

Questions about how to get started managing your health and wellness?

Please call us today or set up a free consultation.

Greenwood Village Location

303-577-9977



Integrative

Health Inc

Experts Providing Healthcare

About Acupuncture

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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 nerves and blood vessels do. According to ancient theory, acupuncture allows Qi to flow to areas where it is deficient and away from areas where it is in 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 a free flow of Qi: if there is pain, there is no free flow".

Does acupuncture hurt?

Your practitioner uses individually packaged sterilized needles and inserts each needle at a specific depth depending on point selection and body constitution. If your practitioner has obtained the correct stimulus the patient should feel some heaviness, distension, tingling, or electric sensation either around the needle or up or down the affected meridian.

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 chronic conditions. Some degenerative conditions may require more.

What can it help?

Acupuncture is effective in treating a wide variety of conditions that affects many systems including: neurological, emotional, physiological, musculoskeletal, digestive, circulatory, and respiratory alignments. Some of these treatable conditions include but are not limited to:

Neurological: headache, migraine, neuralgia, post-operation pain, stroke residuals

Digestive: abdominal pain, hyperactivity, chronic diarrhea, indigestion, acid reflux, nausea

Other: sinusitis, tonsillitis, asthma, PMS, stress reduction, blood pressure, common cold, bronchitis, impotence, menopause, immune system

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Dry Needling

Dry needling is a unique procedure designed to specifically target and restore muscle function, with an emphasis on improving tissue healing and restoring normal tissue function. This is important as continued activity with poor muscle function may lead to further tissue damage and increased pain.

Q-Needling (a.k.a. Knife-Needling)

Q-Needling is a technique from South Korea where a specifically designed needle is used to penetrate a condensed area of trigger points in the superficial fascia. Q-Needling re-stimulates the healing process in the treated areas, breaking chronic pain trends.

NAET with Cold Laser Therapy

Five-Element Acupuncture

Five-Element acupuncture started with the observation of characteristics and interactions in nature. These same characteristics and dynamics are a part of every human being. Nature has shown us time and again how important and essential that balance is in our biosphere. If this balance is disturbed for only a short time negative reaction can occur. If balance is disturbed for long periods then the impact can be severe. This balance is the same within our internal system as well.

The five-elements is a sophisticated system that acts as a diagnostic map and helps lead us to the root or source of all problems in our life based on individual disharmony. This system allows us to move beyond the parameters of conventional medicine and reach into the depths of the very essence of any imbalance whether it is physiological or psychological based. This integral map can help prevent problems or treat less severe and chronic problems. Depending on the goal of the client, it can even help us to transform our lives.