

## Feel Like Yourself Again!

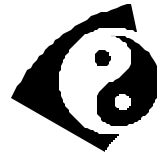


In the late 1970s, the World Health Organization recognized the ability of acupuncture and Oriental medicine to treat dozens of common ailments. Today, acupuncture is commonly used to relieve symptoms of the following:

Arthritis  
Bell's Palsy  
Chronic Fatigue Syndrome  
Digestive Disorders  
Enuresis  
Fibromyalgia  
Gallstones  
Headaches  
Impotence and Infertility  
Jaw Pain (TMJ)  
Knee Pain  
Lumbar Pain  
Menopause  
Neck Pain  
Obesity  
PMS  
Quit Smoking  
Rib Pain  
Sciatic Pain  
Trigeminal Neuralgia  
Urinary Problems  
Visual Disorders  
Wrist Pain  
Xtreme Pain  
Yeast Infections  
Zzzzzinsomnia

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## Acupuncture Services of Central New York

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## Acupuncture Services of Central New York



Picture Perfect Health

**Acupuncture  
Ancient Wisdom**

Joyce Marley - Lic. Ac.  
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Acupuncture is one of the oldest, most commonly used systems of healing in the world. Originating in China some 3,500 years ago, only in the last three decades has it become popular in the United States.

The theory behind acupuncture's ability to treat pain and disease is based on an energetic model of the human body. Vital energy, or Qi (pronounced "chee") flows through the body on specific pathways called meridians. Each pathway is associated with an internal organ. Pain or disease occurs in the body when there is a deficiency or an imbalance of the energy in the meridians. Acupuncture points are specific locations along the meridians. Over the centuries, it has been documented that the insertion of a very fine needle at a given point has a very predictable effect on the energy that passes through that point, restoring balance in the meridian.

Modern science has been able to measure the electrical charge at these points, confirming the location of the meridians that were mapped out in ancient times. Continued research has shown that acupuncture has the ability to increase circulation, reduce inflammation and trigger the release of endorphins and enkephalins - the body's own opiate-like chemicals to control pain.



Acupuncture needles are solid and hair-thin. They are inserted to much more shallow levels than hypodermic needles, generally no more than a half-inch to an inch depending on the type of treatment being delivered. Acupuncture needles are sterile, single-use and disposable. Therefore, there is no risk of contamination between patients.

There are many theories on how to select the combination of points to treat a specific condition. Some of the most powerful points on the body to restore balance are located below the knees and elbows. In addition to the twenty documented meridians that form a network over the body, there are several micro-systems that have evolved. Auricular (ear) acupuncture is commonly used to treat addictions. There are several mappings of scalp acupuncture. The Korean's have developed a system of points where the whole body is represented on the hand. As more information is being translated into English, we become enriched with the work of many more masters of this healing practice.

To determine a treatment plan, a holistic approach is taken. The practitioner will go through a series of questions that will review all bodily functions to determine where the body is out of balance. The pulse is taken on both wrists and much information about what is going on in the body can be determined by looking at the color and shape of the tongue body and tongue coating. A treatment plan will seek to address the underlying cause of a problem, not just the symptoms.

The number of treatments necessary to treat a particular condition varies. In general, an acute condition will respond more quickly than a chronic one, possibly being resolved in one or two visits.

Call for a consultation.

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