

## **Did You Know This About Acupuncture?**

Acupuncture is the insertion of very fine needles through the skin at energy points on the body. The intention is to manipulate Qi. The filiform needles are solid, not like the hollow hypodermic needles most people are familiar with, and are usually made of stainless steel, gold or silver.

Acupuncture is based on the flow of Qi. Qi permeates every part of the body and it tends to collect and travel along channels called "jing luo." These are the so-called acupuncture "meridians". The meridians are a network of energy and communication that form lines and paths from the top to the bottom of the body.

The flow of Qi follows the folds and creases of the body's meridians similar to the flow of water. The pools of Qi are where the energy collects, to become the acupuncture points.

Using acupuncture needles, pressure or heat to manipulate a point on the body can improve a person's "life force", and relieve the symptoms of a variety of medical conditions, including chronic pain, digestive issues, respiratory problems and more. This understanding of the human body comes from Traditional Chinese Medicine, which is thousands of years old. It's a different way of thinking about how the body works than conventional Western medicine.

## **The History of Acupuncture**

The first records of contemplating and treating disease dates back to 1500 BC during the Shang dynasty.

Acupuncture, or needle puncture, is a European term invented by Willem Ten Rhyne, a Dutch physician who visited Nagasaki in Japan in the early part of the seventeenth century.

Legend has it that a Chinese soldier developed a stiff and painful shoulder frozen shoulder. The doctors of the day offered no help at all. Succumbing to living with the pain, he went to battle where he wounded his leg with an arrow. Suddenly his shoulder which had been stiff and painful for many years, could move freely again without pain.

The origin of Chinese medicine is a fascinating story and acupuncture represents only one area of their medical system. We will be writing articles on Chinese medicine so be sure to check our web site!

Acupuncture has a recorded history of about 2,000 years. But the Chinese believe that the practice of acupuncture began during the Stone Age when stone knives or sharp edged tools, were used to puncture and drain abscesses.

The word acupuncture, or needle puncture, is a European term invented by Willem Ten Rhyne, a Dutch physician who visited Nagasaki in Japan in the early part of the seventeenth century. The Chinese describe acupuncture by the character 'Chen', which literally means 'to prick with a needle', a graphic description of this therapeutic technique.

One of the first Western countries to show an interest in acupuncture was France. The earliest European books on acupuncture were written in the early years of the 18th century. The two most important were entitled "The Secrets of Chinese Medicine" and the "Perfect Knowledge of the Pulse." These were written by a respected Frenchman who had lived and studied in China, but who withheld his name for fear of ridicule. Acupuncture has been practiced sporadically in France over the last 200 years and is now well established.