

# Effect of Acupuncture Treatment on Stress, Depression, Anxiety and Insomnia

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**Are you currently experiencing a depressive, anxiety and insomnia?**

**Have you not responded well to other depression, anxiety and insomnia medications?**

**Are you also experiencing following some of symptoms and is hard to manage them?**

- Irritability, Frustration, Anger and Impatience
- Lack of Motivation
- Loss of Libido
- Muscle Tension, Joint Pain
- A digest system problem such as constipation and diarrhea alternately
- Significant decrease in interest of previously pleasurable activities,
- Significant weight gain or weight loss that was unintended,
- Insomnia, inability to sleep or excessive desire to sleep,
- Fatigue or loss of energy, including feelings of being worthless (includes feelings of excessive guilt),
- Diminished ability to think or concentrate,
- Suicidal thoughts or thoughts of death, or attempted suicide.

We can help you, we will provide the best Chinese Acupuncture and herb treatment, a very useful diet and mental health advice to make you to change your life.

## **How Western Medical Treatment works**

The most common medications prescribed to treat these symptoms are Selective Serotonin Reuptake Inhibitors (SSRIs), a class of antidepressant drugs that help to increase serotonin, a chemical responsible for communication between nerves in the brain. To manage these symptoms, medications such as anti-depressants, mood stabilizers, anti-anxiety drugs, sedatives, or sleep agents are commonly prescribed. Unfortunately, these drugs frequently cause unwanted side effects, such as weight gain or lethargy, and others. In addition to the negative side-effects many patients experience while taking these drugs, SSRI withdrawal syndrome also referred to SSRI Discontinuation syndrome has been shown to affect individuals who abruptly discontinue SSRI's. Common withdrawal effects include dizziness or light headedness, vertigo, unstable gait, headache, fatigue, insomnia, bizarre or unsettling dreams, confusion, poor concentration and memory, gastrointestinal distress, electric shock sensations, anxiety and irritability.

## **How Acupuncture Can Help with Stress, Anxiety, Depression & Insomnia**

Acupuncture, as a typical traditional Chinese medicine (TCM), has been applied for thousands of years. The rapid development of Acupuncture both China and whole world over the last few decades has itself led to great innovations in practice.

A large history of clinical practice demonstrates that Acupuncture appears to have an irreplaceable effect in treating depression, anxiety, insomnia and its symptoms, without the use of medical intervention.

Emotional presentations cannot be separated from the physical body, and vice-versa, according to Chinese medicine. Therefore, treating the physical body directly impacts the emotional symptoms.

The Yellow Emperor's Classic of Medicine, written over 2300 years ago, discussed the etiologic of depression. Mental or emotional problems such as depression, anxiety and insomnia are the result of an imbalance or blockage in one or more of the internal organs and their corresponding meridians (energy pathways). Deficient or excessive emotions will affect specific organs.

Deficient symptoms may include fatigue, loss of appetite, weight loss or low body weight, insomnia. Postpartum depression is frequently due to excessive loss of blood resulting in Qi (vital energy) and blood deficiency. Similarly, menopausal symptoms are often due to deficiencies of Qi, blood and yin.

Excess symptoms may present as: mania, weight gain, anxiety and irritability or agitation.

Anxiety and depression are often a combination of both deficient and excess symptoms.

In contrast to being prescribed a medicine to "relieve" symptoms, an acupuncturist will complete a comprehensive medical evaluation and diagnosis which may contain patterns such as: Liver Qi stagnation; Spleen Qi deficiency; Kidney essence deficiency; Lung-Heart meridian disharmony; Kidney-Heart meridian disharmony.

Acupuncture to address these patterns would include smooth liver Qi; tonify or strengthen spleen Qi; clear stagnant heart.

Acupuncture also can open these blocked pathways and allow Qi and blood to flow smoothly through your organs—namely, the Heart, Liver, Kidney, Spleen, and Lung—which supply the nutrients necessary for proper brain function. By regulating the organs in this way, a state of balance is fostered in the body, mind and spirit, leading to peacefulness, clarity of mind, and a return to the homeostasis necessary for good sleep.

### **What benefit you will find after Acupuncture?**

Most people report feeling incredibly relaxed after their needles have been inserted. Some people state their symptom and sighs have been incredibly reduced after regularly Acupuncture treatment. Someone even stopped their medication without any withdrawal symptoms.

## **How long is treatment recommended?**

Treatment includes Acupuncture, Chinese herbs, and dietary modifications. Regular, weekly treatment for a period of a few weeks may be recommended for optimum results.

It should be noted that Acupuncture works most quickly and effectively when used early in the progression of a disease or symptoms. The earlier the problem is addressed, the speedier the recovery. Long-term depression and anxiety may take regular treatments of 6-12 months, or more, before balance is restored. However, someone experiencing feelings of depression or anxiety for less than one year can usually expect a much quicker response.

If you think you may be dealing with feelings of stress, anxiety, depression, mental fatigue and insomnia, and are interested in returning to a state of balance and health naturally, I would love to help you achieve that goal.

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