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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

What Are The Side Effects Of Acupuncture?

By Karina Jacobsen

Although the incidences of serious side effects from the practice of acupuncture are rare, they do exist. Many of the side effects are minor, but since acupuncture involves puncturing the skin with needles, the potential does exist for harmful effects to occur.

But first of all, let's define what acupuncture is. Acupuncture is a form of traditional Chinese medicine which has been practiced for centuries in China and has spread around the globe in modern times. It is widely practiced in many countries including the United States. Acupuncture involves piercing the skin with needles along the energy meridians of the body in an attempt to heal illness or treat addictions.

Now let's look at some of the minor side effects which may occur. These are harmless and should clear up on their own without further treatment and include bruising, bleeding after removal of the needle, and psychological effects which might cause dizziness and fainting. These side effects are similar to what one would experience with a shot or having blood work drawn.

We will now examine the rare but serious side effects of Acupuncture.

Infection

Since the needles pierce the skin, there is the potential for introducing bacteria into the bloodstream and causing an infection at the puncture site or elsewhere in the body. An important consideration is the sterilization process of the needles to be used so that the chance of the needles being contaminated is reduced. Also improperly sterilized needles can transmit AIDS/HIV as well as other deadly diseases such as hepatitis and encephalopathy (mad cow disease.)

Nerve damage

Nerve damage can occur as a result of a nerve being pierced or nicked when inserting the Acupuncture needle.

Organ punctures

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Inserting the needle deep into the lung can cause a pneumothorax to develop which means air will escape out of the lung and be trapped there causing the lung to collapse. The same potential exists for the other vital organs of the body. There is the chance a kidney or the protective sac around the heart could be punctured. There is also a risk of stroke induced by Acupuncture if the needle is inserted improperly at the base of the skull.

Luckily, acupuncturists are highly trained to avoid the above harmful consequences of acupuncture and indeed they are quite rare. To reduce your risks make sure you go to a licensed qualified practitioner and ask about their procedures for sterilizing needles.

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Instantly Quit Smoking With Acupuncture

By Oliver Turner

Acupuncture is a highly effective quit smoking method for all, and specially for those people who had been unsuccessful with other methods to stop smoking. People who go for acupuncture treatments are usually keen on quit smoking beliefs. Although they have failed with all previous programs, this 3500 years old Chinese remedy promises quick relief from chronic smoking habits.

Acupuncture works most effectively on human body to reduce chronic smoking habits

Acupuncture is based on the belief that "chi", a vital energy force flows through 12 key channels around the body. Within these channels, there are at least 365 acupuncture points, which can sometimes get blocked preventing the smooth flow of vital energy, thereby leading to chronic habits. Acupuncture for stop quit smoking does not involve any "magic" acupuncture points. At least five needles are taken and inserted into the ear [particularly in the cartilage and not in the ear canal] and a few on the hands and wrists. With the needles pricked to your skin, you are left to relax for 30 to 45 minutes. These pricked needles provide significant effect on lessening cravings for smoking.

Treatments involved in acupuncture

To become a non-smoker, you have to follow a series of sessions. These sessions also focus on physical and emotional withdrawal symptoms occurring in the patient during the acupuncture

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treatments. While the needle–pricking treatments are going on you are also advised to undergo treatments with herbs. You can apply a mixture of oil of cloves and wintergreen, extracts of evodia fruits and Sichuan lovage rhizomes in the acupuncture points to get faster stop smoking results.

Other advantages of acupuncture – tips on stopping smoking

Acupuncture tips on stopping smoking not only relieve you from permanent smoking cessation but also works advantageous for you. After the acupuncture series is over, even cigarettes taste foul. It takes a nasty burnt taste and you can thus proudly redefine yourself as a "non–smoker". Acupuncture therapy for stop smoking also reduces side effects of nicotine withdrawals like depression, cravings and anxiety. While the body actually improves in blood circulation and de–congesting the lungs, you also start feeling truly optimistic.

Acupuncture is a definite method that helps you to quit smoking miraculously within a few days. Try it out to experience instant success even if you are a chronic nicotine–smoker.

We offer the best acupuncture source. Check it out only on

<http://www.leandernet.com/Acupuncture/Acupuncture.php>

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