

# Why Acupuncture Can Effectively Relieve Pain

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For millions of people who live with pain all the time today, Acupuncture is no longer an exotic curiosity. Acupuncture has been increasingly accepted in many countries and provides excellent alternative treatment for acute or chronic pain in the muscles, ligaments, tendons and joints.

The great mystery that faces Acupuncture is why it works and how Acupuncture works?

In the 1970s, modern research appeared in Western medical literature suggesting that Acupuncture reduces the sensation of pain through direct stimulation of the nerve, which changes the quality of signalling along nerve cells. Further studies support this idea that Acupuncture directly stimulates the release of endorphins. Endorphins are our body's natural pain killers. They are 1000 times stronger than morphine. In addition, medical scientists further state the "Gate Control" Theory. According to this theory, pain signals must pass through a number of high-traffic "gates" as they move from the area of injury upward through the spinal cord into the brain. Like a road or highway, these nerves can handle only a limited number of nerve signals at one time. Acupuncture generates competing stimulus and effectively interrupts the neurotransmission of the pain signals from reaching the brain. The result: we never "experience the pain".

Chinese Medicine is based on an ancient philosophy that describes the universe, and the body, in terms of two opposing forces: yin and yang. When these forces are in balance, the body is healthy. Energy, called "qi" flows along specific pathways, called meridians, throughout the body. This constant flow of energy keeps the yin and yang forces balanced. However, if the flow of energy gets blocked, like water getting stuck behind a dam, the disruption can lead to pain, lack of function, or illness. Acupuncture therapy can release blocked qi in the body and stimulate function, evoking the body's natural healing response through various physiological systems.

Much research has demonstrated that patients with acute pain respond extremely well to Acupuncture treatment (sometimes pain is relieved immediately) and that chronic conditions require more treatments (approximately 6-10 treatments) with significant improvement in symptoms.

Western medical research has found patients who had taken analgesics before Acupuncture treatment were able to either discontinue them completely or reduce their doses dramatically.

If you have experienced trauma and pain from an accident, please note that research also supports the use of Acupuncture for after-treatment of accident patients. Medical scientists state that Acupuncture has the effect of constricting or dilating blood vessels. This may be caused by the body's release of Vasodilators (such as Histamine), in response to Acupuncture. That is why Acupuncture reduces pain, decreases oedema, increases range of motion and reduction of long-standing complaints following accidents.

For more information about Acupuncture or to make an appointment for Acupuncture, please call me on 0425 745 166.