
Acupuncture

at Tai Sophia Institute's NATURAL CARE CENTER

Acupuncture stems from traditional wisdom that developed in and around China over a period of approximately 5,000 years. It includes the concept of *qi*, often translated as "energy," and is based on a persistent exploration of the parallels between the rhythmic movements of nature and how similar states (both in and out of balance) manifest in all aspects of the human condition.

Acupuncture is arguably the oldest, most commonly practiced medical procedure in the world and is used by one-third of the world as a primary health-care system. In the United States, acupuncture is performed legally by professionals that have completed national and/or state education and clinical requirements. Acupuncture involves the insertion of sterile, single-use-only needles into the body with a specific intention to elicit an appropriate movement of energy. The desired result is to offer the patient a concrete sense of spiritual, emotional, and physical balance. Effective use of acupuncture treats the underlying imbalances and promotes harmony within the whole person.

For more information or to schedule an appointment, call the NATURAL CARE CENTER at 410-888-9048 ext. 6614

Learn more about any of our services by scheduling a **FREE 15-minute consultation.**



Tai Sophia Institute
7750 Montpelier Rd.
Laurel, MD 20723
www.tai.edu

What can acupuncture treat?

Acupuncture has been found effective for both acute and chronic conditions including headaches, chronic fatigue, depression, allergies, back pain, digestive disorders, joint pain, sleeping problems, infertility, menstrual disorders, and other symptoms.

What are the benefits?

Individuals who pursue ongoing treatment for maintenance and the promotion of good health report: staying well longer and recovering from illness more quickly; improved stamina and vitality; improved capacity to positively influence their own health; reductions in long-term health-care costs and tend to visit physicians less often; deepened and more harmonious relationships with others.

What about the needles?

Acupuncture needles are solid, slender—slightly thicker than a human hair—and bear no resemblance to syringes. We use the finest quality, stainless steel, pre-sterilized, disposable needles.

About the NATURAL CARE CENTER

At Tai Sophia Institute's Natural Care Center our practitioners partner with you to bring forth the extraordinary wisdom and vitality of the human body to help you heal and be well, live fully, grow stronger, and be all that you can be. We've been bringing out the best in our clients for over 35 years.

Does it hurt?

The treatment process calls for the needles to be inserted just beneath the skin's surface. Sensations vary from person to person with some clients feeling a dull, momentary ache or tingling sensation.

What will my first visit be like?

You will not always be treated with needles at the first visit. The primary purpose of this session is to gather information. During the 90-minute session your practitioner will discuss your health concerns and have the opportunity to assess the underlying conditions leading to your current situation, perform a physical examination, and let you know what to expect when returning for regular treatments.

What relationship is there between acupuncture and other medical care?

Acupuncture is concerned with the whole person and addresses many levels of functioning but does have limitations. Acupuncture is highly effective when used in conjunction with other health-promoting practices.