

*Madison Martial Arts Academy
Chinese Shaolin Kung-Fu / Karate*



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10TH DAN

Introduction to acupuncture

Acupuncture is a traditional Chinese treatment that has been developed over the past 2000 years. Needles that pierce the skin at dedicated points - the acupuncture points - will influence the flow of the human energy system. A healthy person has a non-disrupted energy path. If the flow however is disrupted - for instance by blockages - then the body will suffer from pain. The treatment by the needles will redirect the energy flow and strengthen the body.

The acupuncture points are distributed along meridians. For this reason even acupuncture points that are remote to the source of pain will be helpful for the recovery. The doctor will often have to stabilize the entire path - not just one spot.

Today's needles are very thin and produce little if any pain. Some people are frightened by the needles, but due to their size it is less noticeable than any syringe.

Tui Na (*Oriental Body Work*)

Tui Na is a form of oriental body work that has been practiced for more than 2000 years. 'Tui' and 'Na' translate to 'pushing' and 'handling', respectively. The patient is treated by pushing and kneading the back muscles. When the points along the meridians are stimulated energy is set free and painful blockages are released. Once the energy imbalances are removed the patient will feel stronger and relieved.

Herbal medicine:

Since its early stage traditional Chinese medicine has explored the effects of herbs. In addition, extracts from other plants, animals and minerals have been investigated. However, it is most common to use vegetarian components, such as leaves, flowers, stems, roots, twigs, barks, etc. Today more than 5,000 different substances are known, but approximately only 3,000 will be used. Each doctor who relies on Chinese medicine will normally narrow the selection to about 200.

Typically 10 different ingredients will be mixed to form a prescription that is tailored specifically to the patient's needs. Typically, this "drug" is boiled and consumed like tea about 2-3 times per day. Herbal prescriptions are also available in different forms, i.e. pills, tinctures and powdered extracts.

Chinese herbal medicine can treat a wide range of diseases. It can cure both acute and chronic disorders, such as colds, flu,

allergies, gynecological and autoimmune disorders, etc. Chinese herbal medicine has little to none side effects due to its low toxicity compared to Western drugs. This makes it equally suitable for different types of patients: Adults, pregnant women without harming the fetus, children and babies who receive smaller dosages.

Even though most herbs are imported from China traditional Chinese medicine uses ingredients from all over the world. The ingredients will be mixed and prescribed according to the traditional Chinese theory.

Which diseases can be treated?

Traditional Chinese acupuncture can best treat diseases caused by malfunctioning organs. However, if the destruction of the organ is too far advanced then acupuncture can merely ease the pain. Acupuncture may not destroy bladder or kidney stones or heal fractured bones, but it will assist in the recovery after any surgery.

The World Health Organization has published the following list that acupuncture can treat:

Ear, nose and throat disorders:

- toothaches
- gingivitis
- acute or chronic otitis
- acute sinusitis

- acute rhinitis
- nasal catarrh
- acute tonsillitis

Respiratory disorders:

- bronchial asthma in uncomplicated cases

Gastrointestinal disorders:

- esophageal and cardio spasm
- hiccup
- gastroptosis
- acute or chronic gastritis
- sour stomach
- chronic duodenal ulcers
- acute or chronic colonists
- acute bacillary dysentery
- constipation
- diarrhea
- paralytic ileum

Eye disorders:

- acute conjunctivitis
- central retinitis
- nearsightedness in children
- cataracts without complications

Neurological disorders:

- headaches
- migraines

- trigeminal neuralgia
- facial paralysis within the first 3-6 months
- post-stroke paresis
- peripheral neuritis
- neurological bladder dysfunction
- bed wetting
- intercostals neuralgia
- cervical syndrome
- frozen shoulder
- tennis elbow
- sciatica
- low back pain
- osteoarthritis
- fibromyalgia

In addition we have experienced acupuncture to be helpful for the following:

- allergies
- quit smoking
- weak immune system
- hormone dysfunctions with women
- wish for pregnancies
- insomnia
- lose weight
- rebuild the immune system of Chemotherapy patients
- reduce stress symptoms
- skin problems, i.e. akne