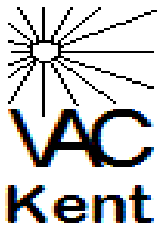


# ACUPUNCTURE AND ARTHRITIS

**50% OFF FOR VETS FOR OTHER  
CONDITIONS!**

## OFFICE HOURS:

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



Valley Acupuncture Center

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Electrical Engineer  
Licensed Acupuncturist

## 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.

You'll find more information on how acupuncture works on my website:  
[www.vackent.com](http://www.vackent.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.

## About Arthritis

One of the most common and successful uses of acupuncture in the U.S. is in the treatment of arthritis. The two most common types of arthritis are Osteoarthritis (Degenerative Joint Disease) and Rheumatoid Arthritis. The western treatment approach is usually anti-inflammatory drugs and pain killers. The treatment of choice is usually enterically coated aspirin (especially for Osteoarthritis). For Rheumatoid Arthritis, because of its more stubborn nature, more

powerful drugs are usually prescribed. Unfortunately, these more powerful drugs often produce undesirable side effects which limits their usefulness.

Within Chinese Medicine, Arthritic conditions fall into a category called Bi Syndrome (painful joints). It is characterized by the invasion of some combination of "wind", "cold" and/or "damp" which obstructs the flow of Qi (Vital Energy) and Blood through the Channels. It is the obstruction of the flow of Qi and Blood which results in pain. The particular combination of "pathogenic factors" is determined by the patient's signs and symptoms, and the disease is classified by which pathogenic factor predominates.

Moving Bi (Wind Predominant) - Characterized by widespread pain in the joints which moves from one area to another and is usually accompanied by joint stiffness. There is often fever and chills and a rapid pulse.

Painful Bi (Cold Predominant) - Characterized by severe pain in one joint or area of the body which is worse when exposed to cold and relieved with warmth.

Fixed Bi (Damp Predominant) - Characterized by localized pain which does not move. It is often accompanied by numbness, edema, and a feeling of heaviness of the body and limbs. Attacks are often triggered by cloudy or damp weather (change in barometric pressure).

Hot Bi (Heat Predominant) - This occurs when heat accompanies wind and damp, or when during the course of the disease the cold transforms into heat

This condition is characterized by joint pain with local redness, swelling and tenderness The flesh is hot to the touch There is often fever, rapid pulse, thirst, and/or constipation. This pattern is characteristic of a flareup of Rheumatoid Arthritis

Heart Blockage - If the disorder is prolonged, it may enter the internal organs and cause the blood to coagulate and result in circulatory disturbances. This is characterized by an uncomfortable and congested feeling in the chest, palpitations, asthmatic panting and irritability.

Treatment is aimed at eliminating these pathogenic factors (i.e. wind, cold, damp etc.) through the use of acupuncture, moxibustion (heat: used for cold and damp types), and Chinese Herbal Formulas in order to restore the proper circulation of Qi and Blood to the affected area. Chinese herbs are especially important for the weaker patient because an inadequate supply of Qi and/or Blood will also lead to stagnation much like an inadequate supply of water in a river or stream will lead to the water stagnating in pools. Chinese Herbs do a much better job of replenishing Qi and Blood than acupuncture or moxibustion can.

Osteoarthritis is usually fairly easy to treat and most patients experience a noticeable improvement with the very first treatment. As treatment progresses, the improvement becomes more dramatic and longer lasting. The ultimate treatment outcome depends largely on the duration and extent of the disease. Acupuncture cannot regenerate deteriorated joints and is used to best advantage as a preventive measure in the earlier stages of the disease to help keep it from progressing into its

more debilitating stages; Even so, severe inoperable degenerated joints (such as a shoulder) can be successfully treated to reduce pain and increase mobility and thus improve the quality of life (sometimes dramatically).

Rheumatoid Arthritis is more difficult to treat (unless its character is more like osteoarthritis) and may take as many as .4-6 treatments before any noticeable improvement is seen. Acupuncture is not a cure for Rheumatoid Arthritis, but it often can significantly reduce the pain, tenderness and swelling associated with the disease thus making the condition more tolerable for the patient. Once the degree of improvement that can be achieved is reached, ongoing care is usually necessary to maintain the improvement (usually once every 3-4 weeks).

In general, the usual treatment regimen is acupuncture 2 to 3 times per week until the improvement achieved maintains itself between visits without backsliding. Then the time between visits is increased as the improvement continues to maintain itself. Once a spacing of every 2 to 3 weeks is achieved, the condition will usually remain improved on its own until some triggering event causes a relapse. Severe cases may require ongoing care.

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