



Wondrous Pain Relief through Acupuncture

by Shoshanna Katzman

Acupuncture is a 2,500 year old form of Chinese medicine. The practice of acupuncture to treat conditions in American medicine was rare until 1972 when President Nixon's Secretary of State, Henry Kissinger, traveled to China accompanied by the *New York Times* reporter James Reston. While in China, James Reston was treated with acupuncture for extreme pain following an emergency appendectomy. It was so successful in helping him with this post-operative pain that he wrote about it in the *New York Times*.

The classical explanation of acupuncture is based on the premise that there are patterns of vital energy or "Qi" (pronounced 'chee') which flow through the body and are essential for health. Qi circulates within 12 energy pathways or "meridians" existing longitudinally throughout the body associated with a specific internal organ. When the flow of Qi becomes disrupted along these meridians, it causes dysfunction or disease within the body. The purpose

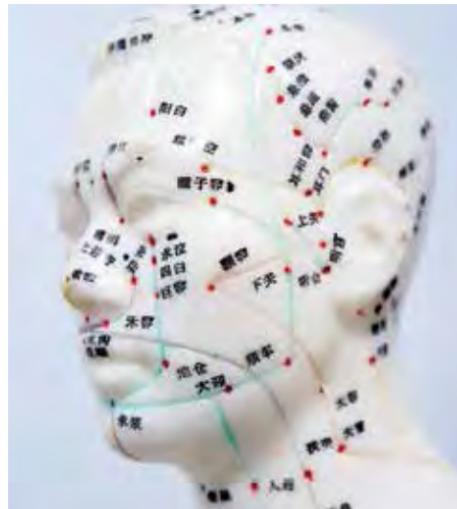
of acupuncture treatment is to restore balance and healthy energy flow by correcting these Qi disruptions. This restoration is accomplished with thin, solid, metallic needles with subsequent manual or electrical stimulation. The establishment of proper Qi flow through acupuncture, in turn, promotes the proper flow of Blood. This dual action is responsible for the enhancement of the body's natural regenerative capabilities.

An acupuncturist not only treats symptoms, but also the root cause through proper diagnostic protocols. According to Chinese Medicine, acute or chronic pain is most commonly diagnosed as "painful obstruction", also known as "Bi Syndrome", which can be caused by several different imbalances. These include invasion of the body by wind, cold, dampness or heat; or factors such as over-exertion, prolonged activity or visceral disturbance. These symptoms are treated by needling the acupoints in the local area or distal to it, usually on the arms, legs, feet, torso, back, buttocks, face, and/or the

ear. Scalp acupuncture is also commonly applied for conditions that have an acute or degenerative neurological component, especially for resulting paralysis. One of the most common diagnoses for a painful condition is "Cold Bi Syndrome" which is often characterized by inhibition of blood supply, alleviation of pain with warmth, and worsening of pain with cold and damp. A typical treatment principle for this condition would be "to remove the obstruction to Qi and Blood flow" and "warm and nourish the tissues."

Bi syndromes can also result from a dysfunction in the circulation of Qi and/or Blood which translates into a conflict of yin and yang, the ever-present, complementary forces of nature. For example, a yin type of pain is dull, throbbing, constant, moderate intensity, chronic, occurring or aggravated at night, and deep. A yang type of pain is sharp, violent, paroxysm, stabbing, burning, intense, acute, diurnal, and superficial. An acupuncturist does a detailed assessment of these factors to determine the appropriate treatment principle and plan to help alleviate pain. One should know within eight treatments whether or not acupuncture will work for them, although a typical course of treatment is 12-15 sessions.

Shoshanna Katzman, MS, LAc, is the author of Qigong for Staying Young, co-author of Feeling Light and the director of the Red Bank Acupuncture and Wellness Center, in Shrewsbury. For more information, visit Healing4u.com. See ad, page 29.



Red Bank Acupuncture & Wellness Center

Balance Your Energy

Acupuncture

Chinese Herbs

Therapeutic Massage

Tai Chi & Qigong lessons

Shoshanna Katzman, L.Ac, MS, Director

Red Bank Acupuncture & Wellness Center is a caring group of individuals who are dedicated to helping you heal naturally.

Enhance Your Health Today by Calling

732-758-1800

Gift Certificates Available

830 Broad St. Suite A, Shrewsbury, NJ 07702

www.healing4u.com