

Getting the most out of your acupuncture appointment

Traditional Chinese Medicine (TCM) as well as other systems of medicine that utilize acupuncture, are focussed on helping the body to function well. Unlike western biomedical medicine that seeks to alter or “fix” a problem, acupuncture as a modality is an attempt to help the body to function better on its own. Most traditional forms of medicine like TCM, rely on the patient be an active participant in the process of healing.

Here are some rules of thumb for getting the most out of your acupuncture treatments;

Eat before your treatment. Skipping meals, or otherwise being hungry and exhausted means that there is little or no energy in the system for the acupuncturist to move around. Your body is too focused on the next meal to adjust in response to the acupuncture. In very rare instances, lack of food/energy in the system can send a patient into shock in response to the needles.

Tell your acupuncturist about any odd symptoms. TCM uses many types of information. Things that you may not think are important, may make all the difference in how your acupuncturist understands the situation, and how to treat you.

Schedule rest. It is not helpful to have an acupuncturist treat low back pain and then sit in rush hour traffic. Likewise don't go right back to the stressful environment that caused your problems immediately after the acupuncturist helped you to relax. Schedule your treatments for when you can get the most benefit from the treatment for the longest period of time.

Get treatment regularly until the problem is cleared. Acupuncture helps the body to learn how to function better. Inconsistent treatment can lead to inconsistent results. Talk to your acupuncturist about a treatment frequency that would be best for your situation.

Be patient. The longer you have had a problem, the longer it is going to take to correct. Acupuncture is about helping the body to change and adjust how it functions. Your body has limitations as to how fast it can change. Acupuncture can push and speed change, but it can't force your body beyond physical limits.



Bock Acupuncture & Herbal Medicine

Ancient wisdom for our modern age

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