

## About Acupuncture

### What is Acupuncture?

Acupuncture is part of Traditional Chinese Medicine (TCM). TCM is based on the concept of maintaining balance and harmony to keep ourselves in a state of good health. It focuses on the entire system, body, mind and spirit to restore balance. According to TCM our energy runs through channels in the body which run from the surface to deep inside, and connect with each other. Illness is the result of a blockage or problem with the flow of energy. Acupuncture points access these channels to affect the energy flow and organs of the body.

### How does Acupuncture refer to the organs of the body?

The organs regulate the correct functioning of the body, mind and spirit. TCM refers to the organs based on their functions in Chinese Medicine. For example, in Chinese Medicine, the Liver stores blood, ensures a smooth flow of energy around the body, regulates menstruation, opens to the eyes, manifests in the nails, and plays a vital role in social interaction, creativity and in ensuring we get a good nights sleep.

Each organ based on its function will then have a corresponding group of symptoms that indicate a potential imbalance with that organ. A patient reporting problems with vision, in particular, floaters in front of the eyes, may indicate a Liver imbalance in Chinese Medicine. However all patients will be viewed as a whole and will be diagnosed based on the organs and channels affected.

### What is Qi?

Qi (pronounced &ldquo;chee&rdquo;) is the concept which underpins all of Chinese Medicine. It can be translated as &ldquo;vital energy&rdquo;. Qi runs through the channels of the body in different forms and is accessed via acupuncture points. When being treated Qi will be experienced as a pulling, warming, tingling sensation when the needles are manipulated after insertion. It is a pleasant but unusual sensation.

### Acupuncture and its History

Acupuncture has evolved over 3000 years and the Chinese approach to understanding the body is unique. By analysing nature and natural processes the ancient Chinese were able to deduce key patterns and principles which occurred in all things and could be used to understand and influence the factors causing disease.

In this way acupuncture has evolved as a natural process of healing which works with the body's own ability to heal itself, speeding that process up to restore balance. It focuses on improving the overall well being of the patient, rather than the isolated treatment of a specific symptom. The principle aim of acupuncture in treating the whole person is to recover the equilibrium between the physical, emotional and spiritual aspects of the individual.

For more information about our Acupuncture Practitioner please [click here](#).