

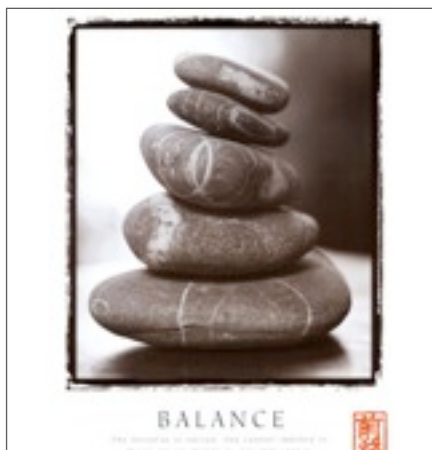
TREATMENT FREQUENCY

The Balance Method results in a rapid shift of the body into a state of equilibrium. Follow-up treatments are required 2-3 times per week to maintain this condition. The total number of treatments necessary depends on your imbalance and your individual response. **Most imbalances are relieved within 10-12 treatments over a period of one month.** If you haven't responded within eight treatments you may not benefit from acupuncture.

If you experience relief immediately after the treatment, but the pain comes back with the same intensity the next morning, then you need to be treated more frequently. In these cases, treatments may need to be increased to once a day or every other day.

It is to be expected that a degree of the symptom, especially if it is pain, will reassert itself in the interval between the treatments. **The time between the treatments themselves should not be so long that the symptom reverts to its pre-treatment level.**

Any activity that aggravates the pain or discomfort should be eliminated until the condition improves. Progress of the condition will take much longer if you continue to re-injure the area.



CONDITIONS TREATED BY THE BALANCE METHOD

Included among the many types of pain treated successfully by the Balance Method are migraine headaches, fibromyalgia, sciatica, arthritis, musculoskeletal pain, back pain, neck pain, joint pain and phantom-limb pain. Pain-like sensations such as numbness, tingling, burning, aching, itching and cramping are also effectively treated effectively by balancing the affected meridian(s).

Internal conditions such as nausea, asthma, edema, irritable bowel syndrome, insomnia, depression, anxiety, chronic fatigue, palpitations, sore throat, cough, diarrhea, menorrhagia, PMS, menopause, prostatitis and impotence can be treated.

Skin conditions including acne, rashes, boils, bumps, pustules, flaking, and swelling also respond well to the Balance Method treatments.

TONI EATROS, ACUPUNCTURE PHYSICIAN
239-774-2444
WWW.ACUPUNCTURESOLUTIONSONLINE.COM

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THE BALANCE METHOD



MERIDIAN THEORY

The Balance Method heals the body by balancing your meridians. Meridian theory has only recently been translated into English, and I am happy to announce that I have studied the theory and am now utilizing this acupuncture method with great success in my practice.

By utilizing the Balance Method we can achieve a high degree of clinical effectiveness in the treatment of all types of pain, among other things.

"Under the right conditions, the internal healing system naturally adjusts imbalances in the body with little interference from the outside." Dr Tan

WHAT TO EXPECT FROM TREATMENT

The use of this method accomplishes more than simple pain relief. Numbness can be treated effectively with the proper corresponding points as well, and overall circulation in the area being distally treated is also improved. Increased circulation can speed healing time.

Usually the pain will be greatly reduced, or completely relieved, after one treatment. While the pain often returns, it is usually at a lower intensity level. This may be due partly to the severity of the injury, but also due to poor habits. If you continue to hold yourself in certain body patterns which induce the pain, or if you continue to do a repetitive motion that aggravates the affected area, the pain may return. The Balance Method looks to change these patterns and heal the tissues. Thus with each treatment, you should have less and less pain.

A small percentage of patients (10% - 15%) have a "reaction" to the Balance Method. This means their condition may worsen for the 24-48 hours after a treatment and then improve. Some patients notice no change for 24-48 hours and then later improve. This healing crisis is to be taken as a good sign; the aggravation will subside within 24-48 additional hours, leaving the symptoms significantly improved. Aggravations as such constitute a kind of "breakthrough" phenomena and seldom occur more than once or twice with any given patient.



The Balance Method for Pain Relief

ADVANTAGES OF THE BALANCE METHOD

There are several advantages inherent in the Balance Method that differ from the more conventional style of acupuncture.

First, an effort is made to minimize the number of needles used. Generally, fewer than six needles are used in a typical acupuncture treatment. This is most often welcome to those who fear the "pin cushion" effect of current Traditional Chinese Medicine treatment styles.

Second, the area of pain or injury is almost never directly needled. Distal points (points away from the injured area) are usually selected. This relieves anxieties and concerns about further trauma being introduced to an already injured or sensitive area.

Third, another benefit of distal treatment is that it leaves the painful area needle-free; the area is then left open for massage or manipulation while needles are in place. If, for example, you are being treated for knee pain, you might be asked to move your knee through its range of motion while distal points are being stimulated. The resulting effect is often quite powerful for removing blocked Qi, therefore, relieving pain.

Fourth, this method also lends itself to a greater degree of flexibility. Several treatment routes are available to me in order to help move beyond therapeutic plateaus that often arise during the course of a series of treatments.

Finally, and perhaps the most significant and attractive feature of this method, is that beneficial healing results occur very quickly. In most cases, these results occur almost simultaneously with the Qi sensation: a final feature most encouraging to you and me alike.

STIMULATION OF THE NEEDLES & POINTS

Using the Balance Method requires that I needle for the Qi Sensation in order to produce a high rate of efficacy. This sensation varies from point to point and from patient to patient. In general, patients variously describe it as feeling like a deep ache, a heaviness, an aching, a tightness, a numbness, an electrical feeling, or several other sensations that stand quite apart from a simple needle-stick feeling.



The 'ashi', the "ah, that's the spot", or most sensitive area around the text book location of an acupuncture point is recommended to use for the best response to the treatment. Exact point location is not as essential as treating the ashi points in the chosen area.

The needles should be kept in place for 30-60 minutes, as it often takes 10-15 minutes to reach a relaxed state. You should be completely relaxed in order to receive maximum benefit from the treatment. The treatment room has soft music, dim lighting and a relaxing atmosphere.