

DAO WELLNESS

THE WAY OF



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Acupuncture In Brief

By Dr. Kenneth Hu

The National Institutes of Health (NIH) panel concludes that acupuncture may be an effective adjunctive therapy for many pain conditions. Acupuncture has been claimed effective for various pain conditions including migraines, back pain, tennis elbow, menstrual cramps, fibromyalgia, and carpal tunnel syndrome.

By inserting very thin needles and applying other modalities at precise acupuncture points, Acupuncture can reduce pain and promote self-healing. But why? And how does it work?

The TCM's (Traditional Chinese Medicine) explanation is that channels of vital energy, called "Qi" (pronounced "CHEE"), run in regular patterns through the body and over its surface. Each energy channel, known as **meridian**, is associated with a different organ system and different areas of bones and muscles along its pathway. These meridians are like rivers flowing through the body to irrigate and nourish the whole body. Imbalances or obstructions in the flow of qi cause illness; correction of this flow

Acupuncture & Musculoskeletal Pain

By Dr. Kenneth Hu

According to TCM, pain results when the flow of Qi slows down or stagnates. Muscle or joint pain is only one of the consequences of Qi slowing down. Others, like blood stasis resulting in the exaggeration of the level of pain, and insufficient delivery of nutrients to other parts of the body resulting in spilling pain to different area, can soon follow

Various factors can either cause the flow of Qi to slow down, or worse, block the meridians. For instances, injury, cold weather, damp weather, exhaustion, and body weakness are all contributors.

An analogy of Acupuncture needling is policemen directing congested traffics. Through the stimulation of needling at specific points and in the right sequence, a healthy and regular flow of Qi can be

INSIDE THIS ISSUE

Acupuncture in Brief	1
Acupuncture and Musculoskeletal Pain	1



Acupuncture can help with many pain related disorders.

restores the body to balance.

The modern scientific explanation is that needling the acupuncture points stimulates the nervous system to release chemicals in the muscles, spinal cord, and brain. These chemicals will either change the experience of pain, or they will trigger the release of other chemicals and hormones which influence the body's own internal regulating system.



Acupuncture is good for: arthritis, fibromyalgia, sprains, tennis elbow, neck pain, shoulder pain, back pain, muscle pain, joint pain, and etc.

restored. When this is achieved, balance returns, blood flow increases, the body's tissues are nourished and pain subsides.