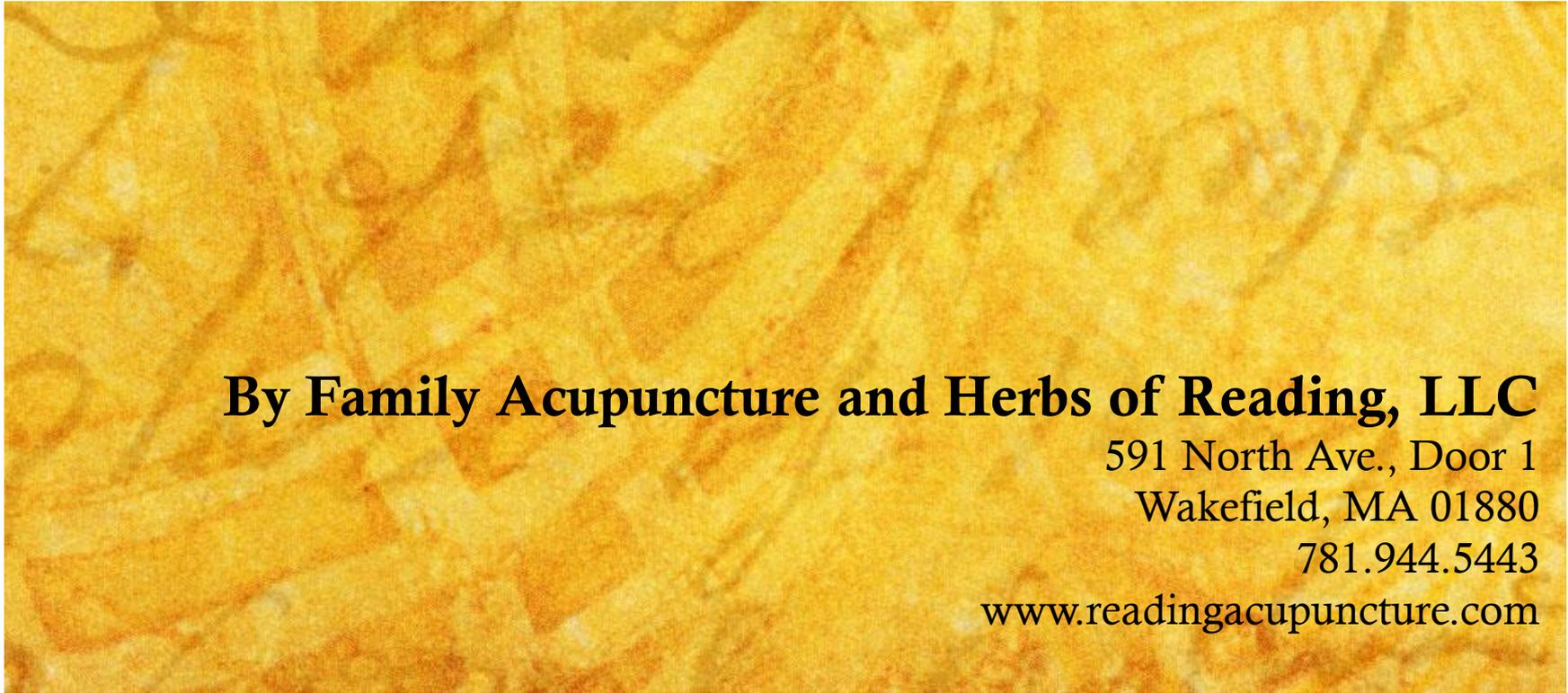




Traditional Chinese Medicine for the Lay Person

Acupuncture 101



By Family Acupuncture and Herbs of Reading, LLC

591 North Ave., Door 1

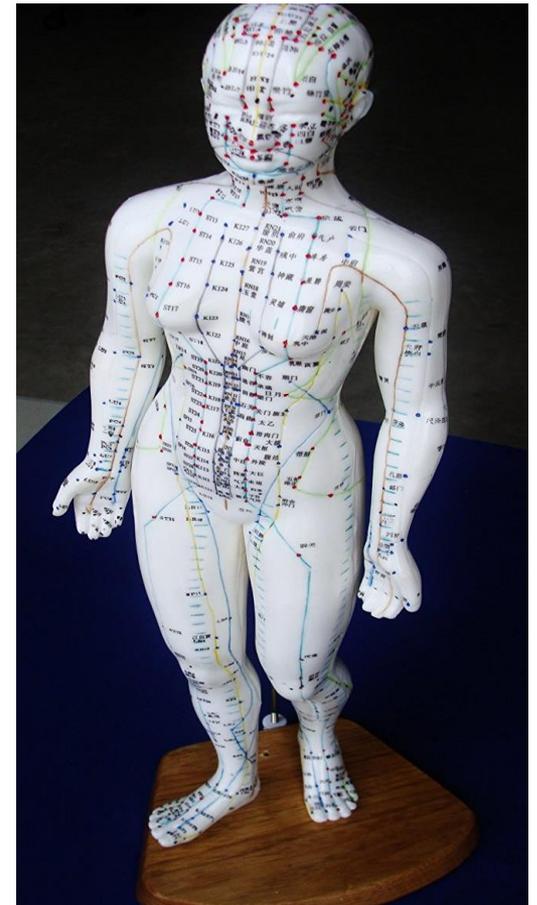
Wakefield, MA 01880

781.944.5443

www.readingacupuncture.com

Acupuncture: Over 2,500 years of history

- Acupuncture is one of the oldest forms of medical practice
- Over 2,500 years of observing and documenting human health and disease as they pertain to the rhythms of nature
- We use very thin solid pre-sterilized single use needles
- There are over 600 main acupuncture points all over the body



Acupuncture: A Branch of TCM

- **GOAL—Treat the Root of the Problem**
- Whole Systems Traditional Chinese Medicine is a complete medical system comprised of:
 1. Acupuncture
 2. Herbal medicine
 3. Dietary recommendations
 4. Lifestyle recommendations
- **Comprehensive evaluation** (pulse, tongue, posture, circulation varicosity/spider veins, tissues/muscle/fat, palpate your pulse or abdomen)

Herbal Pharmacy



About Our Credentials

- Acupuncturists graduate from either a 3-4 year Master's level graduate program.
- We must pass a national certification exam NCCAOM
- Continuing education requirements
- In MA, we are licensed under the Board of Registration in Medicine.

Does it hurt?

- The needles we use are typically hair-thin and usually cause little to no discomfort.

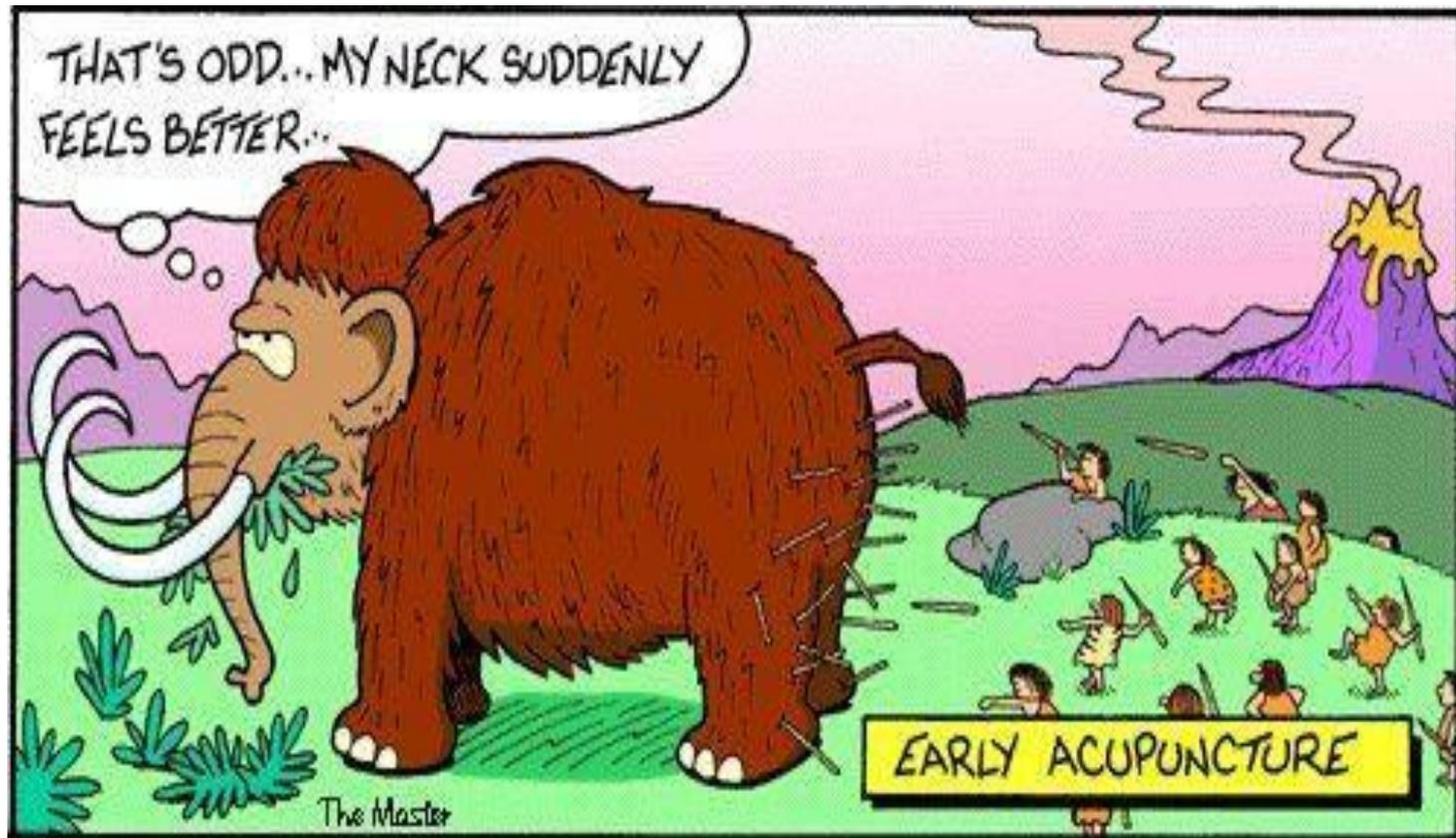


- Generally we start with very thin needles and move to larger needles if the patient is comfortable in doing so

If They Can Do It,
So Can You!



How Does It Work?



How Acupuncture Works

- **Circulatory System**—Insertion of needles can improve blood flow, by improving blood flow we assist the body it's balance and repair functions
- **Nervous System**—Insertion of needles affects the nervous system which stimulates the brain's self-regulating chemicals such as endorphins, serotonin and dopamine. This helps patients deal with pain relief, stress and addiction.

Commonly Treated Medical Conditions

- Pain—Back, Neck, Knee
- Stress
- Digestive disorders
- Women's health issues
- Allergies/Asthma
- Reduced Cravings/Withdrawal Symptoms
- Headaches/Migraines
- Insomnia
- Arthritis
- Nerve pain
- Anxiety/depression
- Infertility

Costs/Does Insurance Cover Acupuncture?

- Costs vary by clinic and condition
- Discounted treatment packages
- Insurance coverage depends on your plan
- Insurers who may cover: Harvard Pilgrim, UnitedhealthCare, Aetna, Cigna, BCBS, Tufts, MassHealth
- FSA accounts
- An allowable itemized medical expense on tax return

Find the Right Fit

- Be sure you see a licensed acupuncturist—not an MD or physical therapist
- Be comfortable with the practitioner and the environment
- Find out what your treatment plan is and what your expectations should be
- Find a convenient location



Free Consultation!

- Come in for a free, no pressure consultation to find out whether acupuncture might be able to help you

