
QUESTIONS AND ANSWERS ABOUT ACUPUNCTURE

OFFICE HOURS:

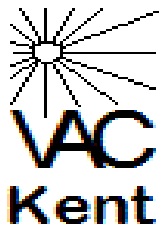
Monday thru Friday 9AM to 7PM
Saturday 9AM to Noon
By appointment only.

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ABOUT THE PRACTITIONER

Mr. Reinhard graduated from Georgia Tech in 1981 with a degree in Electrical Engineering. He then moved to Seattle to work for Boeing. With his long interest in bioelectric phenomena especially the electric properties of acupuncture points, he went to the Northwest Institute of Acupuncture and Oriental Medicine (NIAOM) where he graduated in 1990. He soon founded Valley Acupuncture Center where he has been practicing ever since. After having a stroke in Dec. 2015, he began treating himself with Scalp Acupuncture. It was then that he learned that it could also treat Phantom Limb Pain. Knowing the poor results of traditional treatments, he felt it was his duty to offer his services to the VA. It was then that he learned that the VA does not allow licensed practitioners to volunteer at their clinics! He then realized he would have to treat those patients at his own clinic. Thus, this brochure.

You'll find more information on how acupuncture works on my websites: www.vackent.com and scientific-acupuncture.com.

Our clinic has been in Kent since 2003. We are handicap accessible.



As you can see I work out of my home. There's plenty of parking, and is quiet. It also allows me to be flexible on my work hours when necessary.

DRIVING DIRECTIONS

From I-5 Northbound or Southbound:

Get off at the Kent-Des Moines Rd. exit towards Kent. Follow it down the hill and across the valley. Turn Left onto Central Avenue. Then turn Right when you get to James Street. Turn Left at Alvord Avenue North. Alvord is the first cross street past the church you will see on the Right.

WHAT IS ORIENTAL MEDICINE?

Traditional Oriental Medicine is a comprehensive system of health care with a continuous clinical tradition Of over 3000 years. It includes acupuncture and herbal treatment as well as massage, dietary therapy, meditation and exercise. These therapies work with the natural vital energies inherent within all living things to promote the body's ability to heal itself. This system of health care is used extensively by one quarter of the world's population who reside in the Orient and is rapidly growing in the West. world's population who reside in the Orient and is rapidly growing in the West.

HOW DOES IT WORK?

Oriental medicine is based on a functional and energetic model rather than the structural and biochemical model of Western medicine. The ancient Chinese recognized the vital energy behind all life forms and life processes They called this energy Qi (pronounced chee) In developing an understanding of the prevention and cure of disease, the ancient physicians discovered a system of cyclic energy flowing in the human body along specific pathways Each pathway is associated with a particular physiological system and internal organ.

Disease is considered to arise because of deficiency or imbalance of vital energy in the energetic pathways and their associated physiological systems.

The pathways or meridians of energy communicate with the surface of the body at specific locations called acupuncture points. Each point has a predictable effect upon the vital energy passing through it.

Traditional Oriental medicine has also developed methods of determining the flow in the meridian system, using an intricate system of pulse and tongue diagnosis Findings from these modalities are combined with other signs and symptoms to create a composite diagnosis. A treatment plan is then formulated to induce the body to a balanced state of health.

In Western terms, modern research has revealed two primary mechanisms through which acupuncture can be explained. The first and most important in most cases is its mediation through the nervous system and in particular its influence on the autonomic nervous system (the automatic control system of the body). There is a large body of research demonstrating that acupuncture is mediated through the nervous system and can block pain awareness by inhibiting pain signals from reaching the brain (Gate Control Theory) and/or by causing the release of endorphins (the body's natural pain-killers) in the brain itself and spinal cord. Other research clearly demonstrates that acupuncture is capable of influencing autonomic control of various body processes by demonstrating that acupuncture points can stimulate specific sympathetic or parasympathetic activity depending on the point(s) selected and the kind of stimulation used.

Simply put, Oriental medicine is largely based on a sophisticated understanding of the autonomic

nervous system and how it can be adjusted through the use of various forms of stimuli at specific points on the body.

1. The other mechanism involves the nature and function of the meridians and their importance in the treatment of painful, inflammatory and degenerative conditions. The Chinese believe that Qi flows in the meridians and acts to moisten and nourish the organs and tissues of the body. Pain is considered to be due to the stagnation or blockage of this energy by various mechanisms. Numerous anatomical studies have failed to reveal any distinct structures such as can be found for the circulatory and lymphatic systems. Researchers in France, however, took a different approach by injecting a radioactive tracer dye into acupuncture points (and non-points as controls) and using gamma cameras (and later highspeed CT Scans) to see where it went. Lo and behold, the tracer dye followed the pathways of the traditional acupuncture meridians! Furthermore, the control studies proved that the dye migration was independent of the lymphatic and circulatory systems thus proving objectively and conclusively the existence of a hitherto unknown additional circulatory system in the body.

In conversations with the researchers, there was general agreement that these pathways are a result of the organization of the spaces between the cells into channels which assist in the circulation of extracellular fluid (much like stirring coffee helps dissolve the sugar faster) providing an additional mechanism for the efficient exchange of nutrients and waste products between the bloodstream and

the individual cells. Thus we see that the meridians do indeed nourish the tissues! We can also understand why pain could be related to stagnation of this flow, since this would be functionally similar to the pain caused by the accumulation of lactic acid in muscle tissue from overexertion. In this case, the pain is the result of the accumulation of waste products in the tissues combined with the impaired availability of nutrients. As verified by their research, acupuncture is capable of adjusting the rate of the flow, thus relieving the pain and speeding up the healing process.

In inflammatory conditions, this mechanism both helps reduce inflammation by assisting in the removal of accumulated fluids and metabolic wastes and speeds healing by enhancing the availability of nutrients and cellular building blocks during the regeneration phase.

Degeneration usually occurs either as a result of chronic inflammation or from impaired circulation to an area leading to a breakdown in cellular function. Stimulation of the circulation of extracellular fluid through acupuncture can and usually does help correct both kinds of problems.

Their research represents a breakthrough in acupuncture science, for not only does it provide new insights into what the meridians are, it also provides us with a valuable (though expensive) tool to study the wide variety of energetic principles, used in the practice of acupuncture. Already, their research has demonstrated the validity of a number of these concepts.

WHAT CAN I EXPECT IF TREATED?

Many conditions may be alleviated very rapidly by acupuncture and herbs; however, some conditions which have arisen over a course of years will be

relieved only with slow, steady progress. As in any form of healing, the patient's attitude, diet, determination and lifestyle will affect the outcome of a course of treatment. Traditional Oriental medicine is also an educational process in which the patient becomes more aware of his or her own body, thus increasing

is ability to maintain well-being.

Although there are techniques in Oriental medicine for healing most conditions, there are medical circumstances which can be dealt with more effectively by Western medicine. In such cases, your acupuncturist will recommend that you contact a physician. As is the case in China, acupuncture should be seen as complementary to Western medicine.

IS ACUPUNCTURE SAFE?

In the hands of a Certified Acupuncturist, your safety is assured. In our clinic, the needles used are sterilized and disposable and are not reused. This eliminates the risk of infection.

IS ACUPUNCTURE PAINFUL?

Acupuncture is nothing like getting a shot. Several acupuncture needles can be fit in the hole of a typical hypodermic needle. The needles I use are typically 0.2 millimeters in diameter. About the size of a thin hair. Unlike hypodermic needles, acupuncture needles are solid and do not inject anything. Instead of cutting a little circle of skin out, acupuncture needles push the tissues aside as they go in. The popular style of Japanese needled (called Serin) coat their needled with silicone gel to make them slide in easier. But if you are allergic to silicone, you might have a problem with them. I have both. Now, when needling "classical" points (those that are typically named and numbered) You must get some sensation to get the effect of that point because it works through the nervous system. But that doesn't mean it has to hurt. Far

from it. How much stimulation is necessary depends on the balance of your nervous system. But you do have to feel something. Whereas, "ah shi" points (those points usually associated with an injury of some sort) you don't have to feel at all since their function is typically due to a bioelectric phenomena and doesn't depend on the nervous system at all.

WHAT IS REQUIRED TO PRACTICE ACUPUNCTURE IN WASHINGTON?

The Laws in the State of Washington are very stringent, requiring educational background in Acupuncture Science, Western Science, and extensive clinical training. Persons with the necessary background must pass the National Board (NCCAOM) exams in Acupuncture Theory, Point Location and Clean Needle Technique before they are authorized as Licensed Acupuncturists.

D.E. Kendall, A Scientific Model for Acupuncture, American Journal of Acupuncture, Vol. 17, No. 3, pp25 1.268, September 1989 and Vol. 17, No. 4. December, 1989.

Do Chit Lee, Myung O. Lee, Donald H. Clifford, Lucien E. Morris (Medical College of Ohio), The Autonomic Effects of Acupuncture and Analgesic Drugs on the Cardiovascular System, American Journal of Acupuncture. Vol. 10, No. 1, Jan-March, 1982, pp 5-31.

Dr. Dana,, MD and Dr. DeVernejoul, MD, Visualization of Acupuncture Pathways. A videotape of their lectures and slide presentations given at the World Congress on Bio-Energetic Medicine in 1985 (sponsored by the World Research Foundation (818) 907-5483) can be obtained by contacting the clinic.