



# Jade Spring Wellness Center

ACUPUNCTURE • MASSAGE THERAPY • CHINESE HERBAL MEDICINE

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## ACUPUNCTURE FOR THE TREATMENT CHRONIC & ACUTE PAIN

**Acupuncture** is an ancient medicinal art that has been practiced for thousands of years. One of the most consistently supported uses of acupuncture therapy is in the treatment of pain. Chinese Medicine is focused in treating the whole person and finding the organic root of the problem instead of just treating the symptoms. Acupuncture treatments also open blockages of "Qi" which is a term in Chinese medicine that refers to life-energy or life-force. When this energy is blocked, it causes poor circulation, thus causing painful conditions.

### How does acupuncture and Chinese herbs relieve back injuries or pain?

**Acupuncture** increases blood flow diseased areas, relaxes the muscles, relieves pain and inflammation and lengthens the muscles. Lengthening muscles is important because people tend to contract their muscles to guard painful areas therefore creating more tension.

Often times back pain is caused by spasms of the many muscle groups that support the low back such as psoas major, quadratus lumborum, paraspinalis, and gluteus muscles.

Over time, these muscles become shortened and cannot support the nearby vertebrae, discs, muscles, joints, ligaments and nerve tissue. The limited blood flow in these tissues can cause degeneration to occur over time creating a domino effect of discomfort and pain.

At Jade Spring Wellness Center, Chinese massage is used in conjunction with acupuncture to bring these muscles and joints to their natural, healthy state by elongating the muscle and increasing the blood flow.



**Chinese herbs** work as an analgesic (pain-reliever), relaxing the muscles and minimizing spasms and strengthening the underlying weakness related to the painful condition.



The World Health Organization (WHO) in 2002 released a report entitled **Acupuncture: Review and Analysis of Reports on Controlled Clinical Trials**. This report states that acupuncture "can be regarded as the method of choice for treating many chronically painful conditions."

The World Health Organization (WHO) reached this conclusion due to the effectiveness of acupuncture in treating pain and "because of the side-effects of long-term drug therapy for pain and the risks of dependence."

Acupuncture can be effective in the treatment of pain associated with the following conditions:

- Acute Sprains – Arthritis – Rheumatoid Arthritis – Osteoarthritis – Bursitis – Dysmenorrhea (Period Pain) – Fibromyalgia – Headaches – Migraines – Neck Pain – Shoulder Pain – Frozen Shoulder – Carpal Tunnel Syndrome – Back Pain – Low Back Pain – Prolapsed Disc – Hip Pain – Knee Pain – Plantar Fasciitis – Postoperative Pain – Shingles – Sinus Pressure/Pain – Sports Injury – TMJ Dysfunction – Any conditions of chronic and Acute pain.

### Testimonial-

*"I came to Mia with a variety of health issues including, chronic back pain, migraines and chronic fatigue. The back pain started more than 20 years ago after a fall which I was hospitalized for. My treatment included acupuncture and Chinese herbal pills and teas. I have a very sensitive system, and Mia did an excellent job selecting herbs that were gentle and not irritating. My health has continued to improve; I no longer have chronic back pain and migraines! My energy also is steadily improving. I'm very thankful for Mia's support and for her treatments!"*

**Glenn Cornwall**