



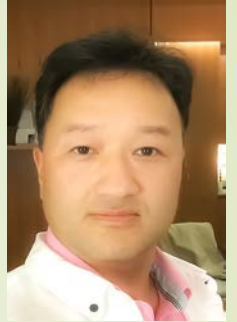
# Acupuncture for Well Being



**“There is sufficient evidence of acupuncture’s value to expand its use into conventional medicine.”**

**- National Institute of Health, 1997 Consensus on Acupuncture**

# About Me...HoYong Lim



- Retired US Army Major
- Acupuncture and Oriental Medicine; Bastyr University, Seattle, WA
- Washington State Licensed Acupuncturist (LAc)
- National Acupuncture Certification (Dipl. O.M. NCCAOM)  
National Certification Commission for Acupuncture and Oriental Medicine
- Practices in CHI Franciscan St. Francis and St. Anthony hospitals (Federal Way and Gig Harbor)

# Acupuncture

- Improves quality of life
- Lowers healthcare costs

## ➤ Agenda

- History
- Types of Acupuncture
- Physiological Effects
- Benefits of Acupuncture
- Conclusion
- References



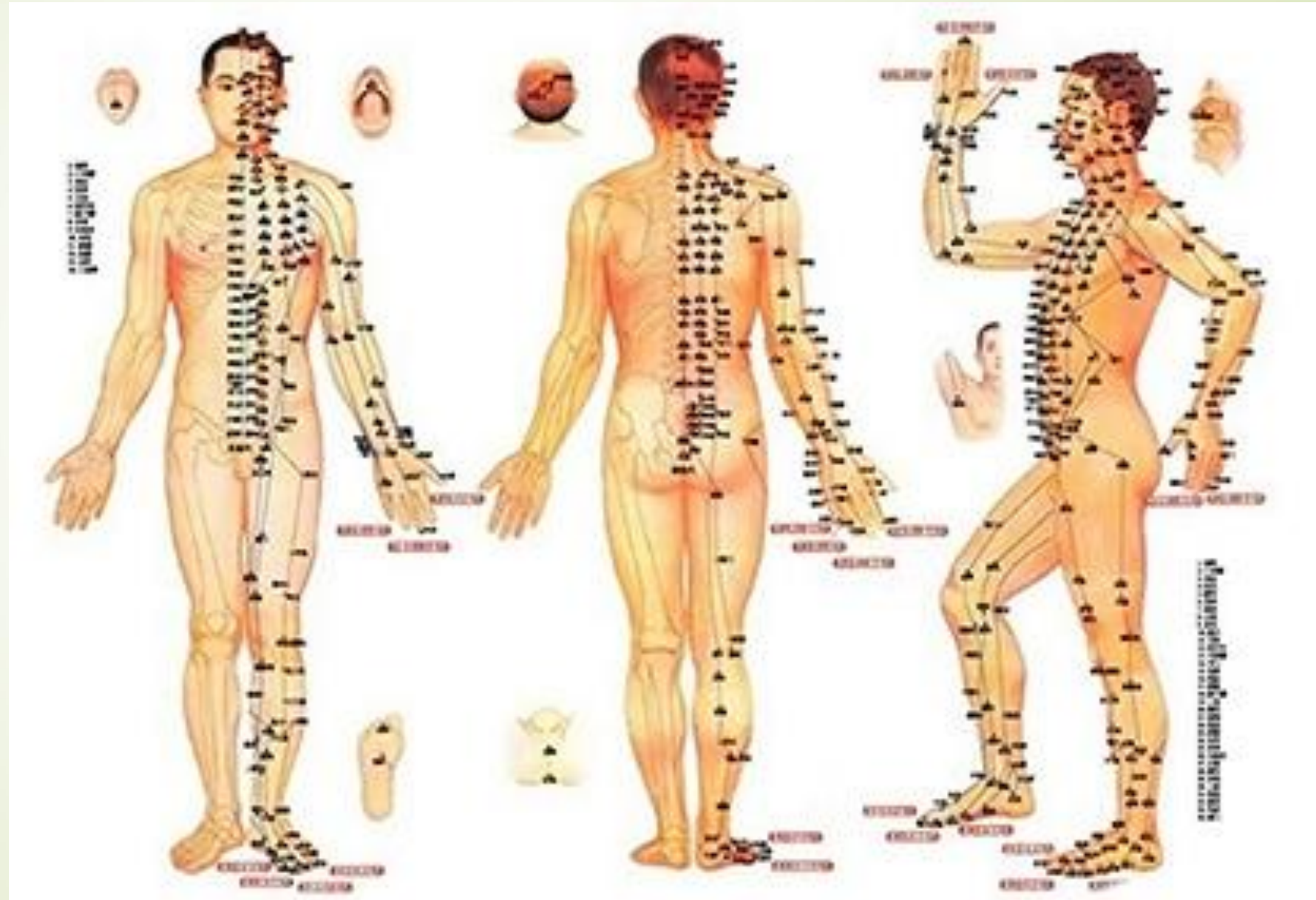
# History of Acupuncture



- Employed as health care modality for over thousands of years
- Based on the theory of flow of energy called Qi or Chi (chee)
  - life force
    - Flows through and around the body along pathways called meridians
    - Qi must be able to flow freely throughout the body in order for a person to maintain overall health
    - Illness occurs because of derangement of this circulation of Qi
- Traditional Chinese medical technique for unblocking Qi

# Meridians/Channels

- 14 Total
  - 6 Yin
  - 6 Yang
  - 2 (Front & Back)

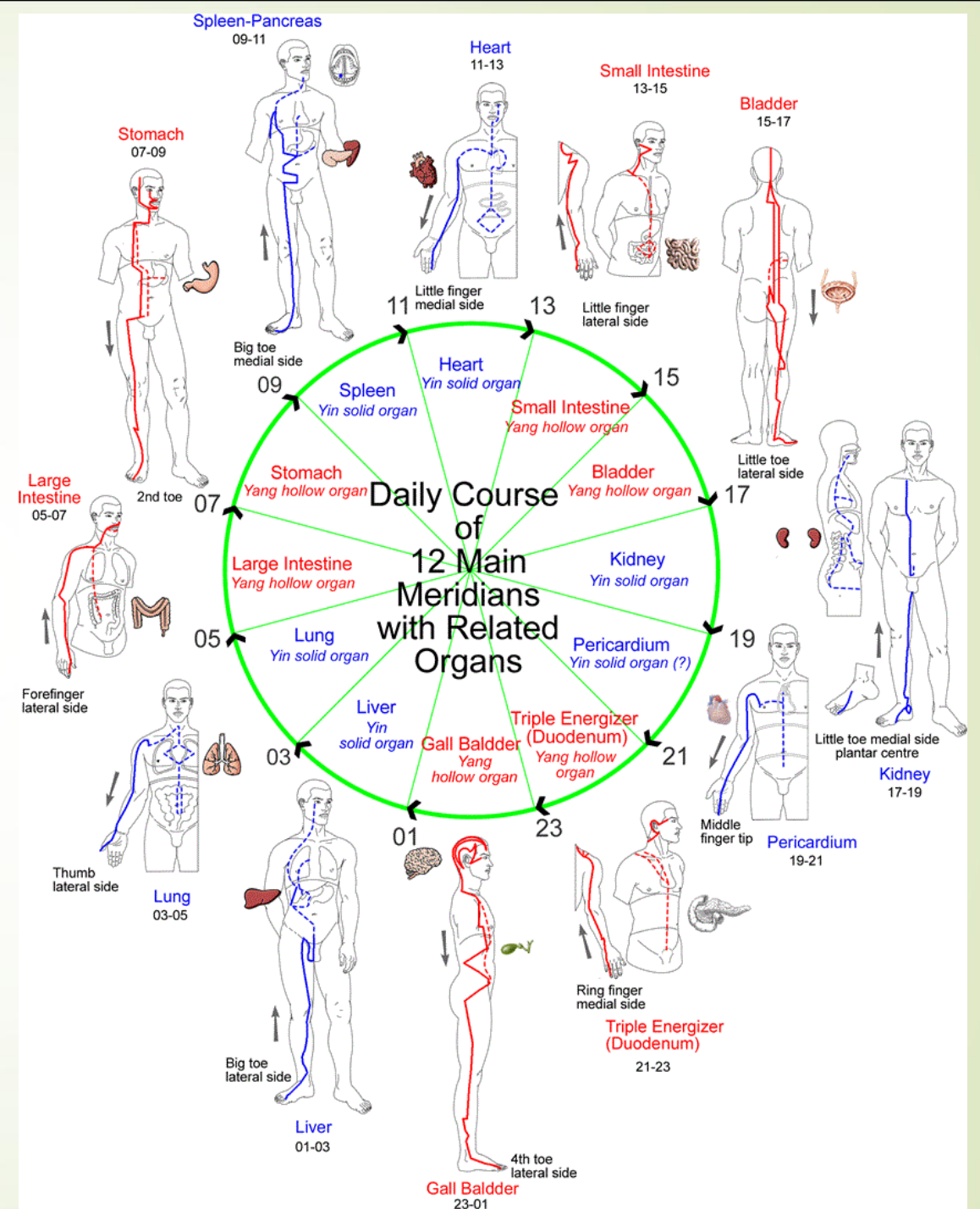




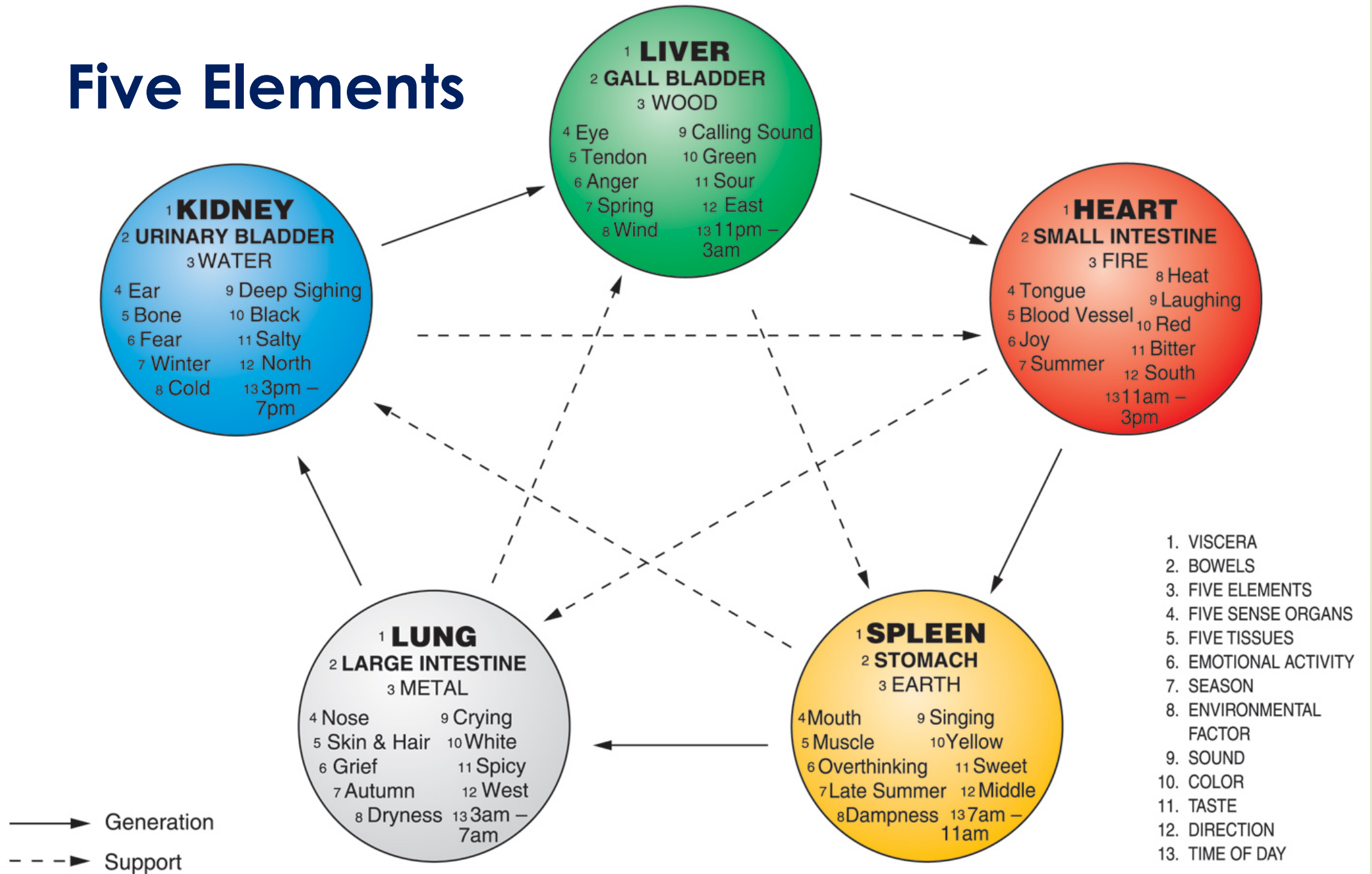
# Meridians

## Meridians connected to organs

- Lung (3 – 5am)
- Large Intestine (5 – 7am)
- Stomach (7 – 9am)
- Spleen (9 – 11am)
- Heart (11am – 1pm)
- Small Intestine (1 – 3pm)
- Urinary Bladder (3 – 5pm)
- Kidney (5 – 7pm)
- Pericardium (7 – 9pm)
- San jiao (9 – 11pm)
- Gall Bladder (11pm – 1am)
- Liver (1am – 3am)

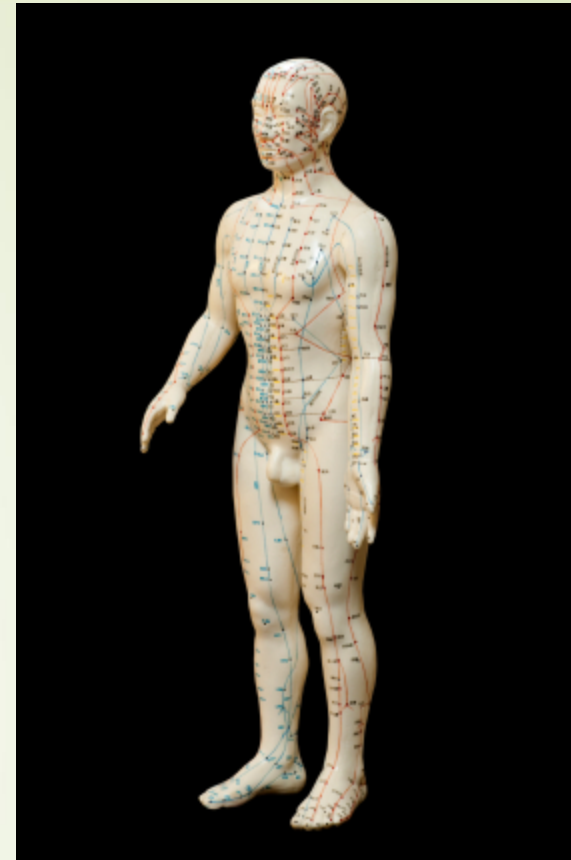


# Five Elements



# History of Acupuncture Cont'd

- Inserting needles at specific acupuncture points along energy channels the energy can be unblocked or stimulated to affect on a particular parts of the body or symptom
- Acupuncture is the insertion of needles in specific points on the body to move/unblock Qi
- Redirects and normalizes the flow of energy and bring the patient back to health





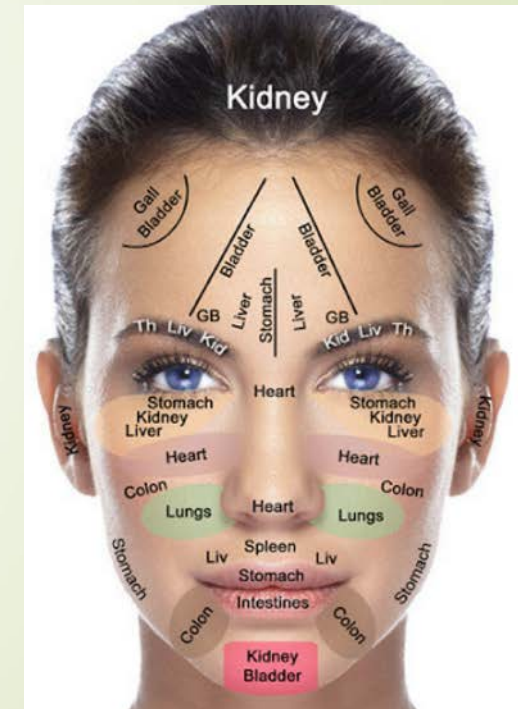
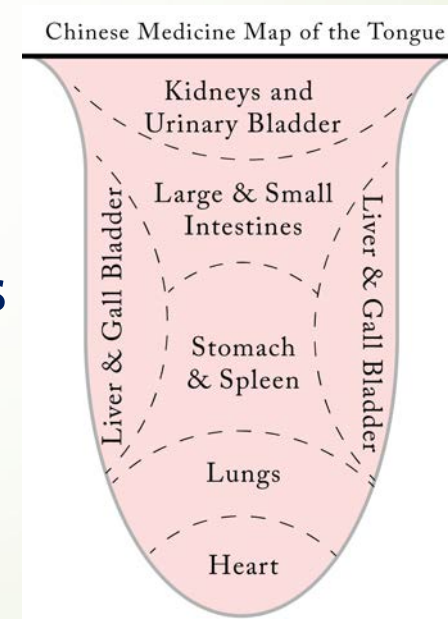
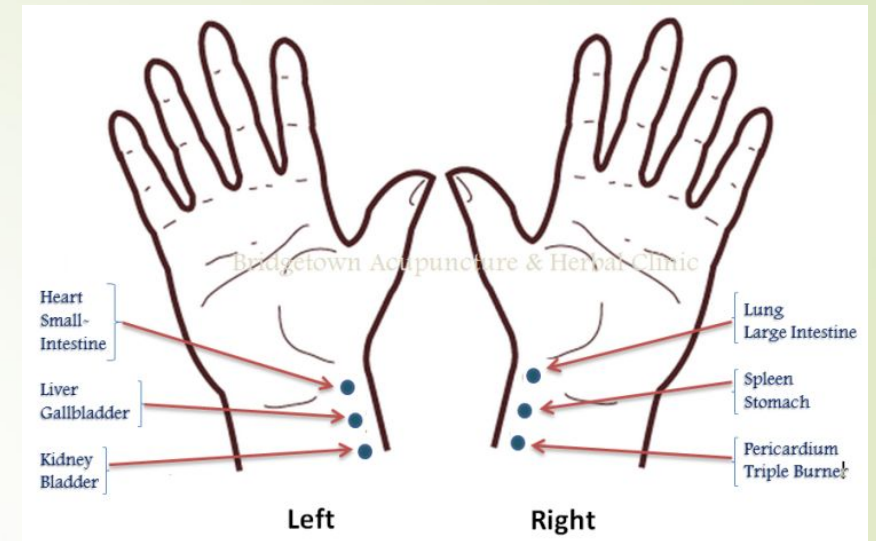
# Diagnosis / Treatment

## ➤ Diagnosis

➤ Pulse, Tongue, Face and Whole Body

## ➤ Treatment

- Needles inserted based on diagnosis
- Key acupuncture points along the meridians
- Needle retention; 20 – 30 minutes





# Treatment Plan/Phase

## ➤ Relief

- Obvious Symptoms and signs
- Frequent visits to promote quick recovery

## ➤ Corrective

- Symptoms and signs disappear
- Less frequent visits to feel better

## ➤ Maintenance & Wellness

- “Tune-ups” help maintain health & vitality

# Types of Acupuncture

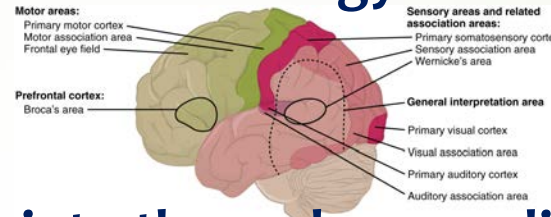
## ➤ Conventional Acupuncture

- Inserting needles directly on to acupuncture points along energy channels
- Needles unblock or stimulate the energy to affect on a particular parts of the body or symptom



## ➤ Scalp

- Needles inserted directly into the scalp according to a map of brain functions (i.e. Motor and Speech areas)
- Needles alter blood and hormone levels that effect brain activity and blood flow to portions of the brain related to other body parts damaged from Stroke



## ➤ Electro-acupuncture

- Relief for chronic symptoms and prevents accommodation
- Used for neurological deficits such as cerebral vascular accident



# Physiological Effects of Acupuncture

- **Neurotransmitter Theory** – Affects higher brain areas, stimulating the release of neurotransmitters which influences the immune system
- **Autonomic Nervous System Theory** – Stimulates the release of norepinephrine, acetylcholine and several type of opioids that reduce pain
- **Gate Control Theory** – Activates non-nociceptive receptors that inhibit the transmission of nociceptive signals; gating out painful stimuli
- **Vascular-Interstitial Theory** – Manipulates the electrical system of the body which facilitates healing
- **Blood Chemical Theory** – Affects the blood concentration of triglycerides, cholesterol, and phospholipids thereby regulating the body toward homeostasis

# Acupuncture is recognized by the NIH and the WHO to be effective in the treatment of:

- Addiction
- Anxiety
- Arthritis
- Asthma
- Carpal Tunnel Syndrome
- Chronic Fatigue
- Common Cold
- Constipation
- Dental Pain
- Depression
- Digestive Trouble
- Emotional Problems
- Facial Paralysis
- Fertility
- Fibromyalgia
- Headache
- Incontinence
- Indigestion
- IBS
- LBP
- Menopause
- Menstrual Irregularities
- Migraine
- Nausea, Morning Sickness
- Osteoarthritis
- Pain
- PMS
- Sciatica
- Shoulder pain
- Sleep disturbance
- Sore Throat
- Stress
- Tennis Elbow
- Trigeminal Neuralgia
- UTI
- Wrist Pain



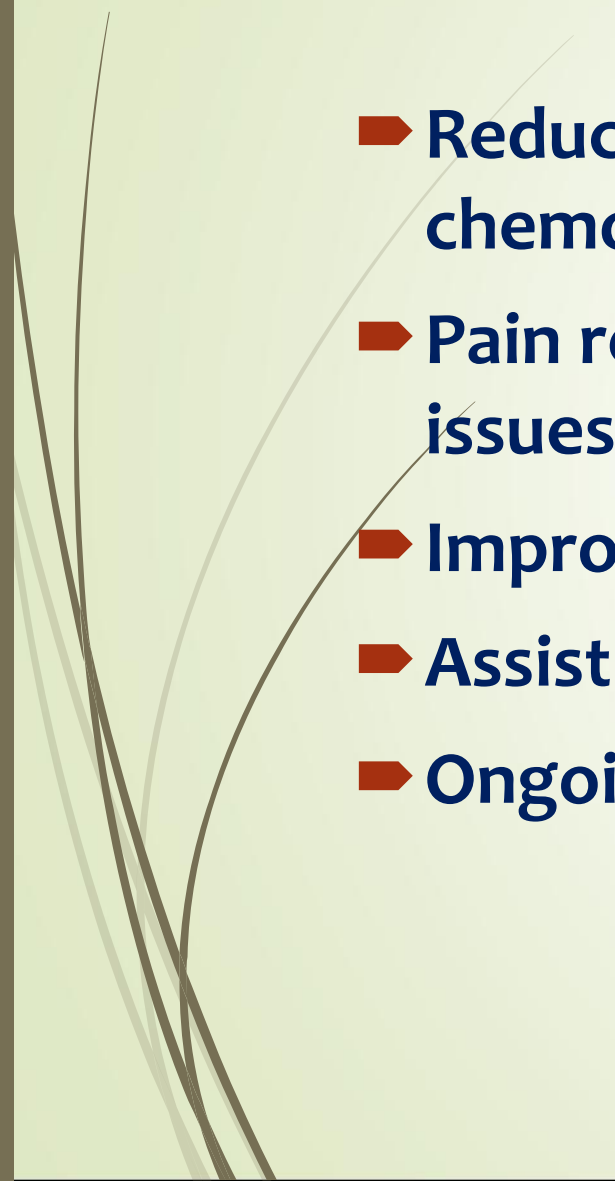


# Benefits of Acupuncture

- Overall Well Being...reduce stress, balance hormones, and ease anxiety
- Improves recovery from Chemotherapy...less pain from treatments, decreased negative side effects such as nausea
- Analgesic effects
- Reduce headaches and migraines
- Improves Chronic pain...including the neck, shoulder, back and knee
- Treats insomnia with no side effects
- Pregnancy, labor and postpartum health



# How Acupuncture Helps with Cancer Care

- Reduced nausea, vomiting and fatigue associated with chemotherapy
  - Pain relief from neuropathy, incisions, tumors or chronic issues
  - Improved digestion
  - Assist in stress management
  - Ongoing physical, mental and emotional support
- 

# Conclusion

- It is safe, effective, and natural approach to help regain and maintain health and well being
- Department of Health and Human Services states that, “... promising results have emerged showing efficacy of acupuncture in adult postoperative and chemotherapy nausea and vomiting, and in postoperative dental pain. There are other situations such as addiction, stroke rehabilitation, headache, menstrual cramps, tennis elbow, fibromyalgia, myofascial pain, osteoarthritis, low back pain, carpal tunnel syndrome, and asthma, in which acupuncture may be useful as an adjunct treatment.”



# Wellness

- Exercise & Stretching
  - Balanced Diet
  - Herbal Care
  - Sleep
  - Manage Stress
  - Enjoy Life!!!!!!
- 



# Questions?

Thank you.....



**MH Wellness & Acupuncture Studio**

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