

# 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.