

Acupuncture, traditional Chinese acupuncture

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What is traditional Chinese acupuncture? The effect of acupuncture is based on their influence on the energetic processes in the organism. Many of the autonomic nervous reflex points are identical to acupuncture points. Thus, disruption of the internal organs project on one hand on the skin, the other can also be exercised by the irritation of the skin at these points an influence on the internal organs. In addition, the body's own morphine substances are released, called endorphins. These substances are responsible not only for pain relief but also for mental relaxation. The stimulation of acupuncture points also leads to activation of pain control mechanisms. Of these effects, the regulatory bioelectric effect is to be distinguished. Simply put, every body cell with each other is connected by the connective tissue. Through a puncture at a certain point there is a flood of information to every cell in the body. According to acupuncture relieves pain, psycho-motor-activating and relaxing, and regulates the immune system.

Of the approximately 360 known acupuncture points that are distributed in 12 meridians are selected for each person and his or her individual complaints a few points (about 8-14). These points are needled with silver, steel or gold needles and can also be stimulated by rotation. The needles usually stay 20 to 30 minutes before being pulled. After about 4-6 treatments are the latest, a first success, although the acupuncture is no "Allheilmethode is: You can only repair and not Disturbed Destroyed! After some time a booster is needed.

The body acupuncture is distinct from the ear acupuncture, the needles duration, eg for weight loss or smoking cessation can be used. There is also the mouth of acupuncture and scalp acupuncture and the use of lasers during electrical acupuncture VOLL (EAV) acupuncture needles are stimulated electrically.

The complexity of the processes in the body requires the practitioner with comprehensive training, which ends after successfully passing the examination with the acquisition of a diploma.

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