

Acupuncture is an ancient healing practice that began in China thousands of years ago. It involves placing very thin needles into specific points along the body to help restore balance and promote natural healing. These points occur along pathways that carry vital energy (or Qi), connect organs and systems, and regulate body functions.

When acupuncture needles are placed, they stimulate nerves, improve blood circulation, and release the body's natural pain-relieving chemicals, like endorphins and serotonin. The needles we use are actually small enough that most patients become very relaxed during treatment — some even fall asleep!

For our patients, acupuncture can be used to relieve pain and improve mobility for those suffering from arthritis, disc disease, or orthopedic injuries. It can also help animals recover after surgery by reducing swelling and speeding up the healing process. Some pets with chronic conditions, like allergies or digestive issues, may also benefit from acupuncture because it helps balance the body's natural systems. As an oncologist, I also use acupuncture to support the immune system and for those experiencing side effects from chemotherapy.

Acupuncture can be used alongside other treatments for a multi-modal therapy approach. For many of our patients, it offers a natural way to improve overall quality of life.