

Achieve Instant Clinical Results Using the Balance Method of Acupuncture

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"Li Gan Jian Ying" - "Put the pole under the sun and the shadow appears immediately"

Classical acupuncture wisdom proclaims that the success of acupuncture treatment should be immediately discernable, much as when a stick placed under the sun will immediately cast a shadow.

By utilizing the Balance Method we can achieve a high degree of instant clinical effectiveness in the treatment of all types of pain, mental illness, digestive complaints, women's issues, and pediatric concerns, just to name a few.

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

Advantages of the balance method

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

- The area of pain or injury is almost never directly needled. Distal points (points away from the injured area) are usually selected. This relieves concerns about further trauma being introduced to an already injured or sensitive area.
- The affected area remains needle-free, leaving it open to other therapies 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.
- This method also lends itself to a greater degree of flexibility. Several treatment routes are available in order to help move beyond therapeutic plateaus that often arise during the course of a series of treatments.
- 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.



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 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.

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 for a couple weeks 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.

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.

What to Expect from Treatment

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.

If you have tried conventional acupuncture in the past and did not have the results you were looking for, give the Balance Method a try. Daily, we see instant clinical results using this method at Acupuncture and Natural Health Solutions. Schedule online now, www.AcupunctureSolutionsOnline.com, or call 239-260-4566 to experience "Li Gan Jian Ying" for yourself.

Call (239) 260-4566 to schedule an appointment.
For more information and answers to frequently asked questions, please visit
www.AcupunctureSolutionsOnline.com.

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Adult and Pediatric Acupuncture

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