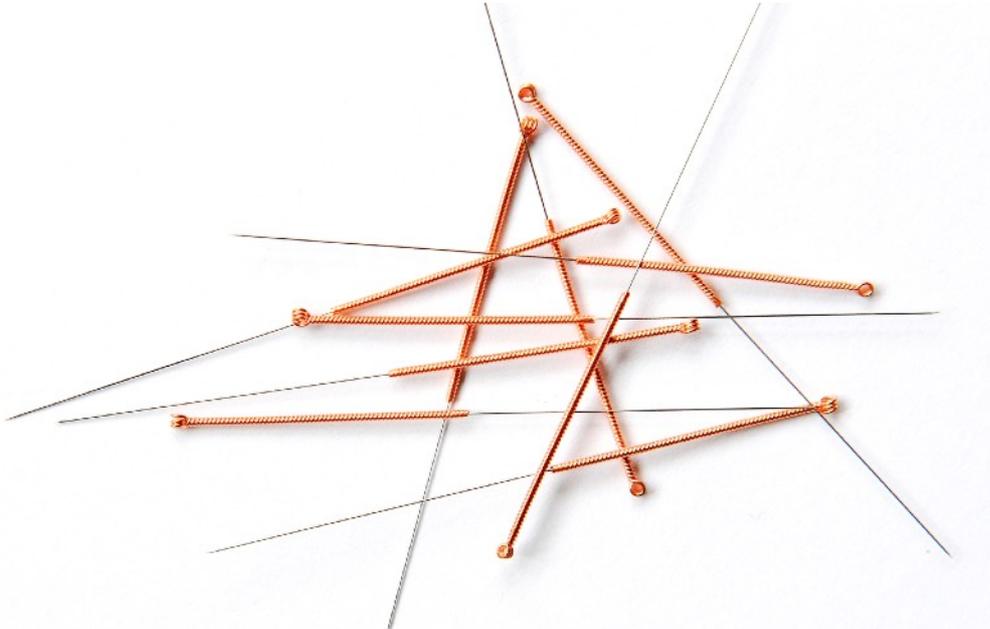


ACUPUNCTURE TREATMENTS

What response should you expect?



New to Acupuncture?

When you have an acupuncture treatment for the first time, it can be difficult to predict how you will respond. This is due to the individual nature of your presenting condition as well as your personal response to the particular treatment. Below, we cover the most common responses and explain why they occur.

Traditional Chinese Medicine works on the accepted belief that when the body is not in balance it retains areas of disturbance or blockages. Once balance begins to be

DURING TREATMENT

When the needles are inserted, you may feel mild tingling around the site, warmth, heaviness, or nothing at all.

AFTER TREATMENT

After a session of acupuncture, you will normally feel relaxed and refreshed, but specific responses depend on each person. For instance, some people feel energised, while others feel sleepy.



POSSIBLE SIDE-EFFECTS OF ACUPUNCTURE

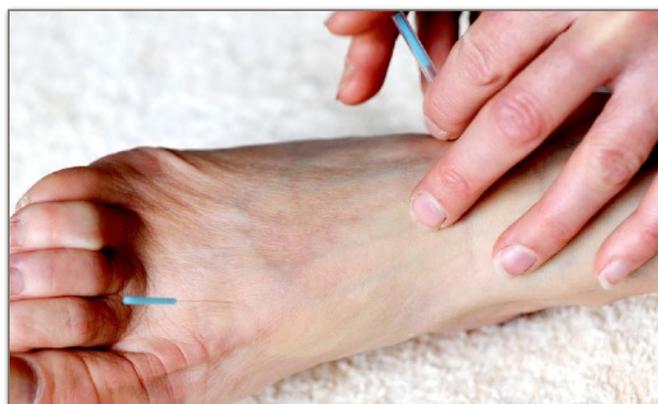
- Soreness at the site of needling
- Bruising at the site of needling
- Fatigue
- Lightheaded or mild dizziness
- Worsening of symptoms
- An emotional release

All of the listed side-effects are generally mild and transient. If they are severe, or persist beyond 24-48 hours, contact the clinic or your practitioner

(03) 5443 1393.

restored, the disturbances can surface as short term, and sometimes quite unpleasant, effects. Serious and continuing adverse effects from acupuncture treatment are very rare.

When things do happen after treatment, be they unusual headaches, a slight feeling of dizziness, tiredness after the first session, and occasionally a significant emotional release, many practitioners will take this as a very positive sign that the balance of the system is being restored. The usual extent of a disturbance like this is 24-48 hours. Anything more than that we would look carefully at other possibilities.



One possibility is that the treatment has uncovered another blockage which wasn't noticeable to begin with and this is now generating symptoms. It's only when the rain falls that you find out that your gutters are blocked, and in the same way, when someone is very depleted it is only when the energy flow is much stronger that a pre-existing blockage surfaces as a problem. If this is the case, then the treatment should be moving you forward, and future treatments will help you to move beyond those unpleasant effects. It is also possible, however, that there are other factors in life which may also impact your response to treatment.

There is also a possibility that the treatment may have been too strong for you. We do find a small number of very sensitive patients for whom too many needles or too vigorous a reaction can wobble them for a few days,

WHY DID THIS TREATMENT FEEL DIFFERENT TO PREVIOUS TREATMENTS?

There is often a correlation between how people experience the needles and if the person is relaxed or stressed/anxious, if they're tired or depleted, where they are situated within their menstrual cycle, and the level of pain that they are experiencing prior to the treatment, especially if needling occurs around the site of the pain.

These factors can change your experience from one treatment to the next.

If you are concerned about your treatment, or your response, please contact the clinic

(03) 5443 1393

causing an increase in intensity of the presenting problem, or the feeling of being tired or “like they’ve been hit by a Mac truck”. When this occurs, we know to reduce the number of needles and strength of needling if the feedback makes us suspect that you are sensitive in this fashion.

The other main issue is that the symptoms may not be anything to do with the treatment, such as the onset of a viral infection.

All of these issues are worth discussing with your practitioner, so that we can tailor your treatment in achieving an optimal outcome.

The effects of acupuncture are accumulative.

This is due to the nature of how acupuncture encourages a return to normal function.

When your body starts to function and react in an abnormal manner, it begins to retain a memory of the stimulus (cause) and response (effect). Over time, this memory sets in and becomes our default response. Acupuncture works in trying to disrupt this response.

When we disrupt this response, our bodies tend to go back to our default, meaning that although we improve after treatment, we often “regress” back to what we were before the treatment. This may be after a couple of days,

IT FEELS LIKE YOU’VE MADE ALL OF THE PREVIOUS SYMPTOMS RETURN . . .

It is not unusual for people to experience a slight return of some earlier symptoms when they begin acupuncture treatment. This is more often the case with long standing chronic problems, as we start to peel back the layers of problems that have mounted over time.

However, when people get these kinds of reactions we are always careful not to be blasé and assume that it is a positive outcome. The key element of a 'good' return of symptoms is that they are short lived. If the symptoms return for an extended period of time, then they need to be looked at carefully.

or can be a number of weeks, depending on the severity and duration of the condition, as well as your personal response to acupuncture.

“As we remind the body of the original memories that it has, the default response changes back to what it should be.”

However, by reinforcing this new memory, by way of further acupuncture treatments, the degree of “regression” after treatment lessens. In the same manner that our bodies have memories of the diseased state, we also have retained memories of the normal functioning. As we remind the body of the original memories that it has, the default response changes back to what it should be.