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Acupuncture: relaxing, painless, effective

Acupuncture is one of the oldest forms of medicine in the world. It is used for anxiety, female hormone balancing and fertility, sinus and allergy problems, headaches, poor sleep, and also for conditions of musculoskeletal origin, including pain--especially the back, shoulders, neck, and joints.

In Chinese medicine, healthy functioning of the body is largely related to the flow of Chi, or vital energy, through the body. The chi of all organs must be in balance--neither too active nor too dormant--for total health. The chi of the body's organs and systems are all connected in meridians or channels that lie just under the skin. Milton Naturopath Katie D'Souza utilizes acupuncture to assist the body in regulating this Chi and achieving balance.

Is acupuncture painful?

Actually, no. Acupuncture needles have similar width to a strand of human hair, so their insertion is not associated with a feeling of pain (as opposed to a blood draw for labwork, in which the needle gauge is large, and therefore elicits pain). In fact, the majority of our patients experience a sensation of relaxation and calm during their acupuncture treatment. (Even those that don't like needles!)

Can acupuncture be used with other medical treatments?

Since acupuncture is not a drug or botanical entering the body, it can be confidently used with success as co-management of most healthcare conditions. For instance, if you are pursuing acupuncture for fertility, it can be used alongside conventional fertility treatments (see <http://www.miltonnaturopath.com/ds/fertility>). Likewise, if you using acupuncture to solve your headaches or combat your rotator cuff injury, you can safely use acupuncture alongside regular physiotherapy, RMT massage, or other medical intervention (ie., painkillers, diagnostic imaging, etc).

Is acupuncture covered by extended health benefit plans?

Yes, acupuncture services by licensed naturopathic doctor, Katie D'Souza BSc ND, are covered by most extended health benefit plans.

Additional questions?

To ask additional questions, or to book an appointment, please call the office at 905-876-3047 ext 204, or email drkatie@dsouzahealth.com

Know more visit: <http://www.miltonnaturopath.com> or Call: (905) 876-3047 ext 204