What is Acupuncture?
Practiced for thousands of years, acupuncture is one branch of a holistic system known as Traditional Chinese Medicine (TCM). Its function is to promote health, natural healing and treat pain. Acupuncture is the ancient practice of inserting fine sterile needles through the skin to stimulate specific anatomic points in the body.

How does acupuncture work?
The philosophy of TCM embraces the concept of Qi (pronounced “Chee”). In ancient texts, Qi is referred to as the root or substrate of all vital activities in our body and universe. Qi moves through pathways in our body called channels or meridians. When we are in good health our Qi moves freely and without effort. When Qi flow is disrupted we may experience illness, emotional turmoil, or pain. Acupuncture treatments assist the body’s natural ability to heal by influencing the quality, balance, and flow of Qi.

The 1997 National Institute of Health Consensus on Acupuncture states, “There is sufficient evidence of acupuncture’s value to expand its use into conventional medicine”. The World Health Organization also endorses acupuncture. Hundreds of clinical studies have shown it to be beneficial in the treatment of a wide variety of health problems.

How can acupuncture help prepare me for surgery?
Acupuncture has the potential to promote profound relaxation, reduce pain, strengthen the immune system, and enhance the ability to heal. Guided imagery – a form of directed focused imagination – is an integral part of pre-surgical acupuncture. Studies have shown guided imagery increases the patient’s confidence by mitigating uncertainty and anxiety. Proactive participation in your surgical preparation helps potentiate a faster recovery.

What are the qualifications of acupuncturists?
At Canyon View Wellness & Spa, practitioners of acupuncture possess a master’s degree in TCM and must meet strict guidelines to be licensed by the State of Colorado. They take national boards examinations and are certified by the National Certification Commission for Acupuncture and Oriental Medicine.

Is acupuncture safe?
Acupuncture is very safe when administered by a licensed professional. The disposable needles are hair thin, and sterile. The most common side effect is an occasional bruise. Acupuncture has benefitted millions of people over thousands of years.

How can I learn more?
To learn more or schedule an acupuncture appointment at Canyon View Wellness & Spa, please call (970) 243-3456 or visit the website: www.canyonviewwellnessspa.com