

5 THINGS YOU NEED TO KNOW ABOUT ACUPUNCTURE

Brought to you by the team at Brisbane Natural Health.



The more you have, the better it gets!

The effects of needling specific points on the body are cumulative. Unlike pharmaceutical substances, which the body builds a tolerance to over time, the brain recognises and creates more and more neural pathways to aid healing every time you get a treatment. The closer together your treatments are, the better the effect. Just like learning to speak a different language, the more you practice the better.



Acupuncture is a holistic medicine

Holistic medicines by name have been lumped into the category of gypsy witchery, so it is a term we don't see often these days, but by definition it is a medicine that treats the whole individual. Not just their heart or their foot. Acupuncture traditionally recognises that no physiological system in the body works independently, which ultimately helps clear the disease from its roots.



No two treatments are the same

Each and every one of us is individual in our momentary collection of symptoms; therefore, no two treatments are exactly the same. This is what makes Chinese medicine diagnosis so specific. The body is ever changing and so is your illness, so a dynamic approach is best.



Acupuncture is best used as a preventative

Acupuncturists take note of very subtle changes in the body and are often able to detect disharmony before it manifests with the symptoms that we are used to. Once your acute symptoms are resolved acupuncture can help to prevent any other illness. It takes more energy and more treatments to come back from the deep end of an injury or illness, so having the occasional top up treatment can keep you fighting fit.



Acupuncture shouldn't be painful

Acupuncture needles, when inserted correctly should cause minimal discomfort. Some acupuncturists use traditional Chinese needles, which actually have tiny barbs on the end to catch the tissue (ouch!). Our acupuncturists use only super fine smooth Japanese needles that are not meant to be painful. Good needles combined with an excellent and well-practiced technique is the key to enjoying acupuncture without feeling like a pin cushion.

Our acupuncturists have the training and experience to get you feeling better in no time. Call us on 07 3367 0337 to book your appointment today or visit

brisbanenaturalhealth.com.au