

What is Acupuncture?

Acupuncture is one of the oldest arts of healing known to mankind. It is a branch of Chinese medicine which originated in China as long as 10,000 years ago. It is a method of diagnosing, preventing, and treating many common diseases by inserting hair-thin solid needles into the surface layers of the body. The needles are accurately placed at specific locations, hence the name "acu-puncture". These locations are called acupuncture points. Acupuncture point locations and needle insertion methods are based on the imbalance or disease being treated, the patient's constitution, the specific local anatomy, and other factors.

Classical acupuncture involves the insertion and manipulation of filiform acupuncture needles lightly through the skin to specific points on the body for the purpose of regulating life-force energy called "Qi" (in Chinese) or "Ki" (in Japanese). These terms are pronounced "Chee" or "Kee". Will will use the more common term Qi. The regulation of Qi balances and restores the health of the body and mind, and produces lasting therapeutic results. Points may be stimulated manually in basic or very subtle ways, or electrically by placing an electrode on top of the needle. Heat or other types of stimulation, including massage, may also be used to stimulate the points. After the acupuncture needles are inserted, they can be stimulated and withdrawn (which is the case in some styles of Japanese-style acupuncture), or retained for various lengths of time usually between twenty and forty minutes, with or without stimulation. Chinese style acupuncture usually retains the needles. They type of stimulation, the depth of needling the point, and the duration of needle-retention depend on the style(s) of acupuncture being used and the condition of the patient.

Patients generally describe an acupuncture treatment as a deeply relaxing, rejuvenating, and peaceful experience. Most patients find little to no discomfort on the insertion of the acupuncture needles, and often fall asleep for the duration of the needle-retention time. When there is any discomfort on insertion, it is generally perceived as a small pricking sensation, which goes away in just a few seconds. This discomfort occurs mostly in patients who are very apprehensive about needles. So, as patients gain experience with acupuncture and realize it doesn't hurt if they don't tense up, they have a very pleasant, relaxing experience.

At ASOMNE, we practice both Five-Element and Eight-Principle styles of acupuncture. Sensei LoPriore practices several styles of Chinese, Japanese and Korean acupuncture. This clinical integration is offered by less than 1% of the acupuncturists in the world. Eight Principle style is exceptionally effective at helping restore balance and alleviate pain in the physical body. Five Element style is capable of reaching patients at the depths of their mind, emotions, and spirit, by treating their innate and acquired constitution. In this way we can restore a patient's connection to their authentic nature, helping them drop very old sublimated emotional material. It is this toxic stagnation, stored in the body by the mind, which prohibits patients from truly releasing the habits which caused their manifest disease in the first place. Therefore, the use of both Eight Principle and Five Elemental Constitutional thinking in the formation of acupuncture point treatment prescriptions, is the most comprehensive way to treat the whole person, and cultivate lasting holistic health.