

## Needle-Less Acupuncture

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“I hate needles! How is acupuncture going to help me!” this is a common concern among many that dislike needles. We have all had medical practitioner who had to “fish” around inside our arms looking for a good vein to take blood, and then some that were so good at it, they could do it without looking. Unfortunately the bad ones leave a lasting impression on us that needles hurt. Well the fact remains, whether we like needles or not, they are a part of the medical establishment.



What sets acupuncture apart from the western medical industry is the type of needles used. Unlike hypodermic needles used by western medicine for injecting medications or withdrawing blood, acupuncture needles are not hollow. The acupuncture needle is a “hair-thin” flexible strand of stainless steel, which is inserted through the skin with little or no sensation. Now with this said, there are still some that can benefit from the practice of Chinese traditional medicine, including acupuncture, but can not stomach the needles.

Although acupuncture is based on the insertion of thin needles into the acu-points and meridians, there are many other methods of treatment that does not include the use of needles to get simple results. In a past article I spoke about cupping as a method of treatment, this method utilizes cups to create suction over areas of disease thus attaining therapeutic results without the use of needles. A method of acupressure is also used to treat patients, along with or without needles. This form of

treatment is based on the theories of acupuncture and meridians, and is a form of massage, which is specific to Chinese medicine, called Tui-Na. Other forms of treatment include electric stimulators similar to Trans Electric Nerve Stimulators (TENS) or Piezo Quartz Stimulators. An old form of stimulation used in traditional Chinese medicine is called Gua-Sha. This is an art that utilizes a ceramic spoon to stimulate the acupuncture points and meridians to obtain positive results without the use of needles.

Moxibustion is also used to treat patients. This is the burning of moxa wool to gently warm the acupuncture points and meridians. A more modern method is the use of the TDP lamp to heat the area of disease, which gives the same therapeutic effect as moxa. What can be done at home is exercise and diet. This includes Tai-Qi, Qi-Gong, to stay healthy. Using food as medicine is also a form of treatment. This method uses the energies and properties of food to combat the disease process.

So if you think acupuncture has nothing to offer you, think again, you may be pleasantly surprised. I have treated in many my clinic, which have not had one needle used on them, with good results.