

## Is your acupuncture stuck in the past?

Acupuncture is thousands of years old and has successfully treated multitudes of people throughout the centuries. Acupuncture began to gain popularity in the U.S. in the early 1970's and today is generally accepted as having benefits for reducing pain, headaches, symptoms of fibromyalgia and many other ailments. Modern researchers, with the use of highly sensitive scientific equipment, have confirmed that the ancient acupuncture texts are correct in the mapping of energy pathways (meridians) of the body. Each meridian relates to and affects the major organs and systems of the body. Acupuncture continues to thrive and enjoy popularity among many who either chose to seek natural, drug free treatments or who have found little or no relief from western allopathic medicine.

Today's most powerful treatment approaches in alternative healthcare have their foundation in acupuncture theory. From this ancient theory has spawned a variety of modalities and treatment approaches over the last fifty years that permeate alternative health care today. Pioneering practitioners such as Dr. George Goodheart, Dr. Scott Walker, Dr. Devi Nambudripad, Dr. Victor Frank and Dr. Fred Ulan, just to name a few, have been instrumental in successfully advancing alternative health care into the twenty first century by taking the ancient theory and applying modern quantum physics. These pioneers have brought many different techniques ranging from nutritional response testing, to addressing the emotional components affecting the physiology of the body and even to the elimination of allergies. Those of us who have benefited from alternative health care or provide such health care owes a debt of gratitude to the acupuncturist of yesteryear and the pioneers of today.

Although acupuncture is finally being widely accepted it is also facing a challenge. Many modern day acupuncturists find that the illnesses, imbalances and injuries that were once alleviated with one or two traditional acupuncture treatments may now take multiple treatments in order to obtain the same result. Acupuncturists and patients alike find themselves frustrated undergoing multiple treatments that may or may not produce the desired result, only to then discover that the same complaint resurfaces within days, weeks, or even months later. Why, after centuries of historical success, do some find themselves experiencing little or no relief with acupuncture?

Perhaps one reason may be that the acupuncturists of fifty or a hundred years ago saw a very different patient physically, mentally and emotionally seeking treatment. Modern stressors such as chlorinated water, prescription and over the counter medications, electro magnetic frequencies from cell phones, televisions, microwaves, high tension power lines and the "Standard American Diet" (S.A.D. for short) contribute to the degradation of the function of the body. Think about the fact that the S.A.D. is full of processed foods low in vitamins and minerals and high in chemicals and preservatives that our parents didn't even have to deal with in the quantities and frequencies that our modern lifestyle demands. Again, our modern lifestyles with its refined foods, poor air quality and high stress have all contributed to many of the illness and diseases that plague our society. In fact, the big three killers among Americans; cancer, heart disease and a stroke can all be

directly linked to lifestyle. Many of these diseases are now on the rise among younger and younger people.

Many Americans are also quite literally eating their way to disease, illness and death. Some studies suggest that many Americans may be consuming as much as six times the needed amount of food on a daily basis. Diets high in processed foods, preservatives, chemicals, additives, white sugar, white flour, dairy, soy and non-organic meats, vegetables and fruits all may stay partially undigested in the digestive tract for years,. All of these undigested foods contribute to a host of symptoms and illness in the future.

So the question becomes how can those of us who seek preventative natural approaches to health care be sure that the time and money spent at the acupuncturist will be well spent? Considering that many acupuncturists today are charging upwards of \$60.00 a treatment and those treatments may not be as effective as they once were, many people are left with no other option then to return to the insurance driven medical community, co-payment in hand, for yet another round of prescriptions.

So, before giving up on alternatives to allopathic medicine here are some things to consider so you can get the most out of your treatments and your practitioner. **Ask questions.** Find out if your alternative health care provider uses herbs or whole food nutrition to support your body in returning to a state of balance. Find out what they do to alleviate the emotional stresses that are attacking all of us everyday. Find out how they would handle a vitamin and or mineral deficiency which is often a contributing factor in illnesses and ailments such as eczema, headaches, fatigue and asthma.

Without the proper specific nutritional support you and you acupuncturist may be chasing the proverbial healthcare tail. Approximately 50% of Americans suffer from some sort of sub clinical malnutrition which may manifest itself through apparently unrelated symptoms. A lack of minerals may cause headaches; a poorly functioning digestive tract may be the root cause of joint pain and fatigue.

Recovering from illness, maintaining wellness and enhancing one's health does not have to be laborious, costly or mysterious. Treatments with an acupuncturist or other bio-energetic therapist when combined with education, participation in the treatment plan, lifestyle evaluation and nutritional support can greatly impact the overall success of the treatments, recovery and illness prevention in the future.

We live in a very different world today then the one in which the ancient acupuncturist and their patient did. Many of our modern day conveniences have come at a high price. True health and wellness is so much more then the absence of disease and illness.

Acupuncture and similar modalities focus on restoring balance to the body and supporting the body's natural ability to heal. If however the body is not receiving proper nutrition, and most of us do not, then treatments just won't be as effective, long lasting or profoundly powerful as they could be. Further, if our body's immune response is suppressed due to stress plus other environmental factors, and most of our systems are

under such assaults, then again treatments just won't be as effective, long lasting or profoundly powerful as they could be.

True health and wellness is also not just the proper function of the body, it is the empowerment that comes with being more than just a patient on a treatment table for fifteen minutes. Understanding our treatments, our personality, our nutritional needs and the impact that our lifestyle has on our health all ultimately assures us greater control over our treatments, our health and our pocketbooks when it comes to achieving our long and short term health goals.

Much like youth being wasted on the young, health is often the first thing neglected by the seemingly healthy. If we ignore our health and it will surely go away. We should always remember that true happiness and wellness lies first of all in good health.

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