

PENNRIDGE WELLNESS CENTER  
ACUPUNCTURE AND ORIENTAL MEDICINE

Presented By: Dr. J. Leah Garland



Acupuncture is an ancient Chinese form of healing that has been practiced in the orient for over 3000 years. The aim is to balance the energy meridians to permit the body to "heal itself."

Acupuncturists consider the body and mind as dual aspects of an energetic whole. Illness is a manifestation of a disharmony of life-force (Qi). This Qi circulates through the internal organs and in specific pathways known as meridians throughout the body. Acupuncture was developed on the understanding that there are twelve main channels, or "regular meridians" running vertically across and throughout the human body connecting the internal organs. There are also eight extraordinary meridians that act as reservoirs to access qi and blood. It is a tenet of acupuncture that Qi flows along these meridian lines. Qi is somewhat equivalent to the western idea of vitality or life-force.

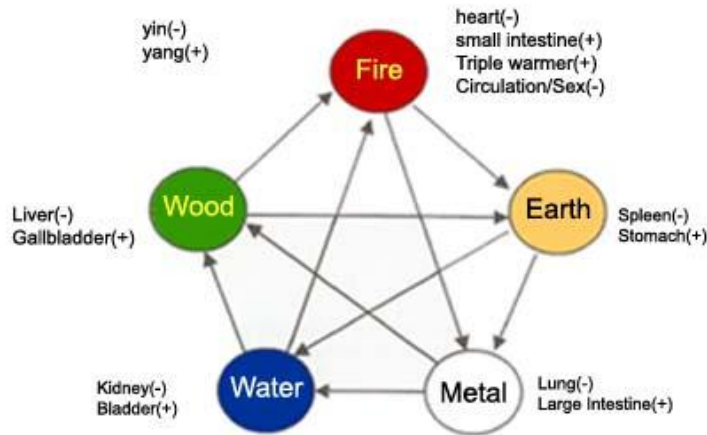
The operating philosophy of traditional acupuncture is that disease is caused by interrupted energy flow at specific points on the body's surface. Acupuncture thus involves the insertion of fine needles at the affected points in order to stimulate Qi flow and harmonize energy flow in the body.

Yin and Yang is one of the most fundamental concepts in Traditional Chinese Medicine, as it is the foundation of diagnosis and treatment. The earliest reference to Yin and Yang is in the I Ching in approximately in 700 BC. In this work, all phenomena are said to be reduced to Yin-Yang. From this concept, TCM is broken down by the eight principles. Is the condition hot/cold, deficient/excess, interior/exterior. In Chinese Medicine, the Mind, Body and Spirit all contribute to the patient's state of health and well being.

Through Acupuncture, and using the specific function of the points to influence the mind, body and spirit, the body is restored to balance, thus the opportunity for healing can take place.

The beauty of acupuncture is each person's symptoms are unique to them and have a different effect based on the eight principles, yin and yang, and the five elements. Two people can have the same Western Diagnosis with similar symptoms, but Eastern Medicine may treat them completely different. Acupuncture is custom-tailored to each individual and that's why I love it.

## The 5 elements:



What makes Five Element Acupuncture so fascinating is that it bases its diagnosis and treatment upon an understanding of what makes us the unique human being each one of us is. It sees this uniqueness as being created by a particular melding of the elements within us. Each person has an elemental imprint, and one element, above all, takes up a dominant position, this is your constitutional element. However, the five elements are a part of every one of us, and play a role in everything you do.

Diagnosis for your CF (constitution) is based on CSOE. The color that radiates off your face, the sound of your voice, the specific odor, and your predominant emotion.

Each element has distinct characteristics associated with them, and through conversation and questioning, your CF is diagnosed. These questions are based on information such as your childhood, behaviors, emotions, sicknesses, loss in your life, jobs, relationships, temperature, food, etc.

The first treatments in Five Element are to clear distinct blocks, which may be interrupting the five element balance. These block treatments are the most effective and distinct to this style of acupuncture. These are where I have seen the miracles take place. When other treatments haven't helped, the five element block treatments are what begin to make changes. When you say things like,, "ever since that time I haven't been the same...." or "I just feel stuck and can't move forward." I can see the state of your Shen (spirit) based on your eyes and your ability to connect. I will determine in the initial consultation if blocks need to be cleared and based on your pulses.

We then start to strengthen your CF and begin to bring your body into harmony and balance. It is difficult to explain how you feel after this is done, however most will say they feel much clearer, calmer, grounded, and feel they have more direction. I will give examples of this during the presentation. For me, Five Element Acupuncture has been a life changing experience for me and I believe it has been an essential part of my success and ability to have vision and clarity for my goals and desires.

### **Your First Visit:**

The purpose of this visit is to obtain valuable information about your health to determine a diagnosis based on Traditional Chinese Medicine and Five Element Diagnosis. I will be taking your Chinese Pulses and tongue diagnosis, palpation of energy points and meridians. From these pulses a wealth of information about how the body is functioning is gained. Sound of voice, the condition and color of the tongue, overall appearance of face and skin, emotions, and answering the 10 questions. Based on this information a course of treatment will be recommended to give you the best results.

### **Typical Recommendations:**

In the United States, Acupuncture is usually recommended at 1x week for about 4-8 weeks. Based on your results, the visits will start to reduce in frequency. If the condition is Acute or Chronic, visits may be increased in the first month of care.

In China and Europe, however, acupuncture is part of their primary forms of medicine and once patient's are stabilized, Acupuncture is started daily for about 7-10 days and then reduced from there.

### **What to Expect:**

Most people are surprised by the fact that the needle insertion is usually painless. In fact, some feel nothing at all. Following insertion you may feel numbness or tingling around the point, or in various areas of the body. Typically, the needles are left in the body up to 20-30 minutes per treatment however depending on the treatment they can stay in longer or be inserted and taken right out. Patients usually feel very relaxed after acupuncture and it is best to go home and relax. Commonly patient's report feeling "very euphoric" and sleep very well that night. Results vary, however most patients will feel changes immediately or 1-3 days post treatment.

### **Before your treatment:**

- Eat something light a couple of hours prior to treatment.
- Try to be well rested
- No alcohol before or after treatment.
- Loose fitting clothing should be worn, shorts and tank tops are best.

### **Common Symptoms Acupuncture may help:**

Back Pain, Headaches, Numbness/tingling, Depression, Anxiety, Digestive Disorders, Sinus Congestion, Immune System, Allergies, Fertility, Sleep, Chronic Fatigue, Arthritis, TMJ, Joint Problems, Auto/Sport Injuries, and much more.

## Modalities in Chinese Medicine:

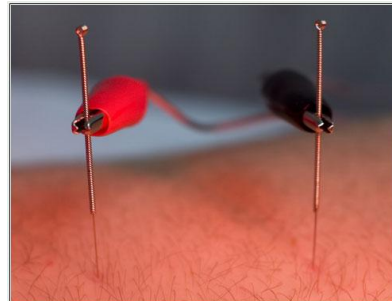
**Gua-Sha:** It involves palpation and cutaneous stimulation where the skin is pressured, in strokes, by a round-edged instrument; that results in the appearance of small red petechiae called 'sha', that will fade in 2 to 3 days. Raising Sha removes blood stagnation considered pathogenic, promoting normal circulation and metabolic processes. The patient experiences immediate relief from pain, stiffness, fever, chill, cough, nausea, and so on. Gua Sha is valuable in the prevention and treatment of acute infectious illness, upper respiratory and digestive problems, and many other acute or chronic disorders.



**Cupping:** The cupping method has the function of warming and promoting the free flow of qi and blood in the meridians, dispelling cold dampness, diminishing swellings and pains.



Cupping



Electro-Stim

## Electro-Stim Acupuncture:

Electro-acupuncture (EA) is the stimulation of inserted acupuncture needles with weak alternating electrical currents for therapeutic purposes. EA greatly enhances acupuncture therapy's effectiveness for a broad range of clinical conditions. Electro-stim can be used on stubborn pain indications to increase the healing time and reduce pain.

## Moxibustion:

Moxibustion therapy in conjunction with acupuncture can be very effective for many diseases and conditions including back pain, muscle stiffness, headaches, migraines, tendonitis, arthritis, digestive disorders, anxiety, and female health problems such as menstrual cramps, irregular periods, and infertility.

Moxibustion can be applied in many different ways and the expected physiological reactions from moxibustion can greatly vary depending on the type and technique used. By carefully considering the type of moxibustion, and where and how to apply it, moxibustion can be used safely and effectively for almost all patients.



Indirect Moxa



Needle Moxa



Types of Moxa

**Trigger Point Acupuncture:** Trigger point acupuncture is a more aggressive, direct manipulation of muscular tightness (knots) - known as trigger points. It seeks to generate repeated, involuntary twitching from the suspect muscle or muscle group and usually leads to an immediate reduction of the tightness as well as a reduction or elimination of the related problems.

Whether the trigger points are caused by new or old injuries, improper or overtraining, incorrect posture or body mechanics, or just life, trigger point acupuncture returns the natural balance to your muscles. It is one of the safest ways to address physical problems and usually involves only some short-term muscular soreness caused by the involuntary twitching. The soreness is similar to post workout soreness.

**NADA Protocol:** NADA (National Acupuncture Detoxification Association) is a specific protocol used to help people with addictions. The points are five points in the ear: shenmen, sympathetic, kidney, liver and lung. These points are primarily used for smoking cessation, drug addictions, alcoholism, and mental disorders. The program is very effective and usually done in groups for best results.

## **PWC Acupuncture Fees:**

Initial Evaluation: \$95 (PWC patients \$75)

\*visit last about 1 hour and will include: thorough history and examination to obtain your Primary and Secondary Chinese Medical Diagnosis and begin to determine what your 5 element constitution is.

## **Future Treatments:**

Acupuncture Visit: \$65

Electro-Stim w/ Acupuncture: \$65

Gua-Sha or Cupping: \$15 (added to an adjustment)

Moxibustion: N/C

Trigger Point Acupuncture added to an Adjustment: \$30

\*all the above additions are included in extended visits if needed.

\*10-20% Discounts available if visits are purchased in packages of 6 or 12 in advance

**Group Treatments:** \$30 The PWC will be offering group treatments allowing anyone regardless of finances the ability to receive acupuncture. These visits will last about 20-30 minutes based on the treatment. Patients will sit in chairs in a circle and needles will be placed in the arms/legs (below the elbow/knee), head and ears. The primary acupuncture points reside in these areas and are very effective for the treatment of any health concern.

\*Dr. Leah will determine if you are eligible to be in group treatments. ALL patients must have an initial evaluation prior to any group visits.

## **Smoking Cessation/Weight Loss:**

(\$300 includes 6 visits-3 consecutive, 2 next week and 1 final week) 3 week program.

Acupuncture has been widely used for the treatment of addictions such as smoking and weight loss. The NADA protocol is utilized in these treatments including other effective acu-points.