



ELEMENTS
of
HEALTH

Acupuncture, Nutrition & Herbal Medicine

Lori Lloyd, L.Ac., MSOM | 76 N Main St, Ste. 204 | Driggs, ID 83422 | (208) 920-0312

Modern Explanation of Acupuncture:

From the modern perspective, the responses that resolve injuries and diseases are coordinated by several signaling systems, which involve peptides and other small biochemicals. They are released at one site, then travel to other sites and interact with cells to stimulate a variety of biologically programmed responses.

Some disorders such as metabolic failures, changes in DNA structure or signaling, or breakdown of the immune system are understood to be caused by microorganisms. In the old Chinese dogma, the main premise was that these illnesses were caused by blockages in circulation.

As revealed by modern studies, acupuncture stimulates one or more of the signaling systems, which can, under certain circumstances, increase the rate of the body's natural healing response. This stimulation may be sufficient to cure a disease, or it might alleviate some symptoms.

The nervous system, which is the primary signaling system affected by acupuncture, transmits signals along the nerves that comprise it. Additionally, it emits various biochemicals that influence other cells of the body.

With over 30 peptides involved in transmitting signals, the nervous system is connected to the hormonal system via the adrenal gland, which then makes connections to every cell and system of the body. According to a report of the Shanghai Medical University, cranial nerves, spinal nerves, and their terminals were dispersed in the area surrounding the acupuncture points for about 5 millimeters. In addition to central neurobiological effects, it has been shown to reduce peripheral inflammation and to change connective tissue around the needle.

An article in the Nature Neuroscience Journal (2010) explains that adenosine, a natural compound well-known for its anti-inflammatory properties, floods areas which have been punctured or otherwise aggravated. At the site of needle insertions, both during and immediately following an acupuncture treatment, the level of adenosine in the tissue near the needles was 24 times greater than before the treatment. This is one way to explain the curative properties inherent in the insertion of a needle into human tissue.

www.eoh-chinese-medicine.com
208-920-0312