

From China to Philadelphia

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With thousands of miles between the two towns of Philadelphia Pennsylvania and Kunming, Yunnan China, lies a distinct connection. Having traveled to Beijing and Kunming to study acupuncture and traditional Chinese medicine (TCM), Ted Zombolas has returned to the USA and settled in Willow Grove, Pennsylvania. Ted specializes in Master Tung Orthodox Acupuncture and incorporates the Balance Method acupuncture. He has co authored a book on the treatment of neck, shoulder and back injuries, which utilizes an exclusive method based on the principles of TCM.

In the past, many patients choose acupuncture as a last resort after all conventional therapy had failed. Now in the Philadelphia area, Ted is providing people the opportunity to rely on acupuncture as a healing and preventative alternative to drugs or surgery. An increasing number of people are discovering the benefits of acupuncture as effective treatment for numerous illnesses. Many Western countries utilize acupuncture in their primary health care systems.

Acupuncture is a method of healing that has been practiced continually in the Orient for over 2000 years (Western medicine as we know it, has been practiced for 300years). Acupuncturists consider the body and mind as dual aspects of an energetic whole. Illness is a manifestation of disharmony of life-force energy Qi (pronounced CHEE). This Qi circulates through the internal organs and in specific pathways throughout the body. The manipulation of fine needles which are inserted into points along the energy pathways, adjusts imbalance within the body and treat disease. Often, acupuncture gives optimal results in conjunction with conventional medicine.

Acupuncture treatment is free of harmful side effects. Where a choice is available, it is better medicine to select the least dangerous method first. Acupuncture stimulates the body to neutralize a disorder and re-establish health. There is no danger of infection from acupuncture needles, as Ted follow strict clean needle techniques and only utilizes disposable needles.

Acupuncture activates and speeds the body's own healing process. It is outstanding for its ability to address the underlying cause of illness or pain, not merely its symptoms. Acupuncture's ability as a general preventative tool and as an ideal treatment for a wide range of problems reinforces it as a first choice.

Since acupuncture uses a holistic approach, it is important for the acupuncturist to gather information on all of the body's systems. This is done by asking a detailed health history, taking the pulses, and examining the tongue.

In treatment, the needles used are hair-thin. The insertion may feel like a quick pinch or be hardly noticeable. Sensations of pressure, fullness or tingling may follow. Heat, electricity or acupressure can also be used on points to enhance the treatment. Most patients describe the treatment as deeply relaxing and energizing.

Ted's aim is to alleviate your ailment and improve general body function. Factors such as age, lifestyle, general state of health and severity of disease contribute to determine the number of treatments required affecting change. Appropriate diet, exercise and healthful lifestyles enhance acupuncture's effects.