



Information for Clients

Medical Acupuncture

What is Acupuncture?

Acupuncture is an old therapeutic method from Chinese medicine in which fine, solid needles are inserted at specific points in the body. Electrical stimulation is often added to the treatment.

What is Medical Acupuncture?

Medical acupuncture is performed by health-care professionals with training in biomedical sciences (e.g. chiropractor, physician, physiotherapist, etc.). When needed, medical acupuncture can be combined with other therapeutic approaches.

How Does Acupuncture Work?

Acupuncture stimulates your body's natural healing mechanisms, helping to restore physical and mental balance. Traditional Chinese explanations use the concept of restoring the normal flow of the vital energy that circulates along special channels throughout the body. Modern research has shown that acupuncture elicits a complex set of responses in the peripheral, central and autonomic nervous systems, including the release of chemicals and hormones involved in pain transmission, behaviour, and muscle and visceral activity.

Is Acupuncture for You?

Acupuncture can be effective whether performed alone or as an adjunct to other therapeutic interventions. The World Health Organization recognizes the use of acupuncture in the treatment of:

- **Digestive disorders** (e.g. irritable bowel, constipation, diarrhea and gastritis);

- **Menstrual and reproductive problems** (e.g. dysmenorrhea and perimenopausal symptoms);
- **Stress and psycho-emotional problems;**
- **Respiratory problems** (e.g. sinusitis, asthma, sore throat and recurrent respiratory tract infections);
- **Neurologic and muscular disorders (e.g. headaches, neck and back pain, sports injuries, sciatica, osteoarthritis, neuritis and facial pain). This is the scope of practice of the chiropractors at the Health and Performance Centre.**

Is Acupuncture Safe?

In the hands of qualified practitioners, acupuncture is one of the safest therapeutic interventions ever used by humankind, with a time-tested record of millions of treatments, virtually free of side effects. Nowadays, the use of sterile disposable needles has eliminated the risk of infection.

Does Acupuncture Hurt?

Acupuncture does not cause any significant discomfort in the majority of clients. The needles are very fine and do not damage the tissues when inserted. For many people, acupuncture is a pleasant experience due to the sense of well-being that usually follows the treatment.

How Do I Find a Qualified Practitioner?

Contact the acupuncture section of the colleges of chiropractors, physicians or physiotherapists in your region. Marco Lozej is a Doctor of Chiropractic and a qualified medical acupuncture practitioner (mlozej@uoguelph.ca).

Health and Performance Centre
University of Guelph
John T. Powell building, 2nd floor
Guelph, Ontario, N1G 2W1
Phone: 519-767-5011 Fax: 519-821-4007