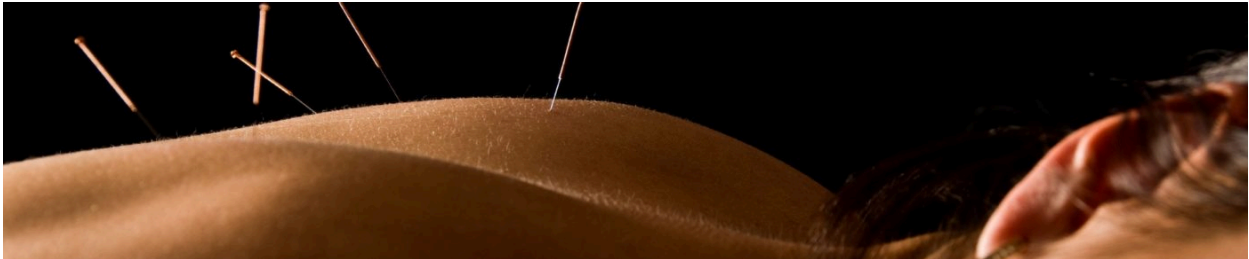


Contact us to schedule a complimentary introductory 15 minutes meeting With Our [Naturopath Toronto Doctor](#), Dr. Amauri Caversan ND, for all your [Acupuncture](#) Needs - (416) 922-4114



Acupuncture

The theory behind acupuncture, as in all traditional Chinese medicine, is that health results from a harmonious balance between the complementary extremes, or yin and yang, of the life force known as qi (pronounced chee)..

Why it's done

Acupuncture is used mainly to relieve discomfort associated with a variety of diseases and conditions, including:

- Chemotherapy-induced and postoperative nausea and vomiting
- Dental pain
- Headaches, including tension headaches and migraines
- Labor pain
- Low back pain
- Neck pain
- Osteoarthritis
- Menstrual cramps
- Respiratory disorders, such as allergic rhinitis

SOURCE:

<https://www.mayoclinic.org/tests-procedures/acupuncture/about/pac-20392763>

Health Benefits of Acupuncture

- Reduces Chronic Pain
- Treats Arthritis

- Relieves Migraines
- Prevents Nausea & Vomiting
- Treats Anxiety
- Reduces Insomnia
- Minimizes Heartburn & Indigestion

SOURCE: [Organic Facts](#)

Acupuncture Do's on each appointment

- Water, water, water!!! That's not just on days of treatment, that's every day.
- Water helps keep everything flowing and is one of your greatest allies in healing yourself.
- Almost everyone should drink at least half of their body weight in ounces of water a day.
- The only exceptions are those limited by their medical providers.
- Eat before you come in for a session. Eat adequately, but don't be over stuffed either.
- We're going to be moving energy around, it helps when there's plenty of energy to move and enough room in you to move it.
- Have fun! Healing happens with much greater ease when we are able to lighten the mood.
- Wear underwear. Please be sure to wear undergarments to all of your acupuncture appointments.

Acupuncture Don'ts on each appointment

- Drink coffee before an acupuncture treatment.
- We need to see your real energy, not coffee induced energy!
- Wear a lot of makeup or any scented lotion, perfume or aftershave. Remember we diagnose your underlying imbalance through your color, odor, sound and emotion.
- Wear a sports bras if possible, to any of your acupuncture appointments.
- They are my nemesis when doing acupuncture on your upper body.
- The acupuncture treatment we do on you needs to fully integrate.
- Drink alcohol or smoke pot.
- On the days of a treatment please abstain from alcohol and marijuana, before and after treatment.
- These are depressants and most people's energy is already low, we're most likely going to be trying to perk up your energy.

- Do any strenuous work, on any level, after receiving acupuncture.
- Do any other forms of body work or healing on the days of treatments, or take any extremely hot or cold baths. We don't want to overwork your energy!

Source: [Pokey Practice](#)

Acupuncture Risks

All therapies have risks as well as benefits. The possible risks of acupuncture are:

- It is dangerous if a patient has a bleeding disorder or takes blood thinners.
- Bleeding, bruising, and soreness may occur at the insertion sites.
- Unsterilized needles may infect the patient.
- In rare cases, a needle may break and damage an internal organ.
- When inserted deeply into the chest or upper back, there is a risk of collapsed lung, but this is very rare.

Source: <https://www.medicalnewstoday.com/articles/156488.php>



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