

# HOW ACUPUNCTURE WORKS

## SIGNAL STIMULUS

The stimulus from acupuncture needling creates a cascade of signaling throughout the connective tissue (fascia) involving the blood, nerves and immune system.

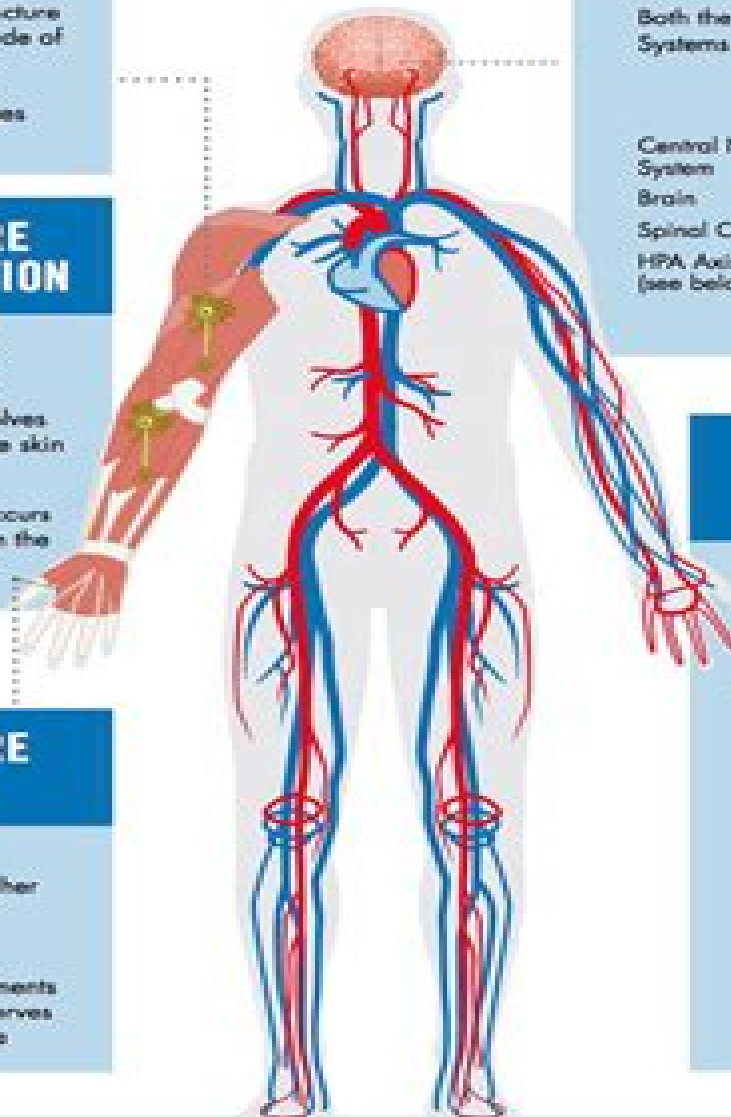
## ACUPUNCTURE NEEDLE INSERTION

- Stimulates a local and a centralized reaction.
- The local reaction involves Sensory Neurons in the skin being stimulated.
- The central reaction occurs when the signals reach the brain and spinal cord.

## ACUPUNCTURE POINTS

Acupuncture points are located in areas with higher concentrations of:

- Superficial nerves
- Blood vessels
- Neuromuscular attachments – where vessels and nerves penetrate muscle fascia



## CENTRAL EFFECT OF NEEDLING

Both the Central and Peripheral Nervous Systems are effected

### NERVOUS SYSTEM

Central Nervous System  
Brain  
Spinal Cord  
HPA Axis  
(see below)

Peripheral Nervous System  
Voluntary Muscles – movement  
Nerves  
Smooth Muscle – lining of organs  
Stress/Emergency response

## WHAT YOU REALLY NEED TO KNOW

1. Acupuncture needling promotes homeostasis and self-healing. In short, acupuncture stimulates the body to heal itself.
2. Acupuncture influences:
  - A. The Nervous System — muscles, nerves, internal organs
  - B. Cardiovascular System — blood flow, distribution of nutrients, hormones
  - C. Endocrine System — Hypothalamic-Pituitary-Adrenal axis regulation— major pathway for homeostatic regulation
  - D. Immune System — strengthens the immune function of the body

# Acupuncture Is It For You

**R Pring**



**Acupuncture Is It For You:**

The book delves into Acupuncture Is It For You. Acupuncture Is It For You is a vital topic that must be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Acupuncture Is It For You, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
    - Chapter 1: Introduction to Acupuncture Is It For You
    - Chapter 2: Essential Elements of Acupuncture Is It For You
    - Chapter 3: Acupuncture Is It For You in Everyday Life
    - Chapter 4: Acupuncture Is It For You in Specific Contexts
    - Chapter 5: Conclusion
  2. In chapter 1, the author will provide an overview of Acupuncture Is It For You. The first chapter will explore what Acupuncture Is It For You is, why Acupuncture Is It For You is vital, and how to effectively learn about Acupuncture Is It For You.
  3. In chapter 2, the author will delve into the foundational concepts of Acupuncture Is It For You. The second chapter will elucidate the essential principles that must be understood to grasp Acupuncture Is It For You in its entirety.
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  6. In chapter 5, this book will draw a conclusion about Acupuncture Is It For You. The final chapter will summarize the key points that have been discussed throughout the book.
- The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Acupuncture Is It For You.

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object fields are accessed by their name you must use a name that is unambiguous you may use a simple name for a field within its own class for example we can add a statement within the rectangle class that prints the width and height system out println width and height are width height in this case width and height are

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