Article Side

Your Guide to Starting Acupuncture by Alfie

Article published on April 27th 2012 | Alternative Medicine

If you are thinking of trying out acupuncture then you may well be somewhat apprehensive at first. To many this is a strange and alien looking form of medicine that is very different to jut popping a pill or two. After all, it does involve the use of pins and that's something you don't see every day.

To put your mind at rest, here we will look at what acupuncture is all about, and we will examine what you should expect.

What is Acupuncture?

To start with, acupuncture is a form of medicine that dates back to ancient China. Here the belief is that 'Qi' flows through our body and provides us with our life force. Good health is dependent on that Qi flowing unimpeded and if it should form blockages this can then cause a range of problems.

Though Qi has not been measured by science, the effects of acupuncture and similar processes have been found to be effective suggesting that something is at play here. You only need look at how Shaolin monks break concrete blocks on their heads to get a convincing demonstration of the power of Qi.

To this end, acupuncture is based around the use of sterilized pins inserted into 'acupuncture points' around the body. These are areas that provide direct access to the meridians which carry the qi around our body. By using these pins, it is intended that we can unblock these meridians and allow the qi to flow freely once again.

What Should You Expect?

When you go for your first session you will first have a consultation as you would do with a physician. This will be used to establish the nature of your problem, and to help them come up with the best course of action.

When you have your consultation, you will be asked about the problem, how it started and how bad it is. From there they will then ask further questions about your medical history, family history and any medications you may be taking, and they will perform a basic physical examination involving a quick check of your pulse as well as an examination of your tongue.

After all this is over you will then have your first lot of needles inserted and these may be gently manipulated over the course of an hour or slightly more. Once the process is over you may be asked back.

FAQs

Does Acupuncture Hurt?

No, acupuncture doesn't hurt. In fact you might find that it causes a slight tingling sensation that some people find quite pleasant.

Is Acupuncture Safe?

Acupuncture is completely safe as long as it is performed by a professional. This is one of its big

advantages â€“ it has no side effects. However it's important to ensure that you are seen by a real expert with lots of experience and to make sure they sterilize the equipment before they begin.

How Do You Find an Acupuncturist?

There are many acupuncturists with sites online. Do a quick search in Google and choose the one that you think looks the most reliable.

Article Source:
http://www.articleside.com/alternative-medicine-articles/your-guide-to-starting-acupuncture.htm - Article Side

Alfie - About Author:
There are many advantages to using a San Diego acupuncture. For more on a acupuncture San Diego follow the links.

Article Keywords:
San Diego acupuncture, acupuncture San Diego

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!