

# Full Life Acupuncture



## **How does acupuncture work?**

The classical Chinese explanation is that channels of energy run in regular patterns through the body and over its surface. These energy channels, called meridians, are like rivers flowing through the body to irrigate and nourish the tissues. An obstruction in the movement of these energy rivers is like a dam that backs up in others.

The meridians can be influenced by needling the acupuncture points; the acupuncture needles unblock the obstructions at the dams, and reestablish the regular flow through the meridians. Acupuncture treatments can therefore help the body's internal organs to correct imbalances in their digestion, absorption, and energy production activities, and in the circulation of their energy through the meridians.

The modern scientific explanation is that needling the acupuncture points stimulates the nervous system to release chemicals in the muscles, spinal cord, and brain. These chemicals will either change the experience of pain, or they will trigger the release of other chemicals and hormones which influence the body's own internal regulating system. The improved energy and biochemical balance produced by acupuncture results in stimulating the body's natural healing abilities, and in promoting physical and emotional well-being.

## **How many treatments will I need?**

The number of treatments needed differs from person to person. For complex or longstanding conditions, one or two treatments a week for several months may be recommended. For acute problems, usually fewer visits are required, and for health.

## **Are there any side effects to the treatment?**

Usually not. As energy is redirected in the body, internal chemicals and hormones are stimulated and healing begins to take place. Occasionally the original symptoms worsen for a few days, or other general changes in appetite, sleep, bowel or urination patterns, or emotional state may be triggered. These should not cause concern, as they are simply indications that the acupuncture is starting to work. It is quite common with the first one or two treatments to have a sensation of deep relaxation or even mild disorientation immediately following the treatment. These pass within a short time, and never require anything more than a bit of rest to overcome.

## **What are the needles like? Do they hurt?**

People experience acupuncture needling differently. Most patients feel only minimal pain as the needles are inserted; some feel no pain at all. Once the needles are in place, there is no pain felt. Acupuncture needles are very thin and solid and are made from stainless steel. The point is smooth (not hollow with cutting edges like a hypodermic needle) and insertion through the skin is not as painful as injections or blood sampling. The risk of bruising and skin irritation is less than when using a hollow needle. Because your doctor carefully sterilizes the needles using the same techniques as for surgical instruments, or uses disposable needles, there is no risk of infection from the treatments. Remember to keep good mental or written notes of what your response is to the treatment. This is important for your doctor to know so that the follow-up treatments can be designed to best help you and your problem.

## **Tong Ren Energy Healing**

Tong Ren is a powerful healing energy treatment used to help people restore their health. It is based on the principle that many diseases are caused by physical blockages that interrupt the body's natural flow of "chi", the subtle bioelectricity we need to maintain the health of every cell and organ in our body. Tong Ren seeks to release these blockages, restoring the body's natural ability to heal itself, even when illnesses are chronic, debilitating or otherwise untreatable. Combining Western medical science with ancient Eastern insights into life force or chi energy, Tong Ren employs the human body's natural tendency toward harmony with its original healthy universal synchronistic energy patterns.

## **Background**

Tong Ren was developed in the 1990s by acupuncturist, Chi Gong teacher and healer Tom Tam when one of his Tui Na students suddenly developed sciatic nerve pain. He did not have any available sterile acupuncture needles to treat her, so he took two new ones that had not yet been sterilized, drew a picture of the human body and put the needles in the points on the picture used to treat sciatic pain. Within a minute her pain started to disappear. This gave him the idea to incorporate this method of directing energy into his distance healing practice and research. He has modified the technique so that it may be used by anyone. He has since used this type of healing on thousands of patients in the US and abroad who present with a wide range of ailments – from cancers to MS, and from arthritis to weight loss – with excitingly positive results. He has taught many classes sharing this healing technique with others, and has seen the spread of Tong Ren practitioners globally. This rapid growth is driven by the satisfaction of the many Tong Ren patients who have experienced healing or improvements in their health.

## **Tong Ren Methodology**

Tong Ren methodology is based on the idea that all bodies have a natural ability to heal as long as energy flows without resistance. It combines important elements of Western medical anatomy and physiology with an understanding of Chinese energy medicine. The Tong Ren practitioner sends healing energy to the blockage points in patients, guided by an understanding of Western medicine's map of the human nervous system pathways plus Chinese acupuncture points and meridians. The healing energy itself comes from an unconscious universal commonality, frequently referred to by Carl Jung and others as the collective unconscious. No touching or physical contact is required to transmit the energy. Ongoing discoveries in quantum mechanics and particle physics offer a promising approach toward a better scientific understanding of this phenomenon, in which the patient heals by resynchronizing with collective human healthy information patterns.

Tong Ren practitioners depend on the patient's doctor to diagnose the illness, and rely on the doctor's medical tests for objective evidence of progress. Tong Ren provides an additional, complementary pathway to health. Tong Ren practitioners do not diagnose, prescribe, promise cures or interfere with traditional medical advice.

## **Tui Na (tuina) - Chinese Bodywork Massage Therapy**

Tuina (Tui Na) is an Oriental Bodywork Therapy that has been used in China for 2,000 years. Tuina (Tui Na) uses the traditional Chinese medical theory of the flow of Qi through the meridians as its basic therapeutic orientation. Through the application of massage and manipulation techniques Tuina (Tui Na) seeks to establish a more harmonious flow of Qi through the system of channels and collaterals, allowing the body to naturally heal itself.

Tuina (Tui Na) methods include the use of hand techniques to massage the soft tissue (muscles and tendons) of the body, acupressure techniques to directly affect the flow of Qi, and manipulation techniques to realign the musculoskeletal and ligamentous relationships. External herbal poultices, compresses, liniments, and salves are also used to enhance the other therapeutic methods.

Tuina (Tui Na) is now being popularized in this country as a powerful therapeutic extension of traditional western massage methods. Tuina's (Tui Na) simplicity and focus on specific problems, rather than a more generalized treatment, make it both an excellent alternative and/or extension of the Swedish-style massage. By utilizing treatments of shorter duration, it can be used in a variety of settings, including home, office, clinic or hospital. It is well suited for both the professional massage therapist or the active, health conscious individual.

Currently, Tuina (tui na) is taught as a separate but equal field of study in the major traditional Chinese medical colleges. Tuina (tui na) doctors receive the same demanding training as acupuncturists and herbalists and enjoy the same level of professional respect.

### **Benefits, Limitations, Contraindications**

Tuina (tui na) is well suited for the treatment of specific musculoskeletal disorders and chronic stress-related disorders of the digestive, respiratory and reproductive systems. Effective treatment protocols have been tested in a practical setting. Tuina (tui na) is not especially useful for those seeking a mild, sedating and relaxing massage since it tends to be more task focused than other types of bodywork. Contraindications include conditions involving fractures, phlebitis, infectious conditions, open wounds, and lesions.