

# Yellowstone Acupuncture & Oriental Medicine

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Acupuncture is the use of extremely fine, hair-thin needles inserted painlessly into known acupuncture points on the human body by piercing the skin. The needles are left in place from anywhere to a few seconds to half an hour. Acupuncture includes the use of all allied techniques of Oriental Medicine, both traditional and modern, for the diagnosis, prevention, cure or correction of any disease or pain. This is achieved by means of controlling and regulating the flow and balance energy in the body to restore its proper functioning and state of health. Techniques of Oriental Medicine include: moxibustion, herbology, dietary and nutritional counseling, body work, breathing and exercise.

## Acupuncture In America

Since 1972 the American public has exhibited an amazing fascination with acupuncture. Many patients come to an acupuncturist for a minor problem because they have heard that acupuncture may be able to help. The patient is pleasantly surprised to see the thoroughness of the case-taking and the diagnosis, and is very common for patients to comeback for more after the initial complaint has been take care of. In an age of rapidly increasing medical technology, there has been a growing interest and demand for acupuncture in America. Acupuncture has been the basis for the medical care of one-fourth of the world's population since the beginning of history. For thousands of years the Chinese have been using acupuncture to restore, promote, and maintain health.

## Does It Hurt?

People who are thinking of going to an acupuncturist for the first time frequently ask, "Does it hurt?" It is difficult to answer that simple question. Some patients show very little sensitivity to the needles and do not feel anything when they are inserted. On the other hand, there may be an increased sensitivity in particular meridians showing an energy imbalance. Some patients may feel more needle sensitive on one occasion than on another.

The needles should not cause pain when inserted. Nevertheless, there is a "needle sensation" which may be described as a tingling or feeling of numbness radiating from the needle. This sensation tends to differ from patient to patient and also depends upon the particular points chosen. Sometimes there is also a distinct twinge as the needle comes into contact with the energy at the point, but this is only momentary. The points in the forearm and lower leg are the most frequently used and tend to give more needle sensation than those on the trunk or head.

In general, however, treatment should not be painful and when the needle sensation occurs, it should only last a few seconds. Acupuncture bears no resemblance to the feeling of getting an injection. The needles used in our clinic are extremely fine and made of highly polished stainless steel.

## Treatable Illnesses

Any health problem, disease, or illness may be treated by acupuncture. In some cases, where the life energy has deteriorated too far to respond to a cure, the disease can still be arrested and pain alleviated so that the patient can lead a reasonably normal life. Though there are techniques in Oriental Medicine for healing all conditions, some problems can be dealt with more quickly by western medicine. Your acupuncturist will recommend that you contact a physician.

Although some conditions can be alleviated very rapidly by acupuncture, many conditions have taken years to establish and can only be relieved with steady, slow progress. As in any form of healing, the patient must be fully determined to get well and to change the habits or attitudes which have been undermining his/her health. Oriental Medicine is an education process in which the patient becomes more sensitive to his/her body and more aware of what to do to maintain physical and mental well-being (i.e. diet, exercise, rest).

For Westerners, it would be difficult to see the depth and scope of acupuncture's potential action without using a Western perspective and without giving examples in Western medical terms. Therefore, the following types of illnesses, some of which are diseases, some disorders, and some symptoms, indicate the remarkably wide range of conditions in which treatment by acupuncture has been effective.

**Bone, muscle, or joint problems** - Including arthritis; backache; inflamed, injured or strained muscles; sciatica

**Cardiovascular disorders** - Including angina; high or low blood pressure; stroke, thrombosis

**Childhood illnesses** - Including catarrhal conditions; colds; coughs; earaches; skin problems; teething problems

Acupuncture is remarkably effective in the treatment of children while some practitioners prefer to use acupressure

**Disorders of the head area** - Including facial paralysis; headaches; migraines; trigeminal neuralgia; vertigo

**Ears** - Including deafness, otitis media; tinnitus

**Eyes** - Including conjunctivitis; glaucoma

**Mouth** - Including gum and tooth problems; ulcers

**Nose** - Including chronic catarrh; nosebleeds; sinusitis

**Throat** - Including sore throat; tonsillitis

**Emergency conditions** - Needing hospital supervision and often combined with Western medicine - e.g., coma; convulsions; sunstroke

**Endocrine problems** - Including hypothyroidism and hyperthyroidism

**Gastrointestinal disorders** - Including constipation; diarrhea; gastritis; duodenal and gastric ulcers; vomiting

**Gynecological and obstetric problems** - Including discomfort in pregnancy and as an aid to labor; menstrual problems (amenorrhea, dysmenorrhea, menorrhagia); morning sickness; thrush (candidiasis, moniliasis)

**Infectious diseases** - Including dysentery; hepatitis; influenza; measles; mumps; whooping cough

**Liver and gallbladder disorders** - Including gallbladder inflammation; gallstones; liver enlargement

**Mental/emotional disorders** - Including addiction; depression; hysteria; insomnia; phobia

**Respiratory disorders** - Including cough; asthma; acute and chronic bronchitis

**Sexual problems** - Including frigidity; impotence; spermatorrhea; sterility

**Skin disorders** - Including eczema; psoriasis

**Urinary disorders** - Including cystitis; incontinence; kidney stones; retained urination

It is important to understand that no acupuncturist would make the unequivocal claim that any identified disorder could definitely be treated successfully, for two reasons: first, because treatment is not directed at the disorder itself but at the person as an individual---and all people are different; secondly because the names of the diseases, disorders, and symptoms given are, to both an acupuncturist and an orthodox practitioner, only a general classification. For instance, there are several types of eczema and several possible causes of diarrhea and vomiting. The effectiveness of acupuncture is largely dependent on the willingness of the patient to change and the practitioner's ability to assess the underlying cause of the disorder.

### Ongoing Treatment

After the first consultation, most patients are advised to follow a course treatment. The duration of this always depends on the individual case, each patient presenting a different pattern. As a general rule, however, long-standing problems take longer to cure. In the Orient, patients with acute problems may be seen every day, but in the West this is usually impossible. After your first visit to the acupuncturist, you will usually be asked to return in a week's time. After the complaint or illness has been improved, the patient is advised to return periodically for a checkup and to receive a treatment to prevent future imbalances.

### Diet and Exercise

When the treatment has been completed, the patient may be advised about diet or exercise if these are relevant to the condition. Alternatively, the acupuncturist may suggest certain changes in life-style, if it is felt that there is another cause for the imbalance.

**What Does It Cost?**

The first treatment includes an in-depth evaluation and requires an hour to an hour and a half. Cost: \$75. Follow-up treatments, depending on the type and duration, cost between \$45 and \$70.

**What About Frequency?**

There is no one on earth who could not benefit from receiving an acupuncture treatment at least once a month.

**How Deep Do The Needles Go?**

That depends upon the nature of the problem, the location of the points selected, the patient's size, sage, and constitution, and upon the acupuncturist's style or school. Usually, the needles are inserted from 1/4" to 1" in depth.

**Does It Hurt?**

If your practitioner has obtained the correct stimulus of the needle, the patient should feel some cramping, heaviness, dissension, tingling, or electric sensation either around the needle or traveling up or down the affected meridian, or energy pathway. In Chinese, acupuncture is *bu tong*, painless. Some Western cultures may categorize these sensations as types of pain. In any case, if you experience any discomfort, it is usually mild.

**Are the needles clean? What about HIV & other communicable diseases?**

Mr. Gillet uses only disposable, sterile needles. These needles are used for one patient, one treatment only. At the end of the treatment they are disposed of in a special container that later will be incinerated. A sterile field is maintained at all times during the treatment.

**How does acupuncture work?**

Modern Western medicine cannot explain how acupuncture works. Traditional acupuncture is based on ancient Chinese theories of the flow of Qi (Energy) and Xue (Blood) through distinct meridians or pathways that cover the body somewhat like the nerves and blood vessels do. According to ancient theory, acupuncture allows Qi to flow to areas where it is Deficient and away from where it is Excess. IN this way, acupuncture regulates and restores the harmonious energetic balance of the body. In Chinese there is a saying, "There is no pain if there is free flow; if there is pain, there is no free flow."

**Are there different styles of acupuncture?**

Yes, there are. Acupuncture originated in China but has spread to Korea, Japan, Vietnam, Europe, the British Isles, and America. In different countries, different styles have developed based on differing opinions as to theory and technique. Patients should talk to their practitioners about their particular style and learn as much as possible about the treatment being proposed.

**What criteria should one consider in choosing an acupuncturist?**

Patients should ask about where the practitioner trained, how long the training was, how long he or she has been in practice, and what experience the practitioner has had in treating the patient's specific ailment. Acupuncture is a licensed and regulated healthcare profession in about half of the states in the U.S. Ask your practitioner if your state requires a license to practice. In states that do not currently require licensing, patients should ask their practitioner if they are certified by the National Commission for the Certification of Acupuncturists. Acupuncturists who have passed this exam are entitled to add Dipl.Ac. (Diploma of Acupuncture) after their name.

**How many treatments will I need?**

That depends upon the duration, severity, and nature of your complaint. You may need only a single treatment for an acute condition. A series of five to fifteen treatments may resolve many chronic problems. Some degenerative conditions may require many treatments over time.

### **What should I know about the proposed treatments?**

Your practitioner will explain the nature of your problem and what treatment he or she is recommending. Your practitioner will tell you what benefits and risks there are to the proposed treatment, what other treatment options are available to you through this practitioner or by referral to another practitioner or physician. If you agree to go ahead with the treatments, your practitioner will tell you what progress to expect, what to do if you don't experience that progress and what to do if you feel worse.

### **Is there anything I need to do before receiving an acupuncture treatment?**

Yes, the following suggestions will help you get the maximum benefits from your treatment:

1. Maintain a good personal hygiene to reduce the possibility of bacterial infection.
2. To prevent loss, do not wear jewelry.
3. Wear loose clothing. Women should not wear one-piece dresses. Avoid wearing tight stockings.
4. Avoid treatment when excessively fatigued, hungry, full, emotionally upset, or shortly after sex.

### **Is there anything I need to do while receiving an acupuncture treatment?**

Yes, again:

1. Relax. There is no need to be frightened. Ask your practitioner any questions you have along the way so that you can get the most benefit possible from the treatment.
2. Do not change your position or move suddenly. If you are uncomfortable, tell your practitioner.
3. Some people experience dizziness, nausea, cold sweat, shortness of breath, or faintness during treatment. This often occurs if you are nervous. Inform your practitioner immediately so he or she can readjust or withdraw the needles. Also let your practitioner know if you feel an increasing amount of pain or burning sensation during the treatment.
4. If you find your treatment unbearable at any point, be sure to speak up so that your practitioner can make the proper adjustments to stop the treatment.

### **What can I expect after treatment?**

You may note a spot of blood at one or more of the needle sites and/or a small bruise could develop. These should not be harmful, but please talk to your practitioner if you are concerned. Patients often experience the most dramatic results in the first treatment. Some patients experience an immediate total or partial relief of their pain or other symptoms. This relief may last or some pain may return. In a few cases, there may be no immediate relief only to notice the pain diminish over the next couple of days. Generally, you should expect to feel better.

Most patients will have more questions than can be answered in this FAQ. Your practitioner is used to answering questions such as: Should I continue to see my medical doctor? Should I continue taking my present medication? What should I eat? Is there anything I can do for myself at home? What signs of success should I look for first and after how long? You should discuss all of your questions in person with your practitioner.