



ACUPUNCTURE CAN BE PAINLESS!!

Japanese style Acupuncturists and enthusiasts of Traditional Japanese Medicine, believe there is a definite advantage to their style of practice when compared with the original Chinese system of acupuncture. The Japanese have had over 1400 years to modify both method and technique into its own highly effective and refined system. This is not intended to downgrade the Chinese style but when such differences exist it is impossible not to draw upon comparisons during explanation.

In short, the Chinese style is often described as intolerable to most Westerners because of its use of relatively large needles that are deeply inserted and strongly manipulated, often with electric stimulation. In fact, a common fear that keeps people away from acupuncture is that once the needles are in place they will be left alone, they will not be able to move and will feel “pinned” to the table. This is not true in Japanese acupuncture. The Japanese style is polar opposite with its gentle techniques, shorter needle retention, hands-on approach and attentiveness of the practitioner.

People generally have needle phobias that stem from bad vaccination, blood draw and even tattoo experiences. These needles, called “hypodermic” have a hole in the center for either giving a shot or drawing blood. Hypodermic needles are thick and are not even in the same category as acupuncture needles.

The acupuncture needle is solid “filiform” and as such is much thinner. In fact, the standard Japanese needle is about as thick as a human hair! The Japanese needle is so fine that a plastic “guide” tube must be used in order to keep the needle straight or it would bend too much and be unable to effectively contact the skin. The thin Japanese needle is often not inserted into the skin but only momentarily contacts or rests on the skin while still achieving effective results.

Japanese techniques are directed at using the minimal amount of stimulation “Less is More” to attain the greatest results. The Japanese Acupuncture motto is “DO NOT CAUSE THE PATIENT ANY PAIN!”

Traditionally many acupuncture practitioners in Japan were blind, and as such developed extraordinary sensitivity to gently diagnose and treat the body. This hands-on and sensitive approach translates as a very pleasurable treatment experience for the patient. Currently, 30% of acupuncturists in Japan are blind.

What to Expect from a Japanese Acupuncture Treatment

Your first appointment is approximately 80-90 minutes, which includes a 20 minute consultation followed by a 60 minute treatment. During the consultation I will review your health history, discuss your chief complaints and ask other questions designed to help me understand your condition. Questions include: pain location, intensity and frequency, sleep patterns; bowel and urinary habits, diet, menstrual patterns, temperature, head, ear, eye, sinus and allergy complaints. I will also perform the ancient art of Japanese Abdominal diagnosis, Pulse diagnosis and Meridian Palpation at the beginning of each session. All of this detail helps me accurately diagnose your specific condition, called “Pattern Diagnosis”. What this means is that “no one condition is treated the same for every patient.” You are unique, and so are the

specific signs and symptoms (Patterns) that make up your condition. In a nutshell, the cause of your headache, backache or (any) condition is unique and so too must be your treatment!

Japanese Acupuncture is a powerful therapeutic system for both treating disease and maintaining health.

Byron Barth is a Licensed Acupuncturist and Herbalist specializing in Japanese Acupuncture. Japanese style Acupuncture uses the thinnest needles available and applies a gentle and painless technique. He is located at 371 Railroad Canyon Rd. Suite A, in Lake Elsinore, 92532. He can be reached at 951-674-6000 or through his website at www.peaceofzen.com.