



# Acupuncture – 3000 years old

## Acupuncture by Don Kim

It always surprises, and saddens me, that many people here are unaware of what Oriental/ Chinese Acupuncture is.

This means they are unable to enjoy all the benefits it can bring.

The following is a summary of what Oriental/Chinese acupuncture really is:

■ It is Oriental/Chinese acupuncture done only by ACC providers as qualified acupuncturists who have had three to six years of full time training. This enables us to treat most conditions from muscular to internal, circulatory, gynaecological and skin, etc.

■ We have acu-points in the body. All points have strict directions as to angle and depth of the acupuncture needle. Unless you are fully trained and aware of the directions there always exists some danger of puncturing organs (for example lungs), causing abortion or even unconsciousness.

So treatment may be ineffective or even very dangerous if you get it from anyone who hasn't been fully trained.

Some common misunderstandings about acupuncture are:

■ It hurts. Hardly. It is a very brief

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Don Ki, Acupuncturists

pain, if that.

■ Unreal or spiritual? On the contrary, it is a very effective way of making the most of our own body's system.

■ Not safe? Acupuncture is danger and side-effect free if it's done by a qualified acupuncturist.

■ Is it medically proven? It has a history of over 3000 years and is becoming modern science and medicine proven in more and more areas.

■ Is all acupuncture the same? No there are huge differences between qualified acupuncturists ([www.acupuncture.org.nz](http://www.acupuncture.org.nz)) and all others in effectiveness and safety.

My next article will be about sport injuries, or soft tissue injuries, which are extremely common.

You will be surprised to know how crucial the initial treatment is and how much and long lasting the effect it has, not only on the injured area, but on the other areas of the body.