

Knowledge, Motivation, Coping skills

Medical Acupuncture

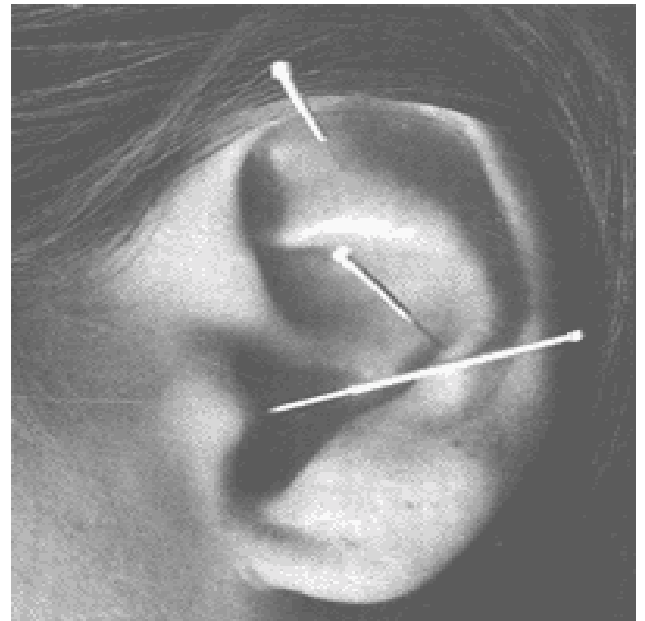
This is a chargeable service at UNH Health Services

What is it?

Medical acupuncture describes acupuncture performed by a doctor trained and licensed in Western medicine who has had thorough training in acupuncture as a specialty practice. Acupuncture is a method to promote natural healing and improve body function.

Acupuncture treatments encourage the body's internal organs to correct imbalances in their digestion, absorption, and energy production activities. It also promotes the circulation of energy through the energy lines (meridians) by inserting tiny needles in precise points of the body. Individuals experience acupuncture needling differently. Acupuncture needles are very thin and solid and are made from stainless steel. Most feel only minimal pain as the needles are inserted and some feel no pain at all. There is no pain once the needles are in place,

Auricular acupuncture has been used for treatment for withdrawal and detoxification of habit forming substances such as tobacco. Five locations are associated with detoxification.



The improved energy and biochemical balance produced by acupuncture results in stimulating the body's natural healing abilities, and in promoting physical and emotional well-being.

How many treatments might I need?

A well motivated client who has finally decided to stop smoking cigarettes might need three visits the first week, two the second and one or two total thereafter. The frequency and total number of visits will depend on the problem and the individual.

Side Effects of Medical Acupuncture

Usually no side effects occur, however original symptoms may worsen for a few days. Other general changes may occur in appetite, sleep, bowel or urination patterns, or emotional state but will pass. Additional individuals may experience deep relaxation or even mild disorientation immediately following the treatment for the the first 1-2 treatments. These will also pass within a short time.

The risk of bruising and skin irritation is less than when using a hollow needle. There is minimal risk of infection from needling because the doctor uses sterilized needles every time.

Auricular acupuncture should only be a PART of what you do to quit smoking. If you are interested in learning more about acupuncture or want to make an appointment contact Health Services by calling 862-2856