



## ACUPUNCTURE

is the oldest continually practiced system of medicine in the world. Proven effective over thousands of years, it is a system of preventive and acute health care based on an understanding of natural laws that govern the movement of life energy in nature and the body.

### **Full Circle Healing Arts,**

founded in 1994, is a group of independent health care practitioners who bring a rich diversity of complimentary healing arts to the Annapolis community.

### **Full Circle Acupuncturists**

are Master degree level Maryland State licensed practitioners. With many years of combined experience and expertise, we are committed to serving you in your journey toward health and well being. We treat infants, adolescents, adults and seniors and are happy to work with your current health care practitioner.

Other healing arts available at our clinic include: counseling, bodywork, energy work, nutritional therapies, spiritual healing

For more information or to schedule an appointment please contact us at:

**Full Circle Healing Arts**  
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FULL CIRCLE  
Healing Arts

## Acupuncture

Offering change for body, mind, and spirit



## How does Acupuncture work?

Our life energy, called Qi, courses through the body in channels or “meridians.” When the Qi energy is full and moving properly health is promoted. When it is blocked or weak, pain, discomfort or symptoms of illness appear. With insertion of needles at specific points along the channels acupuncture treatments balance and revitalize the Qi, thereby alleviating symptoms.

## What conditions does it treat?

While it is probably best known for its ability to alleviate pain, it has proven effective with a surprising range of conditions. The World Health Organization and the National Institute for Health recognize the efficacy of acupuncture in treating: headaches, allergies, back pain, depression, digestive disorder, infertility, insomnia, joint pain, menstrual disorders, asthma, addiction, emotional and stress related issues and more.

## What about needles?

Acupuncture needles are solid, slender and slightly thicker than a human hair. Only the finest quality stainless steel, sterilized, disposable needles are used. Most insertions are made just beneath the skin with no blood involvement. Patients may feel a slight sting or dull momentary ache.



## FULL CIRCLE HEALING ARTS

offers Traditional Acupuncture which is a system of healing that treats the whole person supporting not only the body but also an individual's unique emotional and spiritual makeup. If you can imagine being healthier, more balanced, more vital that you are now, acupuncture can help you.

## What about herbs?

Chinese herbal formulas may be prescribed as an adjunct to your treatment. We use domestically formulated prescriptions from suppliers who conform to the highest standards of purity. With certain exceptions herbal formulas may be taken with medication.

## What do treatment sessions involve?

Your initial visit may require up to 1 1/2 hours. It begins with a confidential interview which includes your health and personal history and continues with a physical exam and consultation. Subsequent treatment sessions generally last 45 minutes. Initially you will be seen weekly in order to create an internal harmony which can be maintained between treatments. As symptoms begin to ease and balance is restored, appointments are spaced out to intervals that best serve you. Although our office does not accept insurance many insurance companies will reimburse you for your claims.

## What can I expect from treatment?

What we observe in general is that with ongoing treatment most people experience: resolution of acute and chronic problems; a tendency to get sick less often and recover more quickly; improvement in stamina and vitality; greater depth and harmony in relationships with others; reductions in long term health costs.