

Good morning ladies and gentlemen. Have you ever wanted to be healed of most of your ailments without the use of prescription medication? There is a simple way to be cured of many things that ail you. The answer to that healing is acupuncture. Acupuncture can benefit people regardless of their economic situation. Anyone who has even one session of acupuncture will benefit in some way.

Acupuncture uses the basic principles of Traditional Chinese Medicine. It has been around for more than three thousand of years. In that time it has been used to diagnose, treat, and prevent many types of illness. According to the National Health Institute Survey approximately 3.1 million adults and 150, 000 children used acupuncture in 2007 in the United States. Roughly 200,000 new people discover the benefits of acupuncture each year.

The practice of acupuncture is an alternative form of healing outside the comfort zone of traditional western medicine. It works by inserting ultra slender needles into certain points in your body based on thousands of years of Chinese study. These pre-sterilized, disposable needles stimulate the body's natural ability to heal itself. Different electrical impulses provide

the energy for one's body systems. This is known in Traditional Chinese Medicine as chee. Chee flows in a series of channels throughout the body. When the chee in your body is imbalanced, over time it can result in disease or illness. Acupuncture uses the needles to help restore the chee to its natural flow. Acupuncture is simply a stimulant that provokes the body's natural ability to heal. According to acupuncturist Dr. Neil Blacklock and I quote, "As soon as a needle is inserted into your body, no matter where it is placed, the first thing that it does is relax your body. The second thing it does is strengthen your immune system." End quote.

About 5 years ago when I moved to the area I suffered from mild depression. I would constantly be under the weather. As soon as I would get over a cold I would get another. After missing two weeks straight of school my mom took me to the acupuncturist. After a few months of treatment I started to feel better and now I hardly ever get sick. I go to the acupuncturist regularly to maintain my health.

My father also suffered from a mild case of depression when he moved to the area. It was the first time he had moved in his entire life. He also had old facial and elbow injuries that were causing him pain. He was fatigued all

the time and lacked energy. He went to acupuncture and after a few months of treatment he started to feel better. Today he tells me that he feels better than he has in his entire life.

There are many misconceptions about acupuncture. Even I had these misconceptions when I started treatment. The first major misconception is that the needles are similar to the large syringes used for vaccinations. That is not true. Acupuncture needles are very thin, almost hair thin, and use surgical grade steel. The second misconception is that the needles hurt. I have had varying reactions to the needles and most of the time the needles do not hurt at all. Once in a while there is a sharp pain but eventually it subsides. According to Dr. Neil Blacklock the pain is due to an imbalance in that point. An enormous amount of chee running to that point at one time will result in a sharp sensation. Pain is good because it means that things are healing and realigning. The third misconception of acupuncture is that acupuncture does not work. Acupuncture does indeed work. It is not instant healing; often it takes 6 months minimum to notice a difference with continuing treatment. It does work though because I have felt the effects myself. As well, if it did not work, it would not have lasted 3000 years and been used in many different regions of the world.

Acupuncture is beneficial for people who have assorted infirmities. It could heal people around the world from many of the things that ail them.

Treatment is relatively inexpensive and easily transported. All that is needed is a few small needles for healing and one person trained to perform the treatment. There are no cases where people have become addicted to acupuncture. It is a simple treatment that can help anything from allergies to acne to scoliosis to cancer. Many people in the world suffer from major diseases and this is a simple way to treat those diseases.

I encourage you to try this method of healing. If there is any ailment that cannot be cured with western medicine, traditional Chinese medicine is the answer. I have heard of many stories where acupuncture was the only treatment that would make a difference. Even though it may be out of your comfort zone, I urge you to please try this form of treatment. It is safe, healthy and it works.

Talk given to class by Rebekah Enarson