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## Acu-PUNCTURE YOUR BACK PAIN!

Aches and Pains In Your Back From Shoveling All That Snow?

Many people suffer from multiple types of back pain this time of year. The heavy-force required and repetitive motions from shoveling snow can cause havoc for your back. Woodside Clinic has a natural and drug free plan to treat and even prevent back pain from occurring.

Acupuncture is an effective measure to help with back pain and can be done by your Naturopathic Doctor. Acupuncture has been used for thousands of years in Traditional Chinese Medicine and is combined with Eastern herbal medicine. Needling is performed to regulate the Qi (Chi) in the body. Qi (Chi) and blood flow through the body and if unrestricted then the body is in a good state of health. If, however, there is emotional and/or physical trauma or pain it has been linked to the interruption of the flow of the Qi (Chi). Acupuncture can be used to remove these "blockages".

Preventive Medicine is the cornerstone of a Naturopathic Doctors practice. Naturopathic Doctors use Traditional Chinese Medicine principles to support and balance the body. Traditional Chinese Medicine and acupuncture examines weaknesses and excesses that impede the flow of Qi (Chi). By questioning the patient with the pain about the quality of discomfort/pain (dull, sharp, better/worse from heat/cold, etc) and by examining the tongue, pulse, area of concern and overall status of health a pattern of imbalance can be diagnosed. The herbs and acupuncture are used to balance and smooth the flow of Qi (Chi).

"Maintaining order rather than correcting disorder is the ultimate principle of wisdom. To cure disease after it has appeared is like digging a well when one already feels thirsty, or forging weapons after the war has already begun" – Harriet Beinfield, L.Ac. & Efram Korngold, L.Ac., O.M.D. Back pain/weakness is a problem with your Qi (Chi) and by visiting a Naturopathic Doctor with acupuncture and Traditional Chinese Medicine training before the season starts you will be preventing further degenerative processes in your body.

Contact the Ontario Association of Naturopathic Doctors (OAND) at 1-416-233-2001 or [www.oand.org](http://www.oand.org) for a Naturopath near you.