

The Practice of Acupuncture

Acupuncture is one of the oldest forms of healing known to humans. It originated in China nearly five thousand years ago, and has developed into a sophisticated, intelligent healing art.

Acupuncture is a very safe, gentle modality that involves inserting extremely fine needles into specific locations on the body to alleviate pain and stimulate the body's inherent healing systems.



About the Acupuncturist

Leanne Elisha, LAc, MS

Leanne Elisha received a Masters of Science in Acupuncture from Pacific College of Oriental Medicine in New York City and is licensed to practice acupuncture in New York State. She is currently pursuing her BS/MS at Columbia University's School of Nursing with the intention of becoming a Family Nurse Practitioner and practicing Integrative Medicine.

As an avid athlete and a full-time student Leanne understands many of the health concerns facing CUMC students, and she believes that by bringing her skills and knowledge to Student Health Service she can help students reduce stress, improve energy, and attain enhanced wellness.

She believes a harmonious balance of traditional Chinese healing and western biomedicine can work synergistically to provide the best outcome for her patients.

For More Information

National Center for Complementary and Alternative Medicine

<http://nccam.nih.gov/health/acupuncture/>

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About Acupuncture

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Frequently Asked Questions:

Is Acupuncture Safe?

Acupuncture is very safe. Only the highest quality stainless steel disposable needles are used. Needles come in pre-sterilized packets and are never reused.

Acupuncturists are licensed health care professionals who have studied for more than 5 academic years, and are highly trained in Oriental medical theory and treatment principles. Acupuncturists are skilled in proper needle insertion and stimulation to safely and effectively care for their patients.

How Does It Work?

Chinese medicine recognizes the existence of a vital force called “qi.” which governs the functioning of the entire body. This qi flows through the body in pathways called meridians, or channels. If the qi flow becomes disrupted or is weakened illness may result.

In terms of modern biomedicine, acupuncture stimulates and balances the neurological and endocrine systems. Research indicates that stimulating certain acupoints causes the release of endorphins, the body’s natural painkillers. Studies also show that acupuncture stimulates the immune system and promotes emotional wellness.

What Should I Expect?

Using the principles of Oriental Medicine, the acupuncturist will examine you by looking, listening, asking questions, and palpating. Once an evaluation is made, the acupuncturist may insert very fine needles into a number of points on your body. Needles are inserted at specific points on the channels to rebalance the healthy flow of qi.

In some cases acupuncture may be accompanied by *cupping*, the application of gentle suction over acupuncture points, or the use of *Tui Na*, a traditional Chinese massage technique. Acupuncturists may also use a variety of other techniques to complement acupuncture treatment.

Many people find the treatments very relaxing, and usually feel calm and reenergized afterward.

How Many Treatments Are Needed?

The answer is unique to every individual. The course of treatment depends on the severity and duration of the condition, as well as the individual’s general health and lifestyle. Typically, treatments are given once a week for the first six to eight weeks, with the frequency decreasing as the patient improves.

Chinese medicine emphasizes preventive care and many patients find that ‘maintenance’ treatments help them stay healthy.

What Can Acupuncture Treat?

In the United States, acupuncture is associated most commonly with pain relief, for which it is very effective. Other conditions are treated very effectively with acupuncture, too. The World Health Organization (WHO) endorses acupuncture in the treatment of the following:

- Arthritis
- Menstrual Problems
- Tendonitis
- Headache/Migraine
- Fibromyalgia
- Urinary Difficulties
- Digestive Disorders
- Emotional Imbalance
- Respiratory Infections
- Addictions
- Sinusitis
- Allergies
- Asthma
- Back Pain
- Fatigue

