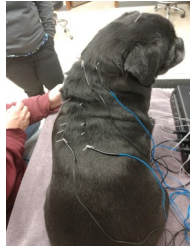


Who is qualified to perform veterinary acupuncture?

Only licensed veterinarians are qualified to practice veterinary acupuncture in most states in the USA. A veterinarian that is certified in acupuncture is highly recommended.



When is acupuncture recommended?

Clinical trials indicate that acupuncture therapy can be effective in the following conditions:

- Musculoskeletal problems: muscle soreness, back pain, osteoarthritis, and degenerative joint disease
- Neurological disorders: seizures, intervertebral disc disease (IVDD), laryngeal hemiplegia, and facial and radial nerve paralysis
- Gastrointestinal disorders: diarrhea, gastric ulcers, colic, vomiting, constipation, and impactions
- Other chronic conditions: skin problems, heaves, asthma, cough, uveitis, renal failure, chronic liver diseases, behavioral problems, infertility, Cushing's disease, hypothyroidism, hyperthyroidism, geriatric weakness, and anhidrosis
- Quality of life, cancer, and hospice care
- Performance enhancement and the prevention of disease

Cautions

Acupuncture should be used with caution in the following conditions: fractures, pregnancy, and open wounds and tumors.

Why is acupuncture frequently combined with herbs?

Many acupuncturists choose to combine acupuncture with herbal medicine because the use of herbs enhances the effectiveness of acupuncture. Your pet may be able to receive acupuncture treatments less frequently if an herbal medicine is prescribed for them between sessions.

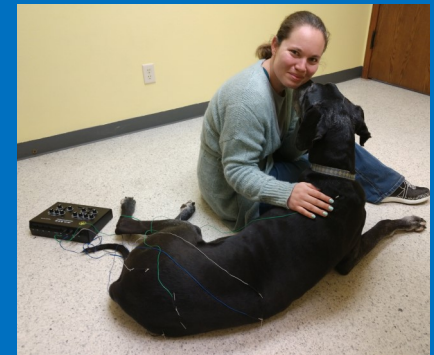
Does TCVM include any special foods?

Western medicine has relatively recently recognized the positive effect that dietary changes have on many behavior and skin conditions. However, TCVM has long recognized the importance of food therapy in the treatment and prevention of illness. Therefore, TCVM practitioners may recommend the implementation of special food or the elimination of certain food that the animal is currently being fed based on the Traditional Chinese Food Energetics classification and TCVM diagnosis.



FAQ

Veterinary Acupuncture Dr. Elizabeth Palmer, DVM, CVA



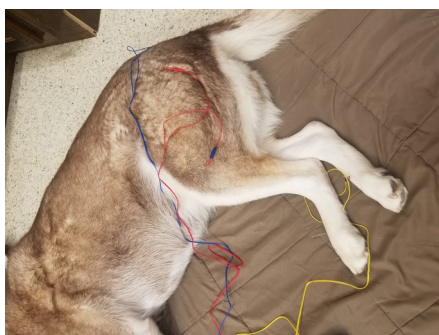
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Definition of health

Health can be defined as the balance in an individual's body as well as the balance between body and mind and between the individual and their environment. Though they may not yet have a diagnosed problem according to western medicine, your pet may still have an imbalance that can be treated with acupuncture to prevent disease.

What is acupuncture?

Acupuncture is a non-invasive, natural treatment for a variety of ailments that originates from the practice of Chinese healers over 3000 years ago. Since that time, much research has gone in to identifying how and why acupuncture can help pets (and people) resolve disease and promote overall wellness. Acupuncture is the placement of a stimulus in a specific area (known as an acupoint) to relieve blockages of energy that flows through the body. When the point is stimulated in different ways, the body responds by drawing healing factors in the blood to the area, and also by triggering nerves to release hormones that make the pet feel better (endorphins). The stimulus can be in the form of pressure/massage (Tui-na), a tiny needle, smaller than the width of a hair, either by itself (dry needling) or with a current applied through it (electro-acupuncture), Vitamin B injection at the site (aqua-puncture), or even the pet's own blood injected into the area (hemo acupuncture). All of these methods work towards a common goal - return the body to normal balance.



Is there any scientific evidence on how acupuncture works?

Modern research shows that acupoints are located in the areas where there is a high density of free nerve endings, mast cells, small arterioles, and lymphatic vessels. Most acupoints are motor points. A great number of studies indicate that the stimulation of acupoints induces the release of beta-endorphins, serotonin, and other neurotransmitters.

What is Qi?

Qi (pronounced "chee") is life force or vital energy. There are two contrasting forms of *Qi*: *Yin* and *Yang*. *Yin* energy tends to be cool, dark, still and moving downward, while *Yang* energy is warm, light, mobile, expanding and moving upward. Physiologically, *Qi* flows throughout the body all the time, maintaining a balance of *Yin* and *Yang*. When the flow of *Qi* is interrupted by any pathological factor (such as a viral or bacterial infection), the balance of *Yin* and *Yang* will be disrupted and consequently, a disease may occur. Pain is interpreted as the blockage of *Qi* flow. Acupuncture stimulation resolves this blockage, freeing the flow of *Qi* and enabling the body to heal itself. Homeostasis is restored when *Yin* and *Yang Qi* are in balance.

What is a Channel or Meridian?

A Channel or Meridian is where *Qi* flows inside the body. There are 12 Regular Channels and 8 Extraordinary Channels. The most used acupuncture points are located along these Channels. Each Regular Channel is related to specific paired organs. The network of Channels is called the *Jing-Luo* system. If your pet is sensitive in the area that needs attention, other points along the channel may be selected for their benefit instead.

Is acupuncture safe?

Yes! Acupuncture is a very safe medical procedure when administered by a qualified practitioner. Very few negative effects have been found in clinical cases.

How long does each treatment take?

Each session may take 20 to 45 minutes; the first session usually takes longer than follow-up appointments.

How soon can we expect results?

Some results can be seen immediately but others will require several treatments. Generally a minimum of 3 to 5 treatments 1-2 weeks apart for chronic conditions are needed before one can expect notable improvement.

How many treatments are needed?

As in all medicine, this depends on the situation and treatments can be done daily, weekly, monthly, or even further apart depending on the severity and chronicity of the condition.

Does acupuncture hurt?

Rarely! Acupuncture is not painful because acupuncture points are stimulated using very fine needles, almost as thin as a hair. Over 95% of patients are comfortable with acupuncture therapy. Due to the relaxation effect, some animals will fall asleep during acupuncture treatments.

What physiological effects are induced by acupuncture?

Studies have shown that acupuncture stimulation induces the following physiological effects:

- Pain relief
- Promotion of tissue healing processes
- Regulation of gastrointestinal motility
- Anti-inflammatory effects
- Immunoregulation
- Hormone and reproductive regulation
- Antifebrile effects