



Acupuncture improves the body's functions and promotes the natural self-healing process by stimulating specific anatomic sites and is effective in treating both acute and chronic pain. Treatment length varies depending on length and severity of injury or condition and associated symptoms, tissue, organ or neurological involvement. Various modalities may be used such as acupuncture, cupping, electrostimulation, and moxibustion, auricular therapy with needles or ear seeds and Chinese herbs which are applied topically or taken orally. Acupoints at the sight of the pain along with distal points located on the body, are often combined to treat pain and inflammation. The goals of the treatments are to relieve pain, reduce inflammation, improve circulation, and relax the muscles and tendons as well as support and tone muscles weakened by disuse. Scientists are still trying to really understand Acupuncture, which has been used in Asia for thousands of years, and believe it works in easing pain by affecting neurotransmitters, hormone levels, or the immune system and affects brain reception of pain signals and autonomic nerve responses. For more information how acupuncture works on specific conditions see: "Interested in how Acupuncture works from a western perspective" on my webpage:

<http://www.andreamurchisonacupuncture.com/resources.html>

**The list of pain conditions treated by acupuncture is extensive; some examples are:**

Neck pain, shoulder pain, tennis elbow, carpal tunnel, back pain, knee pain, Sciatica, foot pain, sports injuries, arthritis, headaches. TMJ, menstrual cramps and pain, PMS sore breasts, pain associated with Menopause, sore throats, gastrointestinal pain or stomach pain etc.

If you don't see a condition listed here and wonder if Acupuncture can help, please contact me.

Ice is rarely used in Chinese Medicine and typically only during the first 24 hours after an acute injury. Ice prevent movement as in turning water to ice and therefore it constricts the area of injury, constricts and contracts blood vessels, stagnates and congeals blood and fluids which, in turn, slows the healing process and can lead to long term pain and weakness.

The World Health Organization's 2003, 87-page [Acupuncture: Review and Analysis of Reports on Controlled Clinical Trials](#) specifically listed 28 diseases, symptoms or conditions for which acupuncture has been proven through controlled trials to be an effective treatment. Nearly 100 more conditions were reported by controlled trials to have some therapeutic benefits. See "The World Health Organization (WHO)" on my web page: <http://www.andreamurchisonacupuncture.com/specialities.html> for the condensed WHO report. [The American Medical Association Journal of Internal Medicine \(JAMA\) concluded that acupuncture is effective](#) for reducing chronic pain with few side effects. JAMA reported that acupuncture's efficacy is not a placebo effect (1)

(1) [http://www.huffingtonpost.com/dr-jingduan-yang/acupuncture\\_b\\_3908855.html](http://www.huffingtonpost.com/dr-jingduan-yang/acupuncture_b_3908855.html)