

ALTHOUGH WELL KNOWN IN THE  
U.S. FOR PAIN RELIEF,  
ACUPUNCTURE IS EFFECTIVE FOR A  
WIDE VARIETY OF PROBLEMS. IT HAS  
BEEN ENDORSED BY THE WORLD  
HEALTH ORGANIZATION OF THE  
UNITED NATIONS AND THE NATIONAL  
INSTITUTES OF HEALTH. THESE  
BODIES HAVE DECLARED  
ACUPUNCTURE AN EFFECTIVE  
TREATMENT FOR THE FOLLOWING  
CONDITIONS:

*Addictions*  
(smoking, weight loss, narcotics, alcoholism)

*Arthritis*

*Back pain*

*Carpal tunnel*

*Chemotherapy nausea*

*Depression*

*Digestive problems*  
(gastritis, irritable bowel, nausea, ulcers)

*Ear problems (ringing, earaches)*

*Fibromyalgia*

*Headaches*

*Infections, cold, flu*

*Insomnia*

*Menstrual & female disorders*

*Muscle & joint pain*  
(tendonitis, bursitis, sprains)

*Post-op dental pain*

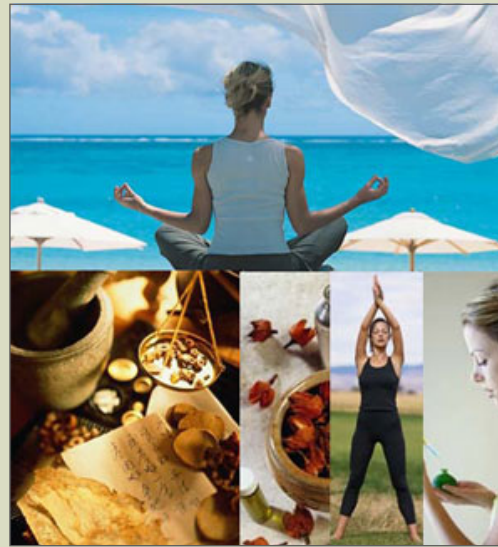
*Sinusitis*

*Skin disorders*

*Stroke rehabilitation*

*Urinary problems*

*and more*



#### WHAT IS THE RELATIONSHIP BETWEEN ACUPUNCTURE AND CONVENTIONAL MEDICAL CARE?

Acupuncture can be undertaken at the same time that other treatment modalities and medications are being used. It is easily integrated into and used with conventional medicine and of course holistic wellness. We recommend not altering medication or other therapies without consulting your physician or provider.

This could be what you have been missing even if you are in basic good health and want to facilitate your well-being and prevent illness. Call for a free consultation today!

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# ACUPUNCTURE

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When a patient seeks acupuncture, it is essential that the patient understands both the objective and the method that will be used to attain it to avoid any disappointment or confusion.

Acupuncture is the ancient Oriental art and science of inserting "extremely" fine needles into the body to open, unblock, increase, decrease or even re-direct the flow energy or "Qi". This is a very simple explanation for the complex process that takes place in the body during acupuncture.

## WHAT IS ACUPUNCTURE?

For thousands of years, practitioners of Chinese medicine have used acupuncture to open and unblock the body's life-giving energy or Qi (pronounced "chee") believed to be responsible for illness and disease. It is the oldest continuously practiced medical system in the world. Although its use has been widespread around the world for years, it did not become available on a national level in the U.S. until diplomatic relations between China and the U.S. were relaxed in 1971.

Medical research in this country and others continues to try and explain acupuncture in western scientific terms as it is used for both dysfunction in the body and pain.

Early Chinese physicians discovered there are energy networks (meridians) traversing below the surface of the skin which communicate from the exterior to the internal organs and structures at over 1000 points on the body. This energy works in harmony with the body's circulatory, nervous, muscular, digestive, genitourinary and all other systems of the body. When this vital energy becomes blocked or weakened, an effect in a body system or anatomic location becomes evident.

Similar to chiropractic, the body is viewed as a self-regulating and self-healing machine that seeks to maintain balance within its environment. It is nature's tendency to self-correct imbalances and recover from illness. However, symptoms that persist typically alert us to an imbalance on a deeper level. Acupuncture looks to this deeper underlying disharmony and focuses on both the root cause and the symptoms brought on by the imbalance. Historians have stated that more people have benefited from acupuncture than the combined total of all other health sciences, both ancient and modern.

# Acupuncture Explained...

## HOW DOES IT WORK?

Acupuncture is based on the movement of the life-giving energy or Qi that circulates along energy networks called "meridians" to all organs of the body and enables them to function. When Qi is abundant and flowing freely, your body thrives and gives you vitality. If your Qi is obstructed or depleted, symptoms begin to arise. Symptoms are the body's distress signals warning there is a problem. Often symptoms do not show up until the disease or problem is well underway.

The goal of acupuncture is to restore normalcy to the body's energy balance by inserting tiny needles in specific points located on these twelve meridians mapped out on the body that are the highways for the Qi energy to circulate throughout the body. Over time, acupuncture treatment rebalances the circulation of Qi to all the organ systems. One impressive advantage of acupuncture is that it is almost completely free of side effects.

## ARE THE NEEDLES PAINFUL?

The needles used on these points are very thin (barely thicker than several human hairs) and the finest pre-sterilized, hypodermic, single-use needles are used. The needles are gently inserted just below the skin's surface. The sensation varies from feeling nothing at all, to a quick pinch (like a mosquito bite), to a tingling sensation--a phenomena referred to as "TEHCHI" when the energy is contacted. Occasionally other methods are employed such as electronic and laser stimulation as well as tiny ear magnets the size of the ball in a ball point pen that don't actually pierce the skin.

## HOW MANY TREATMENTS ARE NEEDED?

Patients are urged not to enter an acupuncture program with the thought of "trying a few" to see what will happen. Patients are encouraged to be patient with the healing process. If treatments are recommended and results occur in just a few visits, the doctor may elect to discontinue treatments or continue their use to stabilize the condition.

Some patients notice immediate improvement, whereas others may not notice any effect until the seventh or eighth visit. It has been shown that a certain percentage of patients receive maximum benefit up to three months following a course of therapy. It is not unusual for a small number of patients to experience a worsening of symptoms, as the body's energies are returning to normal before they improve.

The Sunderlage Protocols developed by Dr. Jon A. Sunderlage, D.C., Dipl. Ac., L.Ac of The National University of Health Sciences are typically utilized. There are five patterns in total. Patients typically receive two to four treatments of each pattern at a frequency of one to two times a week. Local single needle points can also be used instead of the Sunderlage Protocol. If the treatments are recommended and results occur in just a few visits, the doctor may elect to discontinue treatments or continue their use to stabilize the condition. It's suggested that patients with severe or chronic conditions return for a booster treatment two to three times a year.

## IS ACUPUNCTURE EXPENSIVE?

The cost varies from \$37 to \$47 per treatment depending on the use of gentle E-Stim and the number of needles required in the higher patterns. Insurance coverage is routinely verified by our friendly staff.