

Acupuncture is a therapeutic technique involving the insertion of needles into specific points in the body in order to prevent or treat a variety of disorders, through the mechanisms of improving self function and promoting natural healing.

Traditional Chinese medicine (TCM), compared to the conventional Western medicine, is a distinct culture-related medical system. The foundation of TCM theory is the concept of yin and yang – anything in the universe (including the human body) is defined as two opposing aspects. When yin and yang are in balance, the body is optimally healthy. If yin and yang are out of balance, the body will be in dis-order.

Acupuncture is one of the major components of TCM. Other therapies and techniques of TCM include Chinese Herbology, Zhenggu (bone setting and joint manipulation), Tuina (Chinese massage and acupressure), Qigong (breath exercises) and Taichi, etc.

Office Hours:
Monday-Friday 9am-6pm
Sunday & holidays by appointment

YIN & YANG HEALTHCARE

Located in the heart of Friendswood, the leading health professionals of **Acupuncture and Chiropractic of Houston** are dedicated to helping you **BALANCE YOUR LIFE!**

Acupuncture and Chiropractic are two most common forms of natural medicine that are increasingly accepted by American people in the recent four decades. We provide a **unique integrated Chinese and western medicine** with no medication and no surgery to the community for the prevention and treatment of common diseases.

Based upon the holistic approach that treats the human body as a whole entity, our office provides evidence based acupuncture, chiropractic manipulations, herbs, nutrition, and other modalities. We also offer educational supports, not only capable of treating a particular disorder, but also improving overall health, and leading to high-quality daily lives.



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Acupuncture Traditional Chinese Medicine



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Does acupuncture hurt?

A skillful acupuncturist is capable of performing acupuncture treatment painlessly. Acupuncture needles are so thin that 5-10 of them can fit inside the shaft of a hypodermic needle, while they are not hollow with cutting edges. The tip of acupuncture needle is specially made, round and smooth like a pine needle, to minimize the tissue damage during treatment — this is essential to stimulating your body systems. Patients may feel a pinch or sting, followed by some pressure, burning or tingling sensations. Most patients say it doesn't hurt at all.

Is acupuncture safe?

Yes! Use of disposable needles completely eliminates the chance of transmission of infectious diseases through needles. Acupuncturists have passed national Clean Needle Technique examination before being certified by National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) and before being licensed by the state board. For a list of licensed acupuncturists in your area, contact NCCAOM or find on line at acupuncture.com

How many treatments would be needed?

It varies depending on severity of the diseases, conditions of individual and the response to treatments. Generally, chronic or severe problems require several months' treatment with one or two treatments per week, whereas acute or mild disorders require less time and frequency of treatments. But a positive response to acupuncture treatment is generally evident between the 1st and the 4th treatment. For "Wellness Care", as little as 4 times per year may be necessary. Like other healthcare treatment plans, each acupuncture visit builds upon the treatment before, so following a treatment plan is important to a successful outcome.

What can acupuncture treat?

Acupuncture and TCM are extremely successful in treating a variety of disorders, especially those severe and complex conditions which conventional Western medicine lacks of treatment options. Acupuncture can act as a stand-alone treatment or as an adjunct to other medical treatment forms. Acupuncture is also often used as preventative medicine with a few times a year for a "tune up" or a "balancing" treatment.

Our specialties on the disorders treated with acupuncture (including Chinese herbs) focus on:

- * Pain related conditions, such as neck, shoulder, back and knee pain, arthritis, headaches, carpal tunnel syndrome, sciatica...
- * Allergies, sinusitis, sore throat, common cold and flu...
- * PMS, cramps, menopause, dysmenorrhea...
- * Stress from work and family, anxiety, depression, insomnia...
- * Nausea and vomiting of any causes, dysphagia, IBS...
- * Sprain and strain, stroke, Bell's palsy, neuralgia, tendonitis...
- * Addiction, smoking, weight loss...
- * High blood pressure, diabetes, high blood cholesterols...

How does acupuncture work?

According to the theory of Chinese medicine, the human body is considered as a dynamic organism composed of internal and external organs, connected with channels called meridians. Through these meridians, qi (pronounced chee) or vital energy, is flowing constantly all over the body to support and nourish the organs. Yin and Yang balance is adjusted by the flow of qi. A healthy body requires a free flow of qi, whereas disorders occur when meridians are blocked, and the flow of qi is stopped. Acupuncture is capable of unblocking the meridians, freeing the flow of qi, restoring the balance, and consequently treat the disorders.

A considerable amount of scientific research has been conducted to explore mechanisms of acupuncture on physiology and pathophysiology of the human body. For instance: acupuncture stimulates endorphin release to provide pain relief; acupuncture regulates serotonin in the brain to treat emotional disorders; acupuncture improves blood circulation, decreases inflammation, and increases T-cell count to stimulate immune system. Therefore, acupuncture is now more and more accepted by practitioners and patients world wide, including United States.

How long does each acupuncture treatment take?

Prior to receiving care, each patient undergoes a thorough history and examination to ensure that acupuncture is warranted. Thereafter, each treatment takes about half an hour, and needles are retained in the body for 10-20 minutes. In some cases, patients are instructed to move certain body parts (with needles in) in order to reinforce qi sensation and achieve maximal results.