



# Karen Craven Acupuncture

specializing in allergy and pain elimination

## Acupuncture

Homeostasis is the term for the body's efforts to maintain a stable equilibrium, a balance of all systems. Traditional Chinese Medicine works with the body to facilitate this effort. Pain, insomnia, cough and anxiety are all examples of a body out of equilibrium.

Acupuncture recruits the body's own resources to balance itself. In acupuncture, very fine, solid needles are inserted at specific points on the body. There are hundreds of acupuncture points and each has specific uses. Elegant combinations of points can dramatically affect the equilibrium of the body. For this reason, it is important to choose a trained Traditional Chinese Medical practitioner to provide acupuncture. After years of study, a TCM practitioner will have the knowledge to use the points effectively to bring balance and harmony to the body.

The needles used are Class II medical devices and are sterile and single use. They are usually made of stainless steel and range in length from 1-10 cm. In a typical treatment 5-15 needles will be used.

### Studies/references:

- World Health Organization report on effectiveness of acupuncture - <http://apps.who.int/medicinedocs/en/d/Js4926e/5.html>