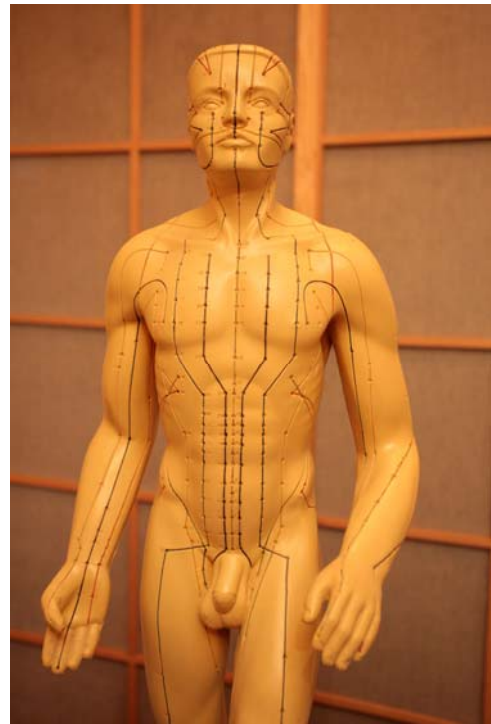


## Acupuncture

As a part of the Chinese Medicine it is a more than 2000 years old approved medical treating method, which restores health using the body's own healing energy by placing needles into special points of the body. Through the needles or the warming up of these special points the organism will be specifically stimulated, to come back into balance: to activate the body's self-healing power. Traditionally acupuncture is understood as the regulation of the stream of the life energy, which is called "Qi" in China. This system is an energetic net of canals, which connects not only the acupuncture points but through the inner routes connects the organs with each other and influences them.



### The treatment

By the acupuncture treatment very thin needles are placed into the chosen points almost completely free of pain, to correct the imbalance detected before. According to the needs up to 15 needles are used. They stay in usually 20-30 minutes, sometimes longer. By children 1-20 minutes are enough. A further treatment which can be carried out together with acupuncture or separated from it, is moxibustion. Hereby the wool of the mugwort will be burned on needles or with pads (of garlic and ginger slices) above the acupuncture points. This especially beneficial warmth strengthens the organism.

### The possibilities of acupuncture ([see list of illnesses](#))

Admittedly acupuncture justifiably became reputed for the treatment of nicotine addiction or for extremely painful states such as arthritis, and for acupuncture anaesthesia by operations, but its capacities are much wider and reach from acute and infectious illnesses to chronic and inner diseases like headaches, menstrual disorders, difficulty of breathing, depressions and hormonal illnesses. Generally the treatment focus of TCM is on chronic and functional disorders. The strength of TCM is its potential to diagnose illnesses which are in a looming stadium. A list of the many illnesses that can be healed by acupuncture provides only an outline for our western thinking.

Acupuncture cures the whole person and not only a specific disorder, the source of which can be probably at a completely different place from its appearance, as a result, if two people come with the same illness, they will get different treatments if the reasons of their illnesses are different. Acupuncture tries to resolve the causes and patterns which are behind an illness.