



(314) 772-HEAL (4325)

www.acustl.com

FREQUENTLY ASKED QUESTIONS

What is acupuncture?

Acupuncture is an ancient healing system that involves the insertion of hair-like needles in specific points of the body. It is a complete system of healing, meaning that it can address a wide variety of health problems. It works on the energetic level of the body to help restore balance and harmony among bodily systems.

Where does acupuncture come from?

Acupuncture was first practiced in China thousands of years ago. This treatment method has been in continuous use and has been refined over thousands of years to become a unique and powerful healing system. Today, acupuncture is practiced throughout the world.

I've never had acupuncture, what is it like?

Overall, most patients find acupuncture to be a relaxing and rejuvenating experience. Some people initially do not like the idea of needles being inserted in the body; however, most find that the actual insertion of the needles is completely painless. Some patients may feel a slight "pinch" that passes immediately. After needle insertion, the patient relaxes for 45 minutes to an hour. In that time, patients often drift into sleep, waking up refreshed and renewed.

Is acupuncture safe?

Acupuncture is one of the safest of healing systems when practiced by a licensed acupuncturist. Licensed acupuncturists must complete a rigorous three year master's degree program and pass a national certification program before they are allowed to practice. At Community Acupuncture of St. Louis, we are Licensed Acupuncturists, and we abide by universal safety precautions, OSHA standards, and only use disposable stainless steel acupuncture needles which are factory sterilized.

What does acupuncture treat?

Acupuncture can address problems on the physical, emotional and mental level. The conditions commonly treated by acupuncture include: allergies, asthma, depression, digestive disorders, headaches, neck & back pain, PMS & painful periods, menopause, stress, constipation, and chronic pain. Many use acupuncture along with other medical treatments. Whether used on its own or with other healing systems, acupuncture can be a great asset in helping you recover your health.

Why does your clinic treat patients in recliners in a common room instead of on treatment tables in private rooms?

We do this for several reasons. The first reason is that many people feel more comfortable in recliner chairs, as it is a more relaxed and less clinical setting. Secondly, having a group room allows us to take advantage of the healing energy of the group. Acupuncture harnesses the energetics of an individual to bring about healing, which are stronger in a group setting. A third reason for the common room treatments is to keep costs down and treatments affordable. That being said, if your condition requires a treatment table in a more private setting, our clinic has separate facilities to accommodate your needs.

How many treatments will I need?

The number of treatments required depends on several factors including the duration of the condition, its severity, the age and overall health of the patient, and the patient individual's response to treatment. Typically, a patient is recommended to come for treatments several times a week for the first few weeks. This will allow a momentum of healing to be generated. After that time, treatments can be less frequent. The duration of treatment can be a couple of weeks to several months. Some patients, even though they are not experiencing any disorder, come once a month as a preventative measure.