

- **How Does Acupuncture Work?**

- *Acupuncture points are believed to stimulate the central nervous system (the brain and spinal cord) to release chemicals into the muscles, spinal cord, and brain. These chemicals either change the experience of pain or release other chemicals, such as hormones, that influence the body's self-regulating systems. The biochemical changes may stimulate the body's natural healing abilities and promote physical and emotional well being. There are three main mechanisms:*

1. *Conduction of electromagnetic signals: Western scientists have found evidence that acupuncture points are strategic conductors of electromagnetic signals. Stimulating points along these pathways through acupuncture enables electromagnetic signals to be relayed at a greater rate than under normal conditions.*

These signals may start the flow of pain-killing biochemicals, such as endorphins, and of immune system cells to specific sites in the body that are injured or vulnerable to disease.

2. Activation of opioid systems:

Research has found that several types of opioids may be released into the central nervous system during acupuncture treatment, thereby reducing pain.

3. Changes in brain chemistry,

sensation, and involuntary body functions: Studies have shown that acupuncture may alter brain chemistry by changing the release of neurotransmitters and neurohormones in a good way.

Acupuncture also has been documented to affect the parts of the central nervous system related to sensation and involuntary body functions, such as immune reactions and processes whereby a person's blood pressure, blood flow, and body temperature are regulated.

What Are Acupuncture Meridians?

Acupuncture Meridians are invisible energy pathways in your body that have been used therapeutically for over 5000 years. These meridians conduct life force energy, or Qi in and around all parts of the body. Any kind of interference or blockage in these pathways can result in energy imbalances that may contribute to negative health issues. The primary goal of acupuncture treatment is to restore your energy balance and proper energy flow to these meridians, Thus allowing your body to return to a normally functioning state.