

Who Is An Acupuncture Practitioner?

The Ontario Government is in the process of regulating the practice of acupuncture. This will ensure that those practicing acupuncture have met extensive educational and testing requirements. Currently, there are no statutes established dictating who can practice acupuncture. When choosing your acupuncturist, look for someone who has completed at least 2000 hours of Traditional Chinese Medicine (TCM) training.

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Acupuncture is an appropriate health care solution, offering treatments for the following conditions: low back pain / sciatica, headaches, numbness, dizziness, sports injuries, smoking cessation, gynecological issues, fertility, labour induction, chronic or re-occurring pain, swelling or edema. It can also be useful as part of your pro-active health care regime. Treatments can enhance your immune system, strengthen and tone the viscera, improve sleep and digestion, decrease stress and anxiety and create balance within the body.

Acupuncture, like any other modality, is most beneficial when it is integrated into your health care regime and practiced regularly.

Many private insurance companies are now offering acupuncture benefits. Check with your extended health plan to determine if you qualify for acupuncture benefits.



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Traditional Chinese Acupuncture

Traditional Chinese Acupuncture is an ancient art of healing by activating points found in the body's energy channels. There are twelve main energy channels that correspond to a physical organ in the body.

Energy, called Qi, travels through these pathways in a cyclical order. When Qi is allowed to circulate freely, the body functions harmoniously and the person feels healthy and strong. When Qi becomes obstructed, balance is lost and symptoms of disease may arise. By activating appropriate acupuncture points along the energy channels (also called meridians), balance can be restored and health renewed.

Each person responds uniquely to acupuncture and will receive a personalized treatment plan. During your thirty minute treatment, you may experience a 'deqi sensation', the point when your acupuncturist reaches the level of Qi in your body. This could be a feeling of warmth, or tingling or a coming and going sensation where the acupuncture needles are inserted.

An important part of any treatment is a quiet tranquil space where you can relax and allow your body's Qi to regenerate and flow freely. Most people fall asleep during the treatment as their body begins to relax and heal itself. You may notice a change or improvement immediately post treatment, or you may need a series of treatments to achieve the results you desire. Rest assured, your acupuncturist will suggest the best approach for you.

Although acupuncture has been practiced for over 2500 years, it can be hard for some to understand how it actually works. Western science is continuing to study this modality to better comprehend this ancient art, and prove it's effectiveness. Although scientific research helps us understand how acupuncture works, there is something to be said for it's ancient principles rooted in history and passed on through the generations that yields to it's validity.

ACUTE PAIN

Acupuncture is very successful at treating acute injuries such as sprains and strains. Needles are inserted locally and away from the injury to reduce swelling, stop pain, and strengthen the tensile connective tissue. Treatments are recommended daily to speed recovery, getting you back to what you love doing sooner.

CHRONIC PAIN

Acupuncture is also very successful at treating chronic and re-occurring injuries. Your acupuncturist will be able to determine the root cause of your discomfort and provide an individualized treatment plan to aid in your recovering. It is usually recommended to have a treatment once or twice a week until the desired result is achieved.

PRO-ACTIVE HEALTH CARE

Acupuncture has long been practiced as part of a daily health care regime. Treatments once a month can be successful at boosting the immune system helping to fend off colds and flus, increasing red blood cell production helping you achieve optimal athletic performance and restoring balance within the body improving sleep and digestion and decreasing stress and depression.

ALLERGIES and ASTHMA

Chinese acupuncture can help boost the immune system and strengthen the defensive Qi of the body. This treatment helps build a greater resistance to environmental pathogens, alleviating symptoms of sinus and respiratory distress.

SMOKING CESSATION

Acupuncture for addictions is tremendously effective when following the NADA (National Acupuncture Detoxification Association) protocol. It is used to help with the withdrawal symptoms associated with smoking cessation. Five auricular (ear) points are treated for 40 minutes, three times a week for five weeks.

WOMEN'S HEALTH

Acupuncture can be very effective at regulating menstruation and alleviating discomfort associated with PMS. It is used to balance hormones, promote ovulation, improve the chances for fertilization and help to induce labour. Acupuncture can also help with menopausal symptoms such as hot flashes, night sweats, palpitations and insomnia.

COMPLEMENTARY MODALITIES

The following modalities may be suggested by your acupuncturist to further enhance your treatment:

Cupping: This procedure draws pathogens from the body and brings blood to the surface.

Moxibustion: This herbal stick smolders around the needles or close to the skin, creating a deep warmth that can be felt as it travels through the body's meridians.

Massage: Tui Na and Shiatsu techniques aid in detoxifying and strengthening the body.