



# Acupuncture Life Lift

by Shoshanna Katzman

**G**ood health is often taken for granted, until it is lost. Reclaiming health can be difficult to achieve, requiring the best of both allopathic and alternative medicine. One of the most commonly sought, effective alternative therapies is the ancient art of Acupuncture. For 4,000 years, it has helped people

throughout the world maximize innate healing capability to produce the highest quality of life energy, traditionally known as Qi.

Acupuncture works by opening up free flow of Qi throughout the body, restoring flow where it was stuck, or deficient. Tiny needles inserted at various acupuncture points on the body create an internal balancing of energies, a summoning of self-healing Qi power. It is a truly healing experience that organically reconnects the mind and body as it enhances spiritual awareness. It provides ample amounts of fortitude, insight, vital energy and focus - essential tools for establishment and maintenance of optimal health. This is the precise way of acupuncture healing, providing a "life lift" out of pain and suffering, replacing it with a solid state of wondrous health.

Acupuncture is becoming more fully integrated within the American healthcare system. Acupuncturists are highly trained in Chinese medicine theory, diagnosis and treatment, Chinese food therapy, Qigong exercise, safety and precaution procedures, as well as bio-medicine. Many students take additional training in Chinese herbal medicine. Acupuncture schools offer entry level training, Master's degrees in Acupuncture and

now Doctorate degrees. The field is growing and flourishing in leaps and bounds throughout the United States. Favorable news coverage, successful feedback from friends, people swearing it is painless; all helps increase its popularity. Increased knowledge has brought intrigue and trust to this age-old tradition of healing – surely becoming more commonplace as a first, rather than a last resort.

Today's mounting high pressure and stress for success can break the body down, weakening the mind and breaking the spirit. Acupuncture treats a wide spectrum of conditions, ranging from basic preventative care to treatment of intractable, debilitating disease. It reduces and eliminates chronic and acute pain, balances hormones, improves digestion, strengthens respiration, peaks immunity, and produces an overall sense of well-being. It helps military veterans deal with post-traumatic stress disorder, couples conceive a child, children heal from tummy aches, teens resolve stress and anxiety, women alleviate premenstrual or menopausal symptoms, and men counteract those of "menopause" or sports related injuries.

Acupuncture moves blood, sparks energy, nourishes vital fluids, and creates a bright and clear Shen (spirit). The more relaxed during a treatment, the more it manifests restoration of a healthy body, strong mind, and enhanced spirit. Acupuncture needles received in a timely manner spares one of needless health problems. Seasonal preventative treatments, combined with those sought "just in time" minimize negative repercussions to the physical body. It works even if the receiver is a non-believer, taking approximately eight treatments to know if it's functioning for a particular condition. As an ancient way of healing, Acupuncture is providing hope for countless health complaints, a safe and secure "life lift" to a place filled with vibrant, flowing life force.

*Shoshanna Katzman, L.Ac., M.S., is the author of Qigong for Staying Young, co-author of Feeling Light and the director of the Red Bank Acupuncture & Wellness Center in Shrewsbury, NJ. For more information, visit [www.healing4u.com](http://www.healing4u.com).*

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