

Acupuncture for Autism

According to the Mayo Clinic, autism is a neurodevelopment disorder that is part to a group of developmental problems called autism spectrum disorders (ASD). Autism affects a child's ability to socially interact and communicate. Overt symptoms surfacing 6 months after infancy commonly become more established by the age of three.

Symptoms of autism include:

- Impairments in social interaction
- Impairments in communication
- Repetitive movement (head rolling, body rocking, hand flapping, making sounds)
- Ritualistic behavior
- Resistance to change
- Self-injury (hand biting, head banging, skin picking, eye poking)
- Compulsive behavior such as arranging objects in stacks or lines



The contributing causes of autism may include:

- Environmental factors – research is being done on links between viral infections and air pollutants
- Genetic problems – increase susceptibility, may affect brain development and brain cell communication

Risk factors that contribute to autistic behavior include:

- Boys are 3 to 4 times more likely to develop autism than girls
- Family history
- Having other disorders – fragile X syndrome, tuberous sclerosis, Tourette syndrome and epilepsy
- Parents age – having a father (40 or older), research still being done on mother's ages

Acupuncture treatments provide a safe, natural way to autism. The Traditional Chinese Medicine (TCM) sees the human body as an integrated being. It works with vital energies inherent within all living things to promote the body's ability to heal itself. Qi (pronounced "chee") is a vital energy that flows through meridians, pathways that run throughout the entire body. Qi protects the body from illness and provides nourishment to cells, tissues, muscles and organs. During acupuncture treatments, fine, sterile needles are inserted at specific acupoints along these meridians to release Qi, unblock obstructions and correct imbalance.

Acupuncture for autism greatly improves the following in autistic children:

- Receptive language
- Motor skills
- Social initiation
- Coordination
- Attention Span

Acupuncture practitioners recommend a holistic health approach inclusive of herbal remedies, massage and stretching. According to Eastern holistic medicine, treatment of

autism requires lifestyle changes with overall health as its goal.

- Exercise increases flexibility, maintains weight and strengthens muscles
- Diets including anti-inflammatories, unprocessed and organic foods
- Stress reduction through breath, meditation and yoga
- Achieving a balance of rest and relaxation

Procedures of Acupuncture

During a treatment, specific acupuncture points are stimulated to balance bioelectric energy circulation and promote the body's own natural healing abilities. A balance of energy in the body yields mind-body relaxation and optimized physiological functions of the body. The whole procedures last about 20 minutes, during which time patients are very relaxed and comfortable. Acupuncture, it seems, has much to offer in the treatment of autism spectrum disorder.

Acupuncture goes Mainstream

Acupuncture is recognized by the National Institutes of Health (NIH) and the World Health Organization (WHO) as effective in treating these conditions.

- Addiction-alcohol, drug, smoking
- Anxiety/ADD
- Arthritis
- Asthma
- Back Pain
- Bronchitis
- Bursitis
- Carpal Tunnel Syndrome
- Chronic Fatigue
- Common Cold & Flu
- Constipation
- Depression
- Digestive Disorders
- Dizziness
- Facial Palsy/Tics
- Fertility/Habitual Miscarriages
- Fibromyalgia
- Frozen Shoulder/Pain
- Gastrointestinal Disorders
- Headache/Migraines
- Hepatitis B/C
- Immune system deficiency
- Incontinence
- Insomnia
- Knee pain
- Myofascial Pain Syndrome
- Neck Pain/Stiff Neck/Whiplash
- Osteoarthritis
- PMS
- Rhinitis/Sinusitis
- Sciatica

- Sports Injured
- Stress/Emotional Problems
- Stroke Paralysis/Numbness
- Tendonitis/Tennis Elbow
- TMJ
- Trigeminal Neuralgia
- Wrist Pain



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“Experience is priceless...”

- Graduate from the University of Hawaii with a B.S. in Bio-Chemistry
- Completed 4 years post-graduate training in Acupuncture and Herbal Medicine at American College of Acupuncture and Oriental Medicine, Houston, Texas
- Certified Neuromuscular Therapist
- Certified Craniosacral Therapist
- NAET (allergy) Therapist
- Certified Laser Therapist
- Herbalist (NCCAOM)

ACUPUNCTURE FOR AUTISM

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