

# Acupuncture

By Gina Bliton and Jiji Cook

There is a lot of buzz about natural health today. Many people are realizing that they feel younger, healthier and more vibrant when taking care of themselves in a natural way. Acupuncture is natural healthcare that can make you feel revitalized. Oriental medicine can eliminate the guesswork in how to take care of your health naturally. Here are some common questions about acupuncture.



## What Is Acupuncture?

Acupuncture is the gentle insertion of thin, sterile needles on strategic points of the body to stimulate the body's ability to heal itself. An acupuncture needle is much different than a common hypodermic needle. In fact, an acupuncture needle is only the thickness of two human hairs and has a softer, flexible nature. Many think acupuncture may hurt, but soon discover that treatment at Seaside Acupuncture is actually a relaxing experience.

## How Does Acupuncture Work?

Acupuncture meridian pathways have specific points for healing that are stimulated by an acupuncture needle. The brain responds to the needle as it would to a scratch from a rose thorn. When a thorn scratches the skin, the nervous system responds with a healing response. **Studies show that acupuncture increases blood cell counts, endorphins and serotonin levels – the body's natural pain relieving and healing chemicals.** Studies also show that chemicals associated with immune-system-function stay elevated for at least three days following an acupuncture treatment.

The improved circulation of blood and the body's natural healing responses reduces inflammation, relieves stress and strengthens one's health.

## What Else Can Acupuncture Treat?

Traditional Chinese medicine has unique diagnostic methods that make it possible to treat most disorders. These include:

- Headaches
- Allergies
- Insomnia
- Weight gain or loss
- Neck, back and joint pain
- Fatigue.

## How Is An Acupuncture Physician Trained?

Acupuncture physicians obtain a master's degree in the science of traditional Chinese medicine. Seaside

Acupuncture physicians Gina Bliton and Jiji Cook we both trained in California, a state with some of the highest standards in the country. The school they attended, Pacific College of Oriental Medicine, is a four-year graduate degree program. The program includes studies in acupuncture, herbal medicine, traditional Oriental medicine diagnosis and modern medicine, from biochemistry and anatomy pathology and diagnosis.

For more information or questions, you can contact us at [Gina@SeasideAcu.com](mailto:Gina@SeasideAcu.com) or call Seaside Acupuncture (561) 693-4460.

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