

Acupuncture



AAAMA

What is Acupuncture?

Definition:

Acupuncture involves inserting small needles into specific points on the body to relieve pain and promote overall health.

Key Benefits:

- Pain relief
- Stress reduction
- Immune system enhancement
- Natural treatment method

Safety of Acupuncture:

Acupuncture is widely regarded as a safe treatment method when performed by trained and licensed practitioners.



American Acupuncture & Alternative Medicine Association (AAAMA) is actively serving the Los Angeles community, with great acclaim by the neighborhood, by treating the homeless people in Koreatown.

Community service and missionary work is one of our founding philosophies, and they are being continued from the community services to help our veterans since the early genesis of AAAMA.

We have been trying to introduce Oriental Medicine to our neighborhood through our community services, and we also protect the rights and interests of the acupuncturists in the U.S as one of the primary healthcare professionals.



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What is Acupuncture?

How Does Acupuncture Work?

Acupuncture is a traditional Chinese medicine technique that involves inserting thin needles into specific points on the body. The practice is based on the concept of Qi (pronounced "chee"), which is believed to be a vital life force or energy that flows through pathways (meridians) in the body. According to traditional Chinese medicine, health is achieved by maintaining the balance of Qi, and illness is thought to be due to an imbalance or blockage of Qi.



The proposed mechanisms of acupuncture include:

- 1. Neurotransmitter Release:** Inserting needles may stimulate the release of neurotransmitters such as endorphins and serotonin, which can help reduce pain and promote a sense of well-being.
- 2. Nervous System Activation:** Acupuncture points often correspond to nerve-rich areas, and stimulating these points may activate the central nervous system. This can result in the release of chemicals that modulate pain and affect bodily functions.
- 3. Improved Blood Flow:** Some studies suggest that acupuncture can increase blood flow to certain areas, which may help with healing and pain reduction.
- 4. Immune Response Modulation:** There is some evidence that acupuncture can influence immune system activity, potentially reducing inflammation and promoting healing.

Although the exact mechanisms are not fully understood, scientific research has shown that acupuncture can be effective for various conditions, such as chronic pain, migraines, and nausea. However, the effectiveness can vary, and it is often used as part of a comprehensive treatment plan.

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Safety of Acupuncture:

Acupuncture is widely regarded as a safe treatment method when performed by trained and licensed practitioners. Here are key points that highlight its safety, supported by research studies:

1. Low Risk of Serious Side Effects:

- Study: A review published in the British Medical Journal analyzed over a million acupuncture treatments.
- Result: The risk of serious adverse effects is extremely low, estimated at 0.05 per 10,000 treatments.

2. Common Side Effects:

The most common side effects are minor and include:

- Slight bruising
 - Mild bleeding
 - Temporary soreness at the needle sites
- Study: A study in the journal Pain evaluated over 34,000 acupuncture treatments and found

that only 8.6% of treatments resulted in minor adverse effects, with no serious side effects reported.





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Safety of Acupuncture Cont.:

3. Training and Regulation:

- Licensed acupuncturists undergo extensive training to ensure the safe and effective application of acupuncture.
- Many countries, including the US, have strict regulations and certification processes to maintain high safety standards.
- Study: A study published in the journal *Complementary Therapies in Medicine* emphasized that adverse events are rare when acupuncture is performed by well-trained practitioners following established guidelines.



4. Sterile Techniques:

- Practitioners use sterile, single-use needles to prevent infections and ensure patient safety.
 - Study: Research in the journal *Acupuncture in Medicine* highlighted that the use of single-use, sterile needles is a standard practice that significantly reduces the risk of infections and other complications.
- These factors contribute to the overall safety of acupuncture, making it a reliable option for many seeking alternative or complementary treatments.