



# Acupuncture

Acupuncture is one of the great inventions by the Chinese. It is the medicine of the motherland and is an important component to maintain health. Acupuncture, Moxibustion therapies, needling techniques, and some supplementary methods such as cupping method are methods to prevent and treat many diseases. Acupuncture is one method to prevent and treat many diseases. Acupuncture is the method of applying needles into certain Acu-points on the human body. These techniques balance the Qi and permit blood flow in the meridians, which has the effect to equilibrate yin and yang inside the body.

Moxibustion is to warm and heat the skin's surface at certain Acu-points by igniting the moxi punk, so as to achieve the warming and dredging of the meridians and the harmonizing of Qi and promoting blood circulation. Acupuncture and Moxibustion are based upon the theories of Zang-Fu organs and of the body meridians. What are the meridians? The meridians and collaterals are the pathways that carry Qi, blood, and fluid around the body and are the communication lines between all parts of the organism. The Zang-Fu organs, apertures, skin and hair, tendons and muscles, bones and other tissues in the human body rely on the communication through the meridians, which form the collaterals. The meridians are the main trunks in the meridian system and run deeply inside the body with clearly defined pathways. The collaterals are the branches of the meridians. The meridians include the twelve regular meridians and eight extraordinary Meridians, which are main subjects in the therapies of acupuncture, Moxibustion massage and Qi gong "arrival of Qi". Acupuncture therapy is just one manifestation of the meridian Qi. Generally, the meridians and collaterals are the pathways to link the various parts of the Human body.

Acupuncture treatment and function:

1. Dredge of the meridian.
2. Support healthy Qi to eliminate pathogens.
3. Harmonizing yin and yan.

Acupuncture treatment and principle:

1. Spirit treatment guard Qi.
2. Heat-clearing warming to cold.
3. Replenishing the deficient blood flow and purging the excessive blockage.



Acupuncture treatment can dredge the meridians, circulate Qi and activate blood in the meridians system; linking all parts of the human body, and influence all parts of the internal organs.

If the meridians are obstructed there will be diseases and pain, by addressing the cause we can eliminate the pain. Acupuncture can treat pain selectively.

#### Ear Acupuncture:

The ear is a reflection of our body and by using fine needles and ear seeds on ear points we can balance and treat various conditions. When the disorders occur in the internal organs or other parts of the body various reactions may appear at the corresponding areas of the auricle, such as tenderness, decreased coetaneous, electric resistance, morphological changes, and discoloration. The stimulation of the sensitive areas allows us to prevent and treat the diseases.

#### Cosmetic Acupuncture:

Cosmetic Acupuncture or an acupuncture facelift without any surgical procedure can help rejuvenate and revitalize your whole body.

It will improve blood and energy circulation, nourish your skin and increase collagen production to diminish appearance of fine lines, wrinkles, sagging and dull skin.

Increasing scientific evidence demonstrating effectiveness and safety, acupuncture has become more recognized and widespread than ever!

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