

Is Western Medicine Incorporating Acupuncture into its System?

Western medical doctors have developed great interest in incorporating acupuncture, particularly as they have noticed its success in pain relief and in treating addiction, AIDS, and sports injuries.

How does Acupuncture Work?

As a system of medicine, Acupuncture uses natural laws and energy principles in applying needles, energy, and/or pressure to specific points on the body. Each point serves a specific function in regulating the free flow of vital energy for health and well-being.

Acupuncture opens and closes specific “gates” or points grouped along certain lines of energy flow called meridians, which go deep into the body. Disease, for example, is prevented or treated by stimulating or reducing the flow of vital energy or “chi” through specific points in the body. Vital energy is strengthened or sedated, monitored, and balanced to achieve the desired results.

Western doctors are discovering medications that can suppress or stimulate electrical pulses within the body, but they cannot regulate them as acupuncture does.

Oriental Diagnosis and Examination

Trained Oriental Medicine practitioners use a highly-developed system of corollaries to diagnose, treat, and test the immediate success of treatment

On your first visit, most acupuncturists will listen carefully to you in an extensive interview, which provides vital clues to an overall pattern of health or disease. The acupuncturist will feel the subtle variation in the pulses in the wrist to determine a wealth of information about how the body is functioning. The sound of the voice, the condition of the tongue, the smell, the overall appearance of face and skin, and emotion — all are important indicators of your condition. Particular patterns are discerned to determine which specific points on the body to use for treatment.

What You May Feel.

Acupuncture needles are gently placed at the specific gateways of the body. They may not be felt at all, or there may be a mild initial sensation as they enter the body, followed by tingling, numbness, ache or traveling warmth. Acupressure on these same points is often successfully used, especially with children.

What Can I Expect With Acupuncture?

Most people are surprised at the depth of relaxation and the intensity of energy which occurs, as well as the sense of well-being and healing which results from the rebalancing of energy. Often relief from symptoms is felt immediately, although relief may occur in the following days (or weeks), depending on the severity of symptoms. You will probably find yourself looking forward to acupuncture treatments, for the many benefits you receive from them.

Acupuncture has succeeded in many cases where other treatments have not, including people who have lived with a condition for years, believing that they just have to make do or thinking that the pain will “someday” go away.

Acupuncture accesses the source of life itself, helping you to optimize your health.

Payment. Insurance Coverage.

In cases of automobile accident injuries, all (PIP) auto insurance companies cover acupuncture treatments. Be sure to call your insurance carrier to verify coverage and for their recommendations of the benefits of Acupuncture. Please bring your insurance card for the first visit, and we will be happy to check your insurance benefits for you. For patients without insurance coverage, please call our office and one of our staff will gladly answer your questions. *(Note: Medicare does not currently cover acupuncture treatments.)*

Conditions Effectively Treated with Acupuncture:

NEUROLOGICAL

Pinched nerve • Headache • Migraine
Post-operation pain • Stroke residuals
Alzheimer’s disease • ADD/ADHD
Peripheral neuropathy

RESPIRATORY

Common cold • Tonsillitis • Bronchitis
Allergy (hay fever) • Asthma

EMOTIONAL

Stress • Insomnia • Depression
Anxiety • Nervousness

GYNECOLOGICAL

PMS, Menstrual pain • Menopause syndrome
Some Obstetric Disorders

VIRAL INFECTION

Herpes genitalia • Herpes zoster • Stomach flu



MUSCULO-SKELETAL, CIRCULATORY, ENDOCRINE SYSTEM

Traumas, Sprains, strains • Fibromyalgia
Multiple Sclerosis • Disc problems
Muscle cramping • Arthritis, Sciatica
Carpal tunnel syndrome

DIGESTIVE

Diverticulitis • Abdominal pain • Indigestion
Nausea • Hyperacidity • Chronic diarrhea

EYE, EAR, NOSE, DENTAL AND OTHERS

Poor vision, tired eyes • Tinnitus
Toothache • Post extraction pain
Chronic Sinusitis

Constipation • Celiac disease • IBS
Weight control • Heart rate, blood pressure
Stopping addictions • Food allergies
Skin rejuvenation

Acupuncture, a well developed, whole-healthcare system, is based on natural energy laws.

It is powerful medicine which aids in strengthening the immune system and serves to prevent disease, control pain, and increase both the ability to function and the quality of people's lives.

Dating back over 3,000 years as a primary health care system in China, acupuncture is now widespread in Asia, Europe, and in the United States.

What is the Function of Acupuncture?

While acupuncture's most noticeable effect is symptom relief, its impact is far greater than this. Acupuncture re-attunes the body to its energy source, as it works to strengthen and balance energy. It improves circulation and allows the



body to heal itself more quickly and completely. People who receive acupuncture may also experience new and profound states of peace, clarity and harmony, often of lasting impact.

Acupuncture is Effective.

Acupuncture is highly effective, not only as a preventive medicine, but also as a drug-free treatment for symptoms of illness or disease.

Studies indicate that acupuncture influences the central and the peripheral nervous systems. Evidence shows that it releases endorphins from the brain, making it particularly effective for pain control.

Acupuncture affects sugar, cholesterol, and the triglyceride levels in the blood, the functioning of the gastrointestinal system, and the activity of the endocrine system.

Dr. Qinghong Han, a Board Certified Acupuncture Physician, was born in Hubei, P.R. China. She began her medical training at the Hubei College of Traditional Medicine and went on to study integrated Chinese and Western medicine at Tongji Medical University in Wuhan. She completed her residency at the Dongshan Hospital in Yichang and in 1998 moved to Sarasota. She is a former professor of the East West College of Natural Medicine.



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Dr. Han has a private practice in Venice and Sarasota. She has a total of 22 years experience in Chinese and Western medicine. She treats a variety of disorders and practices all phases of family medicine, specializing in pain management and gynecological disorders. Dr. Han's practice offers acupuncture, LED Light Therapy, Chinese Herbs (*raw and patented*), supplements, affordable blood tests, facial acupuncture and massage.

She is active in the Gulf Coast Chinese Association, along with her husband and children.

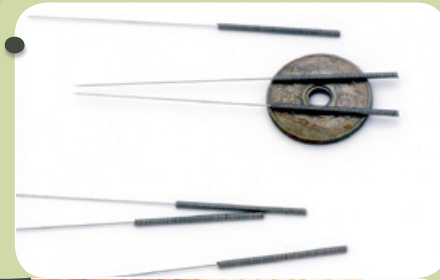
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