



## A-CARE CHIROPRACTIC & ACUPUNCTURE

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### Introduction to Acupuncture

Acupuncture is amongst the oldest therapeutic practices in the world and has been practiced in Asian countries for thousands of years. Acupuncture is considered to be one of the key components of Traditional Chinese Medicine (TCM) and is utilized as a tool to reinstate and preserve health through stimulation of precise points in the body.



The physical body contains a network of energy flow called “energy system”. When energy flow is imbalanced or obstructed a blockage occurs along pathways known as meridians. Each meridian is connected internally to a specific [organ](#) such as the lungs, spleen, etc.

If the body is deprived of energy for too long it often results in illness or injury. The energy system keeps all of the organs in our body working properly which stimulates cell growth and regeneration. When all systems are balanced the human body is able to do what it was designed to do, heal itself .

## Initial Acupuncture Exam

The acupuncture examination begins with a diagnostic procedure called [Ryodoraku](#), or as it was later named [Electro Meridian Imaging](#) (EMI). Dr. Leybovich's research showed that a typical acupuncture treatment using [pulse diagnosis](#) lasted an average of 30 minutes, in comparison to only 2-3 minutes using Ryodoraku. The basic idea of using this diagnosis method is to tune-up or balance the energy over the entire body.

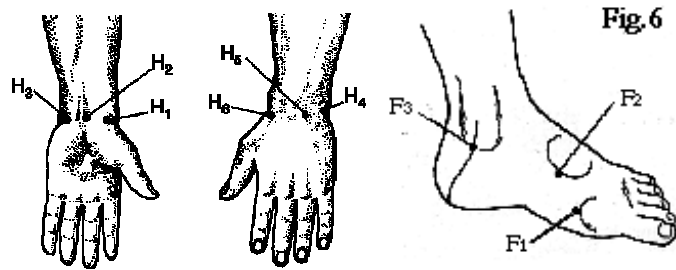


### Tools and Equipment Used

The tools Dr. Leybovich uses during the exam includes a small electronic wand, a metal sensor and EMI software. This electronic method of evaluation is reliable, easy to employ and generates a personalized report that simplifies the explanation of energy blockages to our patients.

### What to Expect During the Exam

The length of the EMI evaluation lasts an average of 2-5 minutes. The patient is asked to firmly hold a metal sensor which is connected to a high powered computer. The doctor or trained technician places the electronic wand on the skin over specific points located on left and right hands, wrists, ankles and feet.



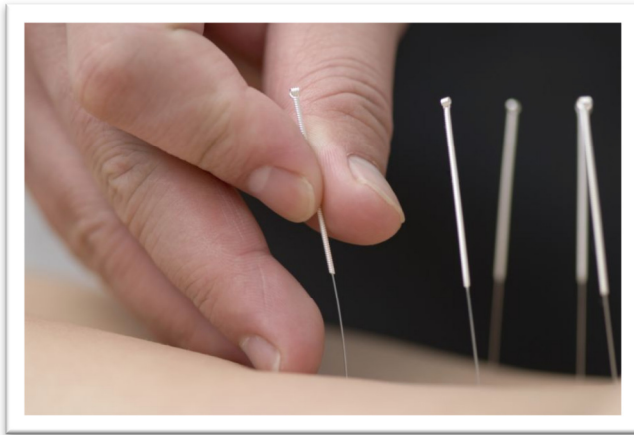
The metal sensor transmits a minute amount of energy to the computer when the electronic wand makes contact with specific acupuncture points. The electronic readings between the sensor and the computer results in a graph that shows which meridians are out of balance. Details of the report illustrate the precise acupuncture points that are recommended for treatment.

After the test is administered you will receive a copy of the report and Dr. Leybovich will discuss the results and treatment options with you.

For detailed information on the EMI test visit: <http://www.emi4.com/whatis-emi.php>

## Treatment Procedure

Dr. Leybovich is trained to administer acupuncture treatments with or without needles.



An acupuncture treatment with needles involves the insertion of 3-5 sterile, disposable needles that is as thick as a strand of hair into specific acupuncture points which vary by condition. Traditional acupuncture needles generate measurable electrical charges when twirled by the doctor's fingers. The needles are left in for 15-30 minutes to drain excess electrical energy from tense or inflamed tissue.

*The number of needles can vary depending upon the condition being treated.*

Acupuncture treatments without needles are administered using [Microcurrent Bio-Therapy \(MTB\)](#). This is an extremely effective therapy that offers a non-needle method for patients to experience the benefits of acupuncture and stimulate healing. Extremely low frequencies of energy are applied to selected acupuncture points with a hand held device. The frequency mirrors the normal electrical activity of the human body. Little to no electric current is felt.



## Duration of Treatments

The number of treatments will vary depending upon the condition being treated and method of treatment. Generally, most treatment plans utilizing needles recommend receiving 2-3 acupuncture treatments a week for a period of 2-6 weeks.

*Results are as unique as the individuals we treat. The frequency and duration of the acupuncture treatments are dependent upon the condition. Specific recommendations will be discussed during your initial exam with Dr. Leybovich.*

## How much time does an acupuncture treatment take?

Your first treatment includes the initial exam and generally lasts anywhere from 60-90 minutes. Subsequent appointments are typically 20-60 minutes depending on the condition being treated. *Time frames are estimates only and specifics will be discussed during the initial exam.*

**What conditions can acupuncture treat?**

Acute and chronic pain, swelling

Acceleration of tissue healing

Allergies

Anxiety

Arthritis

Headaches/Migraines

Post-Op Care

Smoking Cessation

Sports Injuries

Weight Loss

**References**

[NCCAM](#) – National Center for Complementary and Alternative Medicine