

## **ELECTRO-ACUPUNCTURE**

Electro-Acupuncture is the insertion of fine acupuncture needles into a specific area of the body (muscles, joint capsules) and stimulated with electricity. Electro-acupuncture combines modern scientific physiology together with the benefits of traditional acupuncture. The purpose of the electricity is to regulate or modulate abnormal signals of the nervous system. Electro-acupuncture targets are selected differently than traditional Chinese acupuncture points, in that all targets are chosen based on clearly and correctly identifying dysfunctions in particular body tissues or movement patterns.

Once dysfunctional tissues or movements are identified, the trained practitioner can then begin administering the treatment with the goal to reduce pain or restore tissue functionality through the nervous system.

### **Electro acupuncture is used to treat a variety of conditions, including:**

- Pain, chronic pain, neck pain, and headaches
- Nausea and vomiting
- Anxiety and depression
- Insomnia
- Allergies
- Arthritis

If you are interested in trying or learning more about electro-acupuncture for any of the conditions listed earlier, do not hesitate to book an assessment with our qualified associate today.