

What can Acupuncture treat?

In the right circumstances, Acupuncture can be used to improve symptoms of a wide variety of disorders. These include:

- *Internal:* asthma, emphysema, ulcers, hypertension, diabetes, diarrhea, constipation, acid reflux, pre-and post-surgical care.
- *Musculoskeletal:* arthritis, back pain, sciatica, neck pain, TMJ pain, tendinitis.
- *Neurologic:* neuropathy, Bell's palsy, stroke deficits, migraines and other headaches.
- *Reproductive:* infertility, impotence, painful or irregular periods, PMS, peri-menopausal symptoms, pregnancy wellness.
- *Infectious:* colds and flu, bronchitis, sinusitis, pneumonia, HIV-related illnesses.
- *Psychological:* anxiety, depression, panic attacks, insomnia, stress reduction
- *Pediatric:* infantile colic, ADD, allergies, ear infections, adolescent stress reduction.

Helen Perez-Tsang holds a Master of Acupuncture degree from the New England School of Acupuncture, the first institution of its type in the U.S. She is certified by the National Council of Colleges of Acupuncture and Oriental Medicine. Prior to acupuncture training, she practiced for 16 years as a Pediatric and Adult Critical Care Nurse at the UCLA, UC Davis, and Hasbro Medical Centers.

Office Hours: by appointment only

Fee Schedule:

Adults:

Single treatment: \$75

Children (age 0-12):

\$35 per treatment

Teens (age 13-17):

\$45 per treatment

Payment by cash, check or credit
is due at time of visit.

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acupuncture

Helen Perez-Tsang, RN, D.AC.

401.273.1870

305 South Main Street, Suite C
Providence, RI 02903

What is Acupuncture?

- Acupuncture is a system of healing the body which has been used for over 3000 years. It originated in China, but is practiced throughout much of the world.
- Acupuncture works by re-balancing the body's life force energy, or Qi (pronounced "chee"), which normally flows smoothly throughout the body on special pathways (meridians). Disease occurs when this energy flow is disrupted by emotional or physical stress, poor diet or activity level, or environmental factors like cold, heat, wind, and dampness. Health is restored when Qi is redirected using tiny needles inserted at specific points on the body.

Is there any proof that it works?

- The best evidence is that millions of people all over the world seek acupuncture treatment every year, including more and more in the U.S., and have been for over 3000 years.
- Acupuncture does not adapt easily to Western-style medical trials, since you cannot measure Qi. However, several such trials have shown clear benefits for certain disorders, such as low back pain.

What to expect during a treatment

- First, you and your acupuncturist will discuss your symptoms, diet and lifestyle. She will feel your pulse and your abdomen, and examine your tongue.
- Then, needles as thin as human hair will be inserted at various points, depending on the condition being treated. Some people feel a dull throb as the Qi is moved. During the 15 to 20 minutes that the needles remain in the body, most people feel nothing but a sense of calm and relaxation.
- For some disorders, an herb called moxa is burned near the skin, which feels pleasantly warm, or a heat lamp may be used.
- In children, the acupuncture points and meridians are stimulated using massage or needle-less acupuncture instruments.

Is Acupuncture safe?

- Definitely. The needles rarely go in as deep as a vaccination needle, and graduates of Accredited Schools of Acupuncture are extensively trained to avoid injury to internal organs.
- Only individually wrapped, pre-sterilized, disposable needles are used, so there is no chance of transmission of infectious diseases.
- Acupuncture does not interfere with medications prescribed by your Western medical doctor, and your acupuncturist will be happy to discuss your treatment with him or her at your request.

How soon will I feel better?

- This will depend on you, your symptoms, your overall health, and lifestyle. Acute painful conditions, such as injuries, may take just 2 to 3 weekly treatments to resolve. Chronic problems may take longer to improve, sometimes 8 to 10 or more treatments.
- In Chinese medicine, the mind, body and environment are seen as parts of a whole. Because of this, you may be advised to change certain elements, such as diet and physical activity. The more you invest in accomplishing these changes, the faster your health will improve.

What do I need to do?

- You should plan to spend one and a half hours for your first visit, and an hour for subsequent visits.
- To allow a thorough assessment, you may be asked to undress down to undergarments, and your skin should be free of fragrances or perfumes.
- Most of all, you should come relaxed, and prepared for a positive change in your health and your life.