

Acupuncture for High Blood Pressure

According to the Mayo Clinic, blood pressure is determined by the amount of blood the heart pumps and the amount of resistance to blood flow in your arteries. The more blood your heart pumps and the narrower your arteries, the higher your blood pressure.

High blood pressure is also known as hypertension and is a condition that develops over many years. It has almost no symptoms and can go on for years undetected. The importance of checking your blood pressure is that if it exists, doctors can control it quite easily. Uncontrolled, it can increase your risk of heart attack and stroke.

Risk factors associated with the onset of high blood pressure include:

- Age
- Family History
- Race
- Alcohol Use & Smoking
- Obesity
- Increase in Sodium
- Decrease in Vitamin D & Potassium
- Stress

Treatments to slow down or lessen the severity of hypertension may include:

- Acupuncture
- Herbal Therapy
- Relaxation exercises

Acupuncture treatments provide a safe, natural way to alleviate hypertension. 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 re-regulate internal organs, balance nervous system, reduce blood pressure, promote mind-body relaxation, and correct internal systems imbalance.

According to Eastern holistic medicine, treatment of hypertension requires

- Exercise
- Diet 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.

What to expect after acupuncture treatment?

True healing takes time and dedication. Acupuncture is not an instant fix. Depending on your current health and symptoms, you could feel better right away or you may need treatments for weeks, months or years to achieve the results you want. With a little patience and an open mind, you'll be on your way to health and vitality.

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



L. Phan, D.O.M., A.P.
“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 HIGH BLOOD PRESSURE

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Acupuncture & Skin Care Clinic

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