Acupuncture

As one of the oldest healing practices in the world, acupuncture is a family of procedures that originated in Traditional Chinese Medicine (TCM), which is based on the concept that disease results from disruption in the flow of qi and imbalance in the forces of yin and yang.

As part of TCM, acupuncture aims to restore and maintain health through the stimulation of particular points on the body (called acupoints) by a variety of techniques, involving the shallow insertion of needles through the skin at acupoints along primary channels and meridians that crisscross the body.

Traditional Chinese medicine says that good health is associated with the balance of qi, an energy force that flows through the body. Qi can be hindered or helped by yin and yang—opposing forces that, when balanced, work together harmoniously.

Acupuncture is intended to remove blockages in the flow of qi to keep yin and yang in balance.