

June 2, 2004

Judy's Acu-News

*"A journey of a thousand miles begins
With a single step" -- Lao Tzu 6th Century BC*

Acupuncture helps Muscle and Bone Pain

Pain, soreness & numbness of muscles, tendons and joints affect practically everyone at some point in their lives. Whether the pain is acute, chronic or recurrent, acupuncture may be helpful in pain management.

Our bodies are subject to: Repeated or overuse injuries, athletic injuries and motor vehicle or work place accidents which cause pain, soreness or numbness, or tingling to the extremities. In Chinese Medicine many of these pain manifestations are due to an obstruction of blood circulation and Qi (energy - pronounced chee) circulation in the channels/meridians of the body.

For example, shoulder pain is one of the more common complaints that can arise from repetitive movements or overuse or injury. It often occurs in the office worker who repeatedly lifts his/her shoulders to put files away into a file cabinet, a server who carries trays over his/her head, or the tennis player who repeats the same strokes or from lifting heavy objects higher than the midline.

Other complaints commonly treated using acupuncture include: pain, back pain, sciatica, elbow pain (including tennis/golfer's wrist pain (including carpal tunnel syndrome, and tendonitis), knee and ankle pain, and arthritis to any joint to name a few.

In traditional Chinese medicine, the human body is upon as an integrated energy system. By Stimulating one area of energy system will have an effect on different areas of the system. human body is constantly trying to maintain balance, and when injury, or deterioration occurs the body creates a block to protect itself. This block can be pain itself or a loss of Range of Motion along with pain.

Eastern and western medicine are both used to obtain a diagnosis and treatment plan. Dietary and Life style recommendations are made where applicable.

We all possess a potential for recovery Through our innate intelligence. The body knows How to heal itself. This recovery potential merely Waits for the head, the heart and the mind

Of the trained individual to bring it into Manifestation. I invite you to Explore this safe and effective Method of pain management.



food service

neck elbow), pain

looked the trauma,

pain



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