

Acupuncture and Chinese Medicine at Clifton Chiropractic Clinic

Chinese Medicine is the oldest, continually practised, professional and literate medicine in the world. The written literature of this medical system stretches back 2500 years. Currently, one quarter of the world's population makes use of it; therefore one can say that modern Western medicine and Traditional Chinese Medicine (TCM) are the two dominant medical systems in the world today.

The basis of Chinese Medicine is the re-establishment of balance and harmony within the body. This balance is re-established by supporting the body's healthy energy and attacking any unhealthy energy.

The main professionally applied methods of re-establishing balance are Chinese herbal medicine and acupuncture. Chinese herbal medicine may be prescribed for internal use or applied externally. Acupuncture seeks to regulate the flow of Qi, or natural healing energy, and blood within the body. In addition, Chinese medical practitioners may use Chinese massage and prescribe some remedial or preventive exercises, and they frequently counsel their patients on diet and lifestyle.

What is acupuncture?

Acupuncture is the gentle insertion of a hair-fine needle into specific points on the body called acupoints to stimulate the flow of Qi. It has been practised in China for thousands of years. In essence, acupuncture therapy aims at the improvement of the overall wellbeing of the patient rather than the isolated treatment of specific symptoms. Sometimes, instead of inserting a needle into an acupoint, a TCM doctor or an acupuncturist may choose to apply heat to the point, or stimulate it with very low voltage electricity (no more than is generated by a flashlight battery). These techniques are called Moxibustion and Electro-Stimulation. They can be regarded as variations of acupuncture and may be used to further stimulate the natural healing power of the body.

Is acupuncture safe?

Acupuncture needles used in the UK are all sterile and disposable. They come in sterile packets, are used once, and then disposed of. Acupuncture treatment is drug-free, and avoids side effects and dependency. However, you should always give information about all pre-existing conditions, the names of all medications you are taking, whether you are or could be pregnant, and if you have a cardiac pacemaker or cosmetic implants. The TCM doctor will then be able to evaluate your specific situation to ensure the best results for your treatment.

Does acupuncture hurt?

We hardly notice when a mosquito bites us. This is because mosquitoes have a very thin sucking tube. Similarly, an acupuncture needle is very thin and it can hardly be felt when the needle is inserted into the acupoints. It takes ten to fifteen acupuncture needles to fit into one conventional hypodermic needle. In addition, an experienced TCM doctor can attain a high level of skill in gently inserting these tiny needles into the skin with minimum discomfort to patients.

*For more information please call us on **0117 974 4217***

Can acupuncture be effective when other treatments have failed?

Absolutely! Each medical system has its own areas of greatest effectiveness. Acupuncture excels in those areas in which conventional Western medicine comes up short. For example the treatment of chronic diseases, pain control, and the treatment of stress-related disorders are three areas in which acupuncture is most effective.

How many treatments will be needed?

This depends on the duration, severity and nature of the complaint. You may need only a single treatment for an acute condition. A series of 5-10 treatments may resolve many chronic problems. Some degenerative conditions may require multiple treatments, dietary modifications, specific exercise regimes, relaxation techniques, self-massage, perhaps in combination with Chinese herbal medicines, all of which may help to increase the effectiveness of acupuncture.

According to the clinical studies conducted by the World Health Organisation, conditions successfully treated with TCM include:

Neurological Disorders

Headache
Migraines
Insomnia
Post-operative pain
Trigeminal neuralgia
Intercostal neuralgia
Dizziness
Tinnitus
Stroke residuals, post stroke paralysis
Parkinson's disease
Bladder dysfunction
Nerve paralysis

Musculo-skeletal Disorders

Muscle pain and weakness
TMJ
Carpal tunnel syndrome
Tennis elbow
Frozen shoulder
Sciatica
Backache or pain
Muscle cramping
Arthritis
Disc problems

Gastrointestinal Disorders

Abdominal pain
Food allergies
Nausea
Hyperacidity
Colitis
Ulcers
Chronic diarrhoea
Indigestion
Constipation

Eye, Dental, and Ear Nose and Throat Disorders

Poor vision, central retinitis
Cataract (without complication)
Tinnitus, nervous deafness
Toothache
Earache
Sinusitis
Laryngitis
Post extraction pain
Gum problems

Dermatological Disorders

Eczema
Psoriasis
Dermatitis
Acne
Other skin diseases

Respiratory Disorders

Sinusitis
Common cold & 'Flu
Tonsillitis
Bronchitis
Allergies
Emphysema
Asthma

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Circulatory Disorders

Hypertension
High cholesterol
Arteriosclerosis
Angina pectoris

Gynaecological Disorders

Menstrual irregularities
Endometriosis
Infertility
PMS, cramps
Menopausal symptoms

Obstetric Disorders and Pregnancy Related Complaints

Foetal malposition, Breech Baby
Morning sickness
Oedema
Fatigue

Urogenital Disorders

Cystitis
Stress incontinence
Neurogenic bladder
Prostatitis
Prostatic hypertrophy
Sexual dysfunctions

Psychoemotional and Neuropsychiatric Disorders

Insomnia
Depression
Anxiety
Nervousness
Neurosis
Drug addiction
Attention deficit hyperactive disorder

Other Benefits

Increased vitality and energy
Stress reduction and deep relaxation
Skin rejuvenation
Weight control
Stop smoking, alcohol, or drug addictions, and other drug withdrawal
Pain control
Immune system tonification
Regulated blood pressure
Supportive therapy for many other chronic and debilitating disorders, such as systemic disorders (Multiple sclerosis, Arthritis, Lupus, HIV/AIDS, Chronic Fatigue, Endocrines disorders, Autoimmune disorders.)
Preventive medicine (enhance immune function, strengthen organs, improve athletic performance)