
How Acupuncture Works

Ancient Chinese Medicine

Acupuncture evolved as a form of medicine in China 2,500 years ago. According to ancient Chinese medicine, the body has more than 2,000 *Chi* points on the body. These *Chi* points are connected by meridians or pathways which are the pathways through which *Qi*, or life force, flows through the body. Acupuncture treatment calls for inserting thin needles at these *Chi* points throughout the body.

The stimulation of these *Chi* points corrects the imbalance of *Qi*, improves the flow of energy, relieves pain and improves general health.

Modern Interpretations

Modern western medicine has difficulty with the concept of *Qi*. Instead, the science of western medicine tells us that acupuncture improves health and relieves pain by visible, quantifiable means.

The inserting of thin needles at certain nerve nodes can have the benefit of speeding up the transmission of electromagnetic signals. It can stimulate the flow of pain-killing naturally-occurring medicine such as endorphins and trigger the release of natural opioids. Opioids are chemicals that the brain releases to lessen pain and promote sleep.

New research also suggests that acupuncture can change brain chemistry by promoting the release of neurotransmitters, and can stimulate the immune system.

The Toronto Acupuncture Clinic

ALBERT STIEN

Albert is a former NASA scientist with the Jet Propulsion Lab. After suffering a terrible car accident, he was crippled by back pain. When modern western medicine failed to help his pain, he traveled to the Xian Province in northern China to seek the help of the famed acupuncture practitioners of that region. His pain was transformed there, managed, and eventually dissipated by their learned practices. Inspired, mystified, and grateful, he renounced western science and worldly goods to learn the practice of acupuncture. Forced to flee China in the face of mounting political unrest, he relocated to Toronto and opened the Toronto Acupuncture Clinic.

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acupuncture for back pain.

8 out of 10 people will suffer from back pain at some point in their lives

research suggests chronic back pain may be treated using acupuncture

