

Acupuncture

Acupuncture treatment involves the insertion of fine, sterile needles into specific sites (*acu-points*) along the body's meridians. Stimulating these *acu-points* clears energy blockages and encourages the normal flow of *qi* through the body.

The practitioner may also stimulate the acupuncture points using other methods, including moxibustion, cupping, laser therapy, electro-stimulation and massage, in order to re-establish the flow of *qi*.



Moxibustion

Moxibustion is a therapy commonly used in conjunction with acupuncture. It involves the use of dried leaves of the mugwort (*Artemisia Vulgaris*) plant, commonly called *moxa*.

The slow smouldering nature of this herb, when compressed into cones or sticks, allows it to be placed on or near the skin surface. It is removed when it becomes hot.



The purpose of moxibustion is to stimulate the flow of *qi* and remove blockages.

Cupping

Suction cups made of pyrex glass or plastic may also be used in an acupuncture treatment. The cups are applied using a suction method to soft tissue areas such as the back, shoulders and thighs.

Suction cups are often used in the treatment of many conditions. For example, cupping can be used in the treatment of colds and chest problems, sporting injuries, musculoskeletal problems and neurological disorders, including back pain and sciatica.



The Australian Acupuncture and Chinese Medicine Association Ltd

The Australian Acupuncture & Chinese Medicine Association Ltd (AACMA) is the leading national professional association of acupuncture and Chinese medicine practitioners. AACMA represents the national benchmark standard in Traditional Chinese Medicine education and practice which must be met before accreditation and membership can be obtained.

AACMA members are bound to a high standard of ethical and professional conduct through adherence to our national practitioner accreditation standards, continuing professional education requirements, Code of Ethics and standards of practice.

AACMA practitioner members are accredited with the Australian Traditional Chinese Medicine Practitioner Accreditation Board Ltd, established by AACMA in 2003 with the support of the Commonwealth Complementary Therapies Funding Program.

How AACMA members can help you

Accredited membership of AACMA represents:

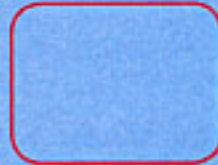
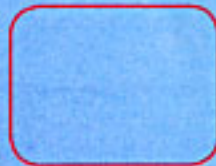
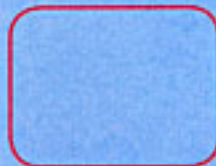
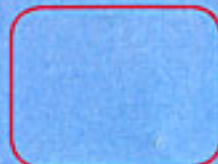
- excellence in health care practice from qualified professionals;
- high standards of ethical and professional conduct;
- safe and competent acupuncture treatment from the acupuncture experts.

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Your AACMA accredited acupuncturist

Acupuncture



it works ... *naturally*



a time-honoured medicine

Of all the traditional treatment systems available in Australia, acupuncture is by far the most respected and has achieved wide-spread acceptance as an effective form of health care, including formal recognition by the World Health Organization.

Acupuncture is part of an integrated system of primary health care, known as Traditional Chinese Medicine (TCM), that has an uninterrupted history of development dating back thousands of years in China and other parts of East Asia. The origins of acupuncture in China can be traced back at least five thousand years, making it one of the oldest and most long-standing health care systems in the world. Today, acupuncture is an effective, natural and increasingly popular form of health care that is being used by people from a wide range of cultural and social backgrounds.

a modern profession

In Australia, AACMA acupuncture practitioners are qualified primary-contact health care professionals. Most practitioners operate in private practice, however there are increasing numbers working from community health centres and hospitals or in academic/clinical research.

Qualified practitioners are educated in Traditional Chinese Medicine (TCM) theory, diagnosis and assessment as well as the Western bio-medical sciences. They are professionally trained in the use of acupuncture to safely and effectively treat a wide range of chronic and acute health conditions.

In addition to practitioners whose primary focus is acupuncture, many qualified AACMA acupuncturists also use herbs and massage and may provide supplements and dietary/lifestyle advice as an adjunct to their acupuncture treatment.



As a natural form of health care, acupuncture :

- provides drug-free treatment;
- very few side-effects when provided by a qualified practitioner;
- treats the underlying cause of disease and illness as well as the symptoms;
- provides an holistic approach to the treatment of disease and illness, linking body, mind and emotions;
- assists in the prevention against disease and illness as well as the maintenance of general well-being.

how can acupuncture help you?

Acupuncture is effective in the treatment of a wide range of common and not so common health conditions. It can also assist with general health maintenance and disease prevention. By strengthening and enhancing normal body functions, the immune system is regulated and a general sense of well-being promoted.

Some conditions suitable for treatment with acupuncture include:

Painful conditions (such as headache, migraine, osteoarthritis, renal colic, biliary colic, post-operative pain, dental analgesia)

Musculoskeletal conditions (such as osteoarthritis, rheumatoid arthritis, sports injuries, back & neck pain, tennis elbow, fibromyalgia, rheumatism)

Neurological conditions (such as sciatica, trigeminal neuralgia, peripheral neuropathy, stroke sequelae, Bell's palsy)

Gynaecological problems (such as painful menstruation, irregular periods, premenstrual syndrome, menopausal syndrome)

Pregnancy and labour (such as infertility, morning sickness, labour pain, induction of labour, long labour)

Gastrointestinal disorders (such as nausea, vomiting, irritable bowel syndrome, constipation, diarrhoea, gastric/duodenal ulcer, chronic ulcerative colitis, loss of appetite)

Ear, nose & throat disorders (such as sinusitis, rhinitis, tonsillitis, sore throat, mouth ulcers, tinnitus, Meniere's disease)

Urogenital disorders (such as prostatitis, impotence, retained urine, urinary tract infection)

Cardiovascular disorders (such as primary hypotension, high blood pressure, angina pectoris)

Addictions (such as smoking and drug withdrawals)

Other Common cold and influenza, cough, allergies and immunity, gout, anxiety, stress, insomnia & fatigue, skin disorders . . . to name a few.

safe, effective health care

Acupuncture is based on a coherent and substantial body of knowledge developed over thousands of years of clinical practice and intellectual endeavour. Clinical research adds to this traditional knowledge. Qualified practitioners draw on these traditional and modern sources to arrive at individually tailored acupuncture treatments.

This system of health care, in which acupuncture treatments are tailored to your individual health condition, developed from the philosophy that restoring balance and normal functioning will both treat ailments and prevent other illnesses from developing.

In addition to providing effective treatment for a wide range of common health disorders, acupuncture may also be used to maintain normal body functioning, regulate general immune function and assist with disease prevention.

holistic health care

Acupuncture takes an holistic approach to understanding disease processes and focuses as much on prevention of illness as on the treatment of health conditions. Treatment targets not just the presenting signs and symptoms – it looks at underlying condition, other health problems and the general state of health and well-being.

Most diseases or illnesses present with a core set of recognisable signs and symptoms, but the actual presentation of a particular disease or illness will vary from person to person. For this reason, people with similar health conditions may be provided with quite different acupuncture treatments.

A qualified AACMA practitioner is able to apply an acupuncture treatment that specifically matches and treats your individual health problem. As your condition changes and improves with treatment, the acupuncture treatment will also change, until the desired health outcome is achieved.

