



An Introduction to Acupuncture

Description



In this week's blog we will be discussing: An Introduction to Acupuncture

Acupuncture is an ancient Chinese medicine-based form of alternative medicine. It is used to treat a variety of conditions by triggering specific point on the skin with needles. The needles are as thin as a strand of hair. Acupuncture has been practiced for over 2,500 years and it is not an overtly painful procedure you may be imagining. It's said to be able to treat everything from depression and allergies to morning sickness and cramps.

History of Acupuncture

Acupuncture is one of the oldest forms of medicine it is about 5,000 years old and originates from China. It was believed that the human body was filled with and animated by an invisible life-giving force which they called qi (pronounced chee). It was believed that good mental and physical health was because people believed the qi was flowing to all the right places. In ancient China acupuncture needles were made with gold, silver, bamboo, stone, etc. Now they are made of Stainless Steel and are disposable, so it is sanitary. Acupuncture gained its popularity in the US after President Nixon had

to undergo an emergency surgery in China in 1972. It is said that after having an acupuncture session post-surgery gave him great pain relief.

Acupuncture was originally meant to prevent medical conditions, but we now know today it can be used to help relieve a number of different medical conditions. Acupuncture is highly individualized and is a different course of treatment for each person. There are so many benefits of Acupuncture, the most popular are depression, headaches, migraines, neck pain, knee pain, sciatica, tennis elbow, sore throat, rheumatoid arthritis, and so much more. Overall it promotes relaxation, improves sleep, boosts your energy, and decreases musculoskeletal pain.

Licensed acupuncturists attend a rigorous 3-4 year college graduate program and complete more than 2,000 hours of clinical internships. There are many styles and substyles within the practice of acupuncture. Chinese medicine has evolved over thousands of years all around the world with different cultural, political, and scientific influences.

Why should you try it?

Its personalized healthcare

Gets to the root of the problem,

It helps to improve your overall health, you may go there to treat your neck pain and find that your sleep quality, stress level, digestion, and mood improves as well.

Acupuncture is recognized by well-known and leading national and international Health organizations. Such as The U.S. Food and Drug Administration(FDA), The World Health Organization, and many more.

It is affordable health care. Most insurances will pay most if not all of your treatment. Even if it does not cover there are plenty of cash options to work with almost everyone's budget.

The philosophy at Move Well MD in lower Manhattan, New York, and New York's Financial District, is to provide the most comprehensive care by combining traditional and eastern medicine to help reduce pain and get you closer to your health goals. As an extensively researched form of alternative medicine, acupuncture perfectly serves this philosophy. If you're looking for an alternative treatment to help manage pain, call the office or use our online booking feature to schedule an appointment with the acupuncturist.

Our talented team of practitioners offer:

Digital range of motion testing

Digital X-rays

Joint injections

Posture analysis

Cupping therapy

Needless acupuncture

Nerve blocks for treatment of migraines/headaches

Ultrasound guided trigger point injections

Physical medicine

Regenerative medicine

Physical rehabilitation

Chiropractic care

Massage therapy

People come from all over New York because Move Well MD implements a strategy to get them moving again.

Our office is located in the Financial District of lower Manhattan NY, 10038 near Fulton Center, just a few stops from China Town, Soho/NoHo, Tribeca, Central Park, Brookfield Place, West Village, The Oculus, Union Square, Times Square, Midtown, Chelsea, Wall Street, Williamsburg, and the Lower East side. #NYC

150 Broadway (between Maiden Lane and Liberty Street), Suite 1213.

Make an appointment today by calling (212)769-3210.

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Author

ivan_seoclinic