

WHAT IS ACUPUNCTURE?

Acupuncture is an ancient medicine in which fine needles are inserted into different areas of the body to increase circulation to that area. This simple action rebalances the energies of the body and triggers it to begin naturally healing itself.

Although acupuncture is often used for pain relief, its other benefits include, but are not limited to:

- Regulating the digestive system
- The female reproductive system for regulating menstruation
- Mental-emotional complaints including depression, insomnia, and post-traumatic stress disorder
- Various musculo-skeletal complaints

The length of pain relief or relief of other symptoms varies from individual to individual depending on the nature of the complaint and if it is acute or chronic. Stimulation of both body acupuncture points as well as auricular or ear acupuncture points has been proven to increase the release of endorphins, which are the body's natural painkillers.

DOES ACUPUNCTURE HURT?

The action of needle insertion itself does not cause pain. Oftentimes, the person will feel a small prick sensation as the needle advances through the superficial layer of skin and then experience a warm, heavy, dull, or numbing sensation. This sensation is what acupuncturists refer to as the "qi" sensation. We seek to achieve this sensation on certain points that address the patient's main complaint. Most people find acupuncture very relaxing.

HOW LONG DOES A SINGLE TREATMENT TAKE?

The length of a single treatment may last anywhere from 15 minutes to an hour, again depending on what is being treated, for example chronic migraine headaches may require a longer treatment than a strained muscle. Your initial treatment will last from 75 – 90 minutes.

HOW LONG WILL I HAVE TO BE TREATED FOR MY CONDITION?

The number of treatments recommended for various pathologies is often discussed in the treatment plan developed by the acupuncturist after the initial interview, but can range anywhere from 3-6 treatments to multiple treatments over the course of a year.

IS ACUPUNCTURE SAFE?

Acupuncture is very safe. At Brio, we only use sterile, single-use, disposable acupuncture needles.

WHAT SHOULD I WEAR TO MY APPOINTMENTS? You should wear loose comfortable clothing and avoid wearing any strong smelling lotions, perfumes, or colognes, as many people have sensitivity to these smells.