



AMAZING YOU

by Shoshanna Katzman

It is quite amazing and enjoyable to experience an acupuncture treatment, as surprising as that may seem. Having needles placed into your body at strategic locations feels peaceful, energizing, and deeply healing. The needles are hair-thin stainless steel that can barely be felt. They are pre-sterilized, pre-packaged, used once and disposed of appropriately. Recipients of acupuncture lay down for a treatment either face up or face down, or sit in a regular chair or recliner.

Treatment lasts an average of twenty minutes, because that is how long it takes for energy to move through the energy pathways, known as meridians. Although some treatments require retaining needles for a moment prior to removing them, this is especially true for children under the age of eight. Treatment duration and choice of acupuncture points treated really depends on the person, what they are being treated for, their medical history, their energetic disposition, and how much their specific body needs – there is no “one size fits all” in acupuncture.

Acupuncture works by opening up the flow of qi (pronounced ‘chee’), which is a vital energy within the body. Qi is the active principle and essential substance that makes up the body. Linked to all manifestations of energy, qi is the motivator and mover of all vital functions and transformations, including proper function of the vital organs

and immune response. Acupuncture is an effective method for promotion of health, prevention of disease, and alleviation of pain. This is accomplished through enhanced qi flow where there is deficiency and re-established flow where there is blockage. This is based on the major tenet of Chinese medicine that disease occurs when qi is deficient, blocked, or out of balance.

When qi flow is being restored within the body during acupuncture, it can actually be felt. Some describe it as a tingling, numbness, or sensation of heaviness. Others feel an overall sense of calm come over them, or a release of emotions, ranging from a good laugh to a deep cry. This happens as a result of the balancing and profound movement of energy that is re-established through acupuncture. It oftentimes releases memories held deep within the body, as our energetic system never forgets – even if as traumas or unpleasant have been kept tucked away decades. It is important to honor and observe these feelings when and if they surface as they are often at the root of one’s symptoms.

It is important to note here that some people don’t feel anything during an acupuncture treatment. Acupuncture works, even if it is not felt. Each person is energetically wired differently, each with their own experience. It is important to release expectations about what acupuncture will feel like, as it is different for each person and varies from treatment to treatment.

There are many factors that are involved and those factors change from one moment to the next, therefore one never knows. The important thing is to be in the moment during an acupuncture session and relax. Clear your mind of extraneous thoughts and concentrate your mind on a special energy point located approximately two inches below your belly button. Take several deep breaths into this area, it is your “energetic center of physical healing.” Taking deep breaths in and out through your nose, while expanding and contracting your belly with each breath opens the flow of qi throughout your body and activates innate healing capacity. The important thing is to relax and allow your body to heal - experience good results, meaning amelioration or elimination of pain, increased energy, release of anxiety, improved digestion and elimination, reduction in sinus congestion, and the like.

Acupuncture is best received as prevention, four times a year at the change of seasons. Don’t wait until your symptoms are extreme, as it is much easier to release symptoms that are more temporary. If not, be prepared to complete a course of acupuncture for anywhere from one to three times a week for a total of twelve to fifteen treatments. It’s a great way to kick-start your healing process. Acupuncture is a holistic approach to helping your body to release unwanted symptoms. It is also helpful to eat healthy, exercise, manage stress better, get plenty of sleep, have fun, and remember to love and take care of yourself. The body is meant to be in a perfect state of health, allow acupuncture to help you achieve this state when balance is lacking. Enjoy the process, as there is nothing better than feeling vibrant energy, peace of mind, strong will power, and the daily experience of giving yourself what is really needed.

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