

Traditional Chinese Medicine, Acupressure and Acupuncture

What is Traditional Chinese Medicine?

Traditional Chinese medicine focuses on restoring the flow of energy within your body to help it heal itself. For thousands of years, this health care system has been used by people throughout the world.

When you are healthy, there is a smooth flow of energy through your body. When energy is blocked, you can feel:

- pain
- fatigue (feeling tired)
- nauseous (upset stomach)
- tight or cramping in your muscles
- irritable
- depressed
- frustrated
- stressed
- out of control.

Many things can cause an energy imbalance including:

- unhealthful foods
- air quality
- illness
- injury
- emotional stress or trauma.

Being out of balance can cause long-term health problems. Therapies like acupuncture or acupressure can restore balance to your body, mind and spirit by unblocking your energy.

Traditional Chinese medicine is a range of therapies to help unblock your energy and support the way your body works to heal itself. Traditional Chinese medicine therapies may include acupressure, acupuncture or other treatments such as massage.

What is Acupressure?

Acupressure uses finger pressure on key points on the body. It can be done by someone who has training or you can be taught self-acupressure, which may help to decrease uncomfortable symptoms.

What is Acupuncture?

Acupuncture uses fine, sterile needles through the skin into specific points on the body. It is done by a licensed acupuncturist.

The acupuncturists at Allina Health are certified by the National Certification Commission for Acupuncture and Oriental Medicine and licensed by the Minnesota Board of Medical Practice. They have completed at least 3,000 hours of training.

What will you feel when the needles are inserted?

When the needles are placed, you may feel tingling, warmth or nothing at the acupuncture points or other areas of your body. Sometimes, people feel discomfort when the needles are inserted.

When you have acupuncture in the hospital, you may stay in your bed or sit in a chair. The needles are usually left in place for 20 minutes. At the end of the session, you often feel relaxed and peaceful.

When do you use acupuncture?

According to the World Health Organization, acupuncture is known to be effective for treating many health conditions.

Acupuncture supports your body's ability to heal. You may use it when you have a short- or long-term illness. Your doctor must order acupuncture.

Whom to Call With Questions

Talk with your health care provider if you have questions.