

1. For which illnesses can acupuncture be applied?

Which illnesses can be treated with acupuncture? The aim of TCM is to treat the whole person and not a specific disease, as the disease is bound to the whole organism. Every disorder unfolds the individual history of a person. Even if the main symptoms are similar like migraines, the reasons are manifold and different. That's why the therapy must also be different. The experience shows that disorders like insomnia, stress symptoms, the lack of energy, acute and chronic pain conditions, hormonal disorders, functional illnesses, chronic rhinitis, allergies, hay fever, autoimmune diseases, infertility, symptoms of aging, as well as children diseases can react very well to acupuncture. The World Health Organisation has published a list of diseases which can be successfully treated by acupuncture. Some examples: common cold, asthma, sinusitis, tennis elbow, ischialgia, gastroenteritis, colitis, constipation, diarrhea. (See list)



Who can be acupunctured? There is no age limit for the patients up or down. Also babies or children can be treated, it can often be enough to massage points, even pregnant women can be acupunctured without side-effects.

Generally: the longer the illness persists, the longer /more often must be the treatment. Usually the treatment duration can be assessed after the sixth treatment, as the individually different reaction disposition is manifested by that time. In rare cases it can happen that the improvement of the complaints happens only after the tenth treatment.

Are there any side-effects of acupuncture?

A professionally implemented acupuncture has no side-effects. Acupuncture uses the self-healing powers of the body, which during the treatment can strengthen the symptoms for a short time, but they ease quickly. The healing happens from inside to outside, so that excretion is possible through the skin, stool and urine. After the acupuncture the patient usually feels a comforting relaxation, sometimes a desire to sleep. Please avoid bodily exercises, substantial meals, stress and sexual activities 2 hours before and after the treatment.