



acupuncture
Lai & Associates

What are acupuncture needles like?



Acupuncture needles are made of solid stainless steel, in which no medication is used. The needles vary in length and are inserted into the skin at various depths from a few millimeters to a few centimeters. They are throw-away needles that are used only once. The transmission of diseases through acupuncture needles is totally unheard of in Canada.

Do the treatments hurt?

Contrary to popular belief, acupuncture is practically painless. The needles used are extremely fine and a skilled acupuncturist will manipulate them in a way that hardly any sensation is felt as it enters the skin; however a slight pressure or surge may be felt or should be felt when it reaches the appropriate spot under the skin.



The following is a non-exhaustive list of functional conditions, which are effectively treated by acupuncture:

General

Treatment of pain and inflammation:

- Arthritis
- Torticollis
- Sciatica
- Backpain
- Headaches
- Sport injuries
- Cramps
- Bursitis
- Rheumatism
- Cervical pain
- Lumbago
- Muscular pain
- Migrains
- Epicondylitis (Tennis elbow)
- Sprains
- Neuralgia
- TMJ

Allergies:

- Hay fever and other allergies

Digestive system:

- Ulcers
- Dyspepsia
- Gastric pains
- Lack of appetite
- Anorexia
- Hiccups
- Difficulty swallowing
- Colitis
- Intestinal problems
- Diarrhea
- Sonstipation hemorrhoids
- Bloating
- Biliary and liver problems
- Vomiting

Respiratory system:

- Asthma
- Emphysema
- Sinusitis
- Cough
- Flu
- Snoring
- Bronchitis
- Laryngitis
- Rhinitis
- Cold
- Dyspnea

Neuro vegetative system:

- Nervousness
- Insomnia
- Stuttering
- Phobias
- General fatigue
- Nightmares
- Vertigo
- Trembling
- Anxiety
- Stress
- Nervous tic
- Depression
- Obsessions
- Bulimia
- Loss of balance

Cutaneous system:

- Eczema
- Psoriasis
- Urticaria
- Herpes Zoster
- Acne
- Athletes foot

Circulatory system:

- Numbness
- Shivers
- Oedema
- Hypotension
- Cold extremities
- Swelling
- Hypertension

Urinary system:

- Prostate problems
- Incontinence
- Cystitis
- Difficult urination

Auditory system:

- Functional deafness
- Tinnitus
- Acute and chronic otitis
- Ringing in ear
- Meniere's syndrome

Ocular system:

- Troubled vision
- Blurred vision
- Glaucoma
- Conjunctivitis
- Cataracts

Genital system (women's health):

- Menstrual irregularities
- Menopause
- Vaginitis
- Conception difficulties
- Lactation difficulties
- Painful and irregular menstruation

Genital system (men's health):

- Prostate
- Infertility
- Impotence
- Lowered libido

Pediatrics:

- Asthma
- Cough
- Digestive problems
- Behavioral problems
- Ear infections
- Sleep problems

Preventative health:

- Prevention
- Stress management
- Wellness
- Seasonal attunement

Miscellaneous:

- Weight loss and addictions tobacco
- Narcotics
- Alcohol