

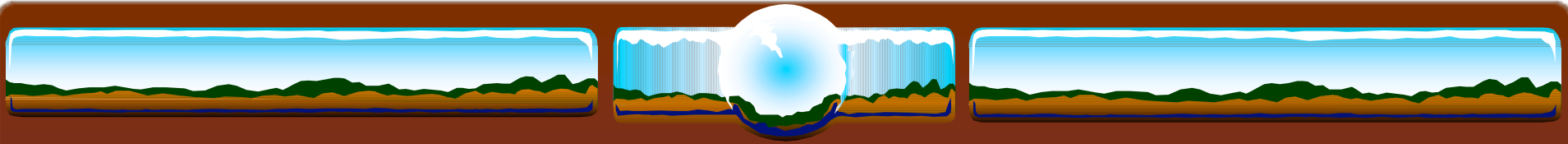
ACUPUNCTURE

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Presented at the Schools Science Conference 2008

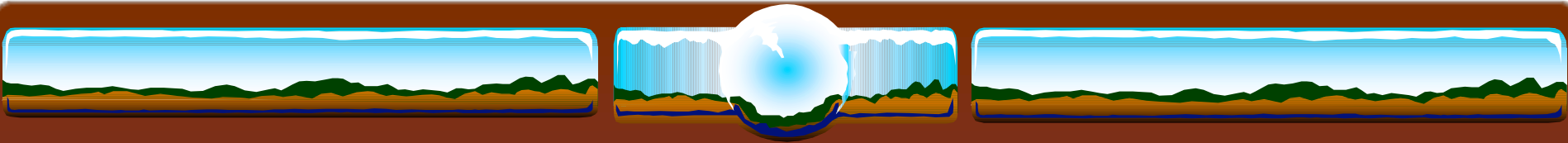
Science in Health and Life
Professional Scientists and Health Professionals





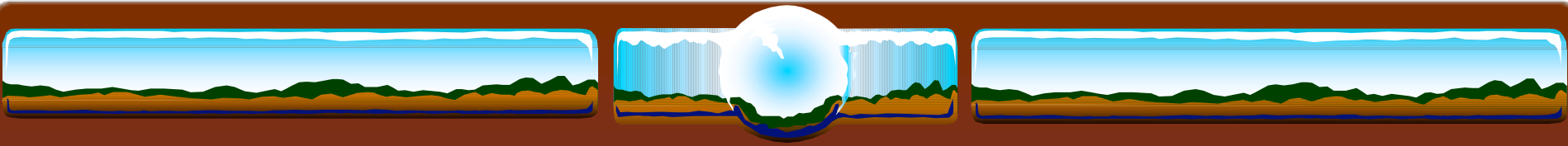
BENEFITS OF ACUPUNCTURE

- ❖ Pain relief
- ❖ Reduce swelling
- ❖ Increases joint mobilisation
- ❖ Strengthen muscles
- ❖ Promotes “Well being”
- ❖ By sedating nerves
- ❖ Affects para and sympathetic nerves
- ❖ Prevents joint adhesions
- ❖ Facilitates movement in “Meridians”
- ❖ Stimulates endorphines in the brain



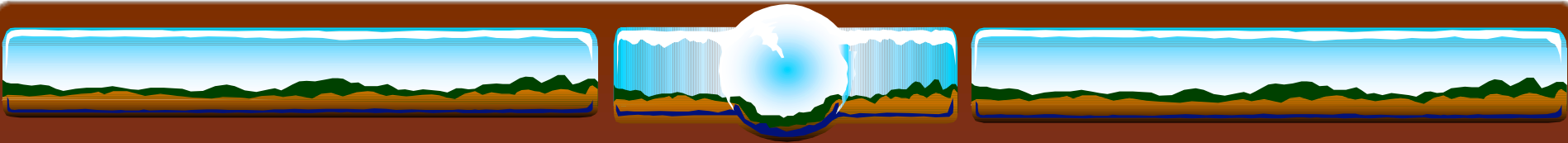
History of Acupuncture

- ❖ TCM – more than 10, 000 years old
- ❖ Used to create a “Yin and Yang environment of Balance (sunny and shady side)
- ❖ “Qi” life force three types; Lung Qi
Nutrient Qi
Source Qi



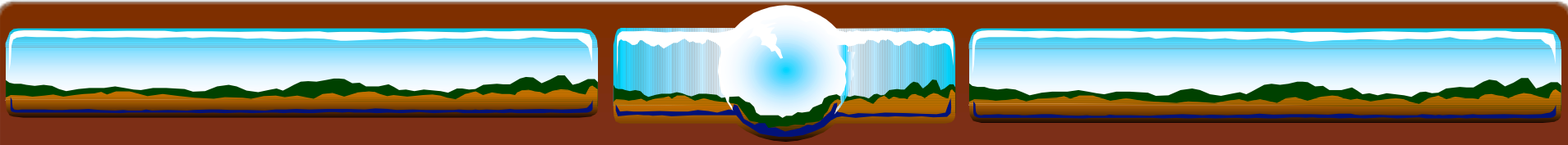
Functions of Qi

- ❖ Source of movement
- ❖ Generation of warmth
- ❖ Mental activity (Shen)
- ❖ Organ function stimulation
- ❖ Protective Qi (body protection)
- ❖ Life essence
- ❖ Body growth
- ❖ Importance of Shen as a force of conscientiousness



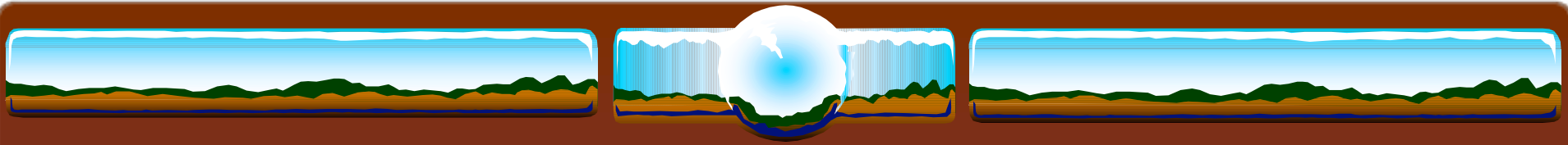
Diagnosis in TCM

- ❖ Based on yin and yang polarity
- ❖ Eight diagnostic criteria - four couples of polar extremes
- ❖ These are;-
 - ❖ yin and yang
 - ❖ Interior and exterior
 - ❖ Deficiency and excess
 - ❖ Cold and heat



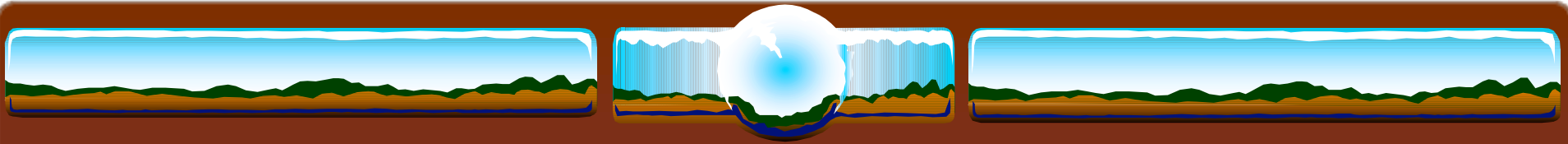
Channels and organs

- ❖ 11 organs related to 12 channels
- ❖ Six yang and five yin channels
- ❖ These are
- ❖ Heart, lung, liver, spleen, gall bladder, stomach, pericardium, urinary bladder, small intestine, sanjiao



Specific effects of acupuncture

- ❖ Treat withdrawal symptoms related to addictions (drug and alcohol)
- ❖ Specific medical conditions;
 - ❖ Respiratory or musculoskeletal
 - ❖ Neurological
 - ❖ dermatological
- ❖ Gastrointestinal conditions (IBS), Constipation
- ❖ Exhaustive Conditions including agitation and sleep disturbances



TREATMENT APPLICATION

- ❖ COMPREHENSIVE ASSESSMENT
- ❖ DRY NEEDLING
- ❖ SEEDS (ACUPRESSURE)
- ❖ MOXIBUSTION
- ❖ ELECTRO ACUPUNCTURE EFFECT
- ❖ LAZER ACUPUNCTURE EFFECT