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Is Acupuncture Right for  
You?: What It Is, Why It  
Works ...

Simply stated,  
acupuncture is a health  
science, which is used to  
successfully treat both  
pain and dysfunction in  
the body. Authorities  
agree the science is  
between 5,000 and 7,000  
years old.

Acupuncture: Is It Right

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Right For You? — The Prather  
Practice

A concise and easy-to-  
understand introduction  
to the principles, process,  
and benefits of

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the principles of

traditional Chinese  
medicine that underlie  
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diagnosis and treatment  
through numerous case

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histories • Details how  
to find a good  
practitioner Is  
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Acupuncture is  
recognized as safe and  
beneficial for many  
conditions, but it ' s not  
a cure-all for everything

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— you should still be taking your medications. But while it may not eliminate your ...

Acupuncture: How It Works, Benefits, and Results for Pain

Is Acupuncture Right for You?: What It Is, Why It Works, and How It Can Help You eBook:

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Traditional acupuncture is the ancient Chinese practice of inserting needles into the body at about 400 different points. This is said to restore the flow of the body ' s “ qi ” (pronounced chee) or...



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acupuncture is right for  
me?

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What It Is Why It

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You?: What It Is, Why It

Works ...

Acupuncture is a form of

treatment that involves

inserting very thin

needles through a

person ' s skin at specific

points on the body, to

various depths. Research

suggests that it can help

relieve...

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Acupuncture: How it works, uses, benefits, and risks

Currently, NICE only recommends considering acupuncture as a treatment option for:

chronic tension-type headaches. migraines.

Acupuncture is also often used to treat other musculoskeletal conditions (of the bones

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and muscles) and pain conditions, including: chronic pain, such as neck pain. joint pain.

## Acupuncture - NHS

The aim is to direct the flow of qi to trigger your body 's healing

response and to restore physical, emotional and mental equilibrium.

Treatment is designed to affect your whole being

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as well as your symptoms so, as the condition being treated improves, you may notice other health problems resolve and an increased feeling of wellbeing.

How does acupuncture work?

Acupuncture is one of those therapies that many experts say can complement

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conventional medicine.

## ANCIENT ROOTS .

Acupuncture is an alternative medicine that originated in China about 3,000 years ago.

Acupuncture 101: Is it right for you? - WXYZ

A concise and easy-to-understand introduction to the principles, process, and benefits of acupuncture • Explains

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the principles of  
traditional Chinese  
medicine that underlie  
acupuncture • Describes  
the methods of diagnosis  
and treatment through  
numerous case histories  
• Details how to find a  
good practitioner  
Acupuncture Right for  
You? is regarded by  
many practitioners as the  
most ...

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Is Acupuncture Right for  
You?: What It Is, Why It  
Works ...

Acupuncture involves  
the insertion of very thin  
needles through your  
skin at strategic points on  
your body. A key  
component of traditional  
Chinese medicine,  
acupuncture is most  
commonly used to treat  
pain. Increasingly, it is  
being used for overall



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wellness, including stress management. Traditional Chinese medicine explains acupuncture as a technique for balancing the flow of energy or life force — known as chi or qi (chee) — believed to flow through pathways (meridians) in your body.

Acupuncture - Mayo  
Clinic

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As you can imagine, acupuncture isn't yet well-known in Oklahoma. A lot of people have never heard of it, so let's answer a few questions I get asked frequently. What is acupuncture? This is a question people ask me all the time, right after "does it hurt?" First of all, acupuncture is awesome. Why?

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Is Acupuncture Right for  
You: What it is, Why it  
Works ...

If you suffer from  
frequent and severe  
bloating, gassiness, and  
stomach pain, you may  
have IBS. If your doctor  
diagnoses you with IBS,  
you may benefit from  
acupuncture.

Acupuncture is not a  
cure for the disorder, but  
it is proven to reduce the

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side-effects and symptoms. IBS patients who receive acupuncture treatment feel more relaxed and comfortable.

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## Acupuncture Is Beneficial For Health, But Is It Right For You?

Acupuncture is very safe when administered by a practitioner who is licensed and properly trained. The needles are

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sterile and disposable,  
and there are no drugs  
involved to produce  
unwanted side effects.

However, certain people  
shouldn't have this  
kind of treatment. You  
should avoid  
acupuncture if you have:

How to Know If  
Acupuncture Is Right for  
You | CareDash  
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RIGHT FOR YOU? is

regarded by many practitioners as the most concise and useful book to introduce prospective patients to the principles, processes and benefits of acupuncture. One of the oldest healing therapies known, acupuncture has now become a popular and recognised alternative to Western medicine, particularly for

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the treatment of  
chronically painful  
conditions.  
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