

Acupuncture is an Extraordinary Tool for Pain

Acupuncture is most effective for breaking the pain-spasm-pain cycle. In acute injuries where there is much swelling and bruising, there is no need to needle the affected area. Acupuncture can be applied to related meridians and distal points to help promote healing while reducing pain and inflammation and increasing range of motion.

Some Conditions Treated:

- Pain
- Sprains & strains
- Spine pain and injury
- Low back pain
- Neck pain
- Whiplash
- Herniated discs
- Numbness
- Neuralgia
- Sciatica
- Headache
- Migraine
- Jaw pain (TMJ)
- Arthritis
- Rheumatism
- Fibromyalgia
- Chronic Fatigue
- Shoulder pain
- Frozen shoulder
- Rotator cuff injury
- Knee pain
- Repetitive strain injury
- Carpal tunnel syndrome (CTS)
- Chronic pain
- Tendonitis
- Tennis elbow
- Stroke
- Pre and Post-Operative care
- Delayed recovery after surgery
- Auto accidents
- Sports injury

According to the World Health Organization, acupuncture and other modalities of Chinese Medicine can effectively treat a wide array of acute and chronic health conditions and provide preventative care for the following: gastrointestinal, urogenital, reproductive, respiratory/ear, nose, throat, mental, neurological, derma-tological, cardiovascular.

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(NCCAOM), MSOM, FABORM

Pamela Bayers received three years pre-medical training at the University of Arkansas in Fayetteville. She graduated with a four year Masters degree in Oriental Medicine from AOMA Graduate School of Integrative Medicine in Austin, Texas. The School is one of the top five Oriental medical schools in the country. It's faculty have been ranked #1 in the U.S.A..

By attending continuing education classes, throughout the year, Pamela keeps up on the latest in Oriental medicine.

Ms. Bayers is licensed by the Arkansas State Board of Acupuncture and Related Techniques. (License # L.Ac.O22). She is nationally certified by the National Certification Commission for Acupuncture and Oriental Medicine in acupuncture, Chinese herbology and Oriental medicine.

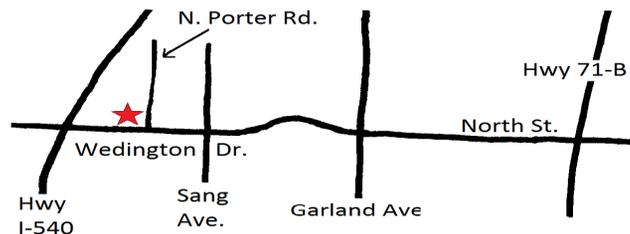
Acupuncture of NW Arkansas

Health & Harmony Oriental Medical Clinic
2400 Wedington Drive
Fayetteville AR 72701

Directions

From I-49 Exit 64, Health & Harmony is 0.3 miles on the east side of I-49(2 blocks from 49). When turning onto Wedington from the exit ramp, there is a large field on the right hand side, then a Presbyterian church. We are across the road from the Presbyterian Church on the left (North side).

MOVED TO 2400 WEDINGTON DR.



Want Natural Pain Relief?



Try Acupuncture!

Acupuncture of NW Arkansas

Health & Harmony
Oriental Medical Clinic

2400 Wedington Dr., Fayetteville AR 72701

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Natural Pain Relief

Acupuncture is a medical therapy that has a written history of over 2000 years. It is a culmination of several millennia of clinical experience handed down from practitioner to practitioner, originally in China, and now all over the world.

Through integrative medicine, the best of the east and the west, offers the most comprehensive care and the best possible outcomes. Acupuncture complements traditional injury rehabilitation very well because it reduces pain quickly so that active rehabilitation, such as physical therapy and strengthening can begin sooner. Acupuncture also reduces muscle spasms and increases joint range of motion which helps you recover quicker. Treating pain and injury quickly not only prevents chronic pain syndromes but it also counters depression that often comes after injury. Chinese medicine offers holistic care that keeps patients healthy and inhibits re-injury long after the pain has been eliminated. Injuries happen all the time and early and consistent treatment is important in order to have a speedy recovery and to prevent chronic pain and disability.

In 1997 the U.S. National Institutes of Health concluded: "...there is sufficient evidence of acupuncture's value to expand its use into conventional medicine and to encourage further studies of its physiology and clinical value" (JAMA 280:1518-24).

Safety "One of the advantages of acupuncture is that the incidence of adverse effects is substantially lower than that of many drugs or other accepted medical procedures used for the same conditions" *The 1997 U.S. National Institutes of Health Consensus Development Conference*

What is Acupuncture?

Acupuncture is the practice of inserting hair-like needles at certain anatomical points in the body to regulate physiological function, control pain, and promote healing. An Acupuncture treatment activates the body's own healing systems and stimulates the free flow of Qi (oxygen) and blood. It allows the body to heal itself while preventing future disease, is extremely safe and virtually painless. The superfine needles have no resemblance to the hypodermic needles used in ordinary injections. Acupuncture rarely produces any side effects; it is often chosen because it does not have the side effects often seen with pharmaceutical drugs.

How Does Acupuncture Relieve Pain?

The effects of acupuncture on alleviating pain are related to an increase in the release of endogenous opiates and to the stimulation of blocked muscle fibers. Endogenous opiates are morphine-like substances, which include endorphins, enkephalins and dynorphins which act to reduce the sensation of pain.

All needles are sterile and disposable. They are never reused.

What to do before an acupuncture treatment

- 1- Wear loose clothing. Women should avoid wearing one piece dresses.
- 2- Eat regular meals to avoid excess fatigue and hunger.
- 3- Do not drink alcohol or use recreational drugs before acupuncture treatment.

According to the American Association of Orthopaedic Medicine:

Acupuncture Relieves pain: Acupuncture can reduce muscle spasms, alleviate nerve pain, reduce or eliminate the need for analgesics, and decrease post-procedure or post-surgical pain and complications.

Promotes healing: A number of studies have demonstrated an improvement in wound healing with acupuncture and electroacupuncture stimulation. This includes post-surgical wounds, ulcers, burns, sprains and strains, fractures, etc. This is thought to be due to improving the blood supply to the affected tissue, improving trophic effects, enhancing neuroendocrine function and thereby accelerating the repair process.

Neuroendocrine regulation: Along with the discovery of the opioid receptor and the presence of endogenous opioids, it has been shown that acupuncture enhances this system of internal pain relief. In addition, a related effect called descending inhibition of pain has been demonstrated with acupuncture. Acupuncture has also been shown to optimize the hypothalamic-pituitary axis to the extent of inducing ovulation in anovulatory women. Inflammatory conditions, mediated in part by interleukins, have also been shown to respond to acupuncture.

Overall, acupuncture has been and continues to be an important adjunctive treatment for pain, can promote a general healing response, and may be responsible for specific regulation of the neuroendocrine systems.