

# EASY C FACTS

Acupuncture is a practice of inserting a fine sterile needle into the skin. Acupressure is the same process, but finger pressure is used instead of needles.

## Acupuncture & Acupressure

Acupuncture and acupressure are a type of Chinese Medicine used to treat many types of illnesses. They have been practiced for many thousands of years. Acupuncture and acupressure work to improve and restore 'qi'—pronounced 'chee.' Qi is the life force or energy that flows through the body. For instance, if a person has pain or a certain illness the life force or qi becomes stagnant or stuck creating an imbalance in the body. Acupuncture and acupressure treatment can help to restore the balance and heal the body naturally.

There is proof that acupuncture and acupressure can help relieve pain, depression, headache, high-blood pressure, nausea, help with addiction issues and many other illnesses and conditions.

An acupuncture/acupressure expert may work with other healthcare people to treat a condition. Some insurance companies cover the cost of an acupuncture/acupressure treatment. Check with your insurance company to find out if you are covered.

### REMEMBER

- Only go to a person that practices acupuncture/acupressure that has been licensed by a certified board
- Make sure the acupuncture needles are sterilized, wrapped separately, and only used once

**Get Tested. Get Treated. Get Cured.**

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