

# Acupuncture

What is Acupuncture?

Acupuncture is an holistic system of medicine which provides both health care and management of disease. It recognises the enormous potential of the body to heal, repair and rebalance itself.

Acupuncture originated in ancient China and is now used all over the world as its benefits become more well known. One of the fundamental concepts of Traditional Chinese Medicine is that of Qi. This is the life force which flows through and around the body.

Illness and disease (Patterns of Disharmony) arise because Qi is not flowing correctly. There can be too much or too little. Sometimes Qi can become stuck or flow in the wrong direction.

Acupuncture can correct the flow of Qi and stimulate the body's own healing process. This is achieved by inserting very fine needles into specific points on the body. Often lifestyle advice will also be given.

All symptoms and behaviour can be explained using Traditional Chinese Medicine theories. No symptom is dismissed as not being relevant to the condition the person is in. The whole person is looked at - every symptom, every feeling, every expression - in order to determine the Patterns of Disharmony.

Stephen Hunter