture influences:
 - A. The Nervous System — muscles, nerves, internal organs
 - B. Cardiovascular System — blood flow, distribution of nutrients, hormones
 - C. Endocrine System — Hypothalamic-Pituitary-Adrenal axis regulation— major pathway for homeostatic regulation
 - D. Immune System — strengthens the immune function of the body

BENEFITS OF ACUPUNCTURE:

- Improved Sleep
- Improved Stress Response
- Less Pain
- More Energy
- Stabilized moods

ACUPUNCTURE CAN TREAT:

- Back/Shoulder
- Knee/Hip Pain
- Sciatica
- Insomnia
- Stress
- Anxiety/Depression
- Infertility – Male and Female
- Women's Health: menstrual cycle issues, menopause

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Sources: Biomedical Acupuncture for Pain Management. Yun-Tao Ma, Mila MA, Zang Hee Cho; The Dao of Chinese Medicine – Donald Kendall Langevin HM, Churchill DL, Wu J, Badger GJ, Yandow JA, Fox JR, Krag MH; Evidence of connective tissue involvement in acupuncture. FASEB J. 2002 Jun; 16(8):872-4.