

New to Acupuncture?

What Does Acupuncture Do?

The goal of Acupuncture is to encourage a return to normal function within the body.



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

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.

When you have an acupuncture treatment for the first time, it can be difficult to predict your response. This is due to the individual nature of your presenting condition as well as your personal response to the particular treatment. Your acupuncturist will discuss this with you in your consultation.

DURING TREATMENT

When the needles are inserted, you may feel mild tingling around the site, warmth, heaviness, or nothing at all. This is generally short lived and certainly should not be painful.

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. If you are concerned about your response, check our website for more information, or call us.

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Acupuncture tends to have an accumulative effect



Each treatment reminds the body of what it should be doing, until it resets to become the default. Ultimately, your body will then do what it should without the need for continual "reminding"

Is there pain?



On occasion, a needle may go into a hair follicle or pore, which can sting - let your acupuncturist know and they can remove the needle.

Want more information?

Check out our website for more detail and information about possible side effects