



Acupuncture

Acupuncture is the oldest continuously practiced medical system in the world. It utilizes tiny needles that are placed on specific acupuncture points to help alleviate numerous health ailments. There has been many studies that continue to prove that the Traditional Chinese Medicine is working with the body's nervous system. Acupuncture stimulates the nervous system through nerve pathways sending messages to the body and brain releasing specific neuropeptides that help stimulate the body's natural healing process. By using acupuncture to focus on certain points within the nervous system, acupuncture can promote physical and emotional well-being and decrease inflammation.



Benefits of acupuncture:

Studies show benefits for a variety of maladies. Some of those maladies that the World Health Organization claim that Acupuncture has been proven helpful for are:

- Low back pain/ sciatica
- Neck pain
- Depression
- Tennis elbow
- Headaches
- Digestive issues
- Sprains
- TMJ
- Stroke
- Rheumatoid arthritis
- Trigeminal Nerve Pain
- Knee pain
- Chemotherapy/ radiation reactions

The first treatment takes about 90 minutes and includes a detailed health history. Subsequent treatments are shorter and can last from one hour to an hour and fifteen minutes. Needle retention time varies from 20 to 45 minutes, during this time many people relax and fall asleep. The recommended number of treatments are 3 to 4 treatments, once a week for 3 to 4 weeks.



Introducing Lundi McFarland, RN, RAc

Compass Health offers acupuncture to patients who are interested in improving their health and well-being. Lundi has been a Registered Nurse for 25 years; a Registered Acupuncturist for 13 years and has a Master's Degree in Oriental Medicine from the number one ranked acupuncture college in the nation. Lundi specializes in distal acupuncture for pain, facial rejuvenation and is currently studying sports medicine acupuncture to further her knowledge base. Lundi is excited to integrate this wonderful medicine into your current medical practices and help you feel your best.

Call us today to find out more

Call us at (517) 337-3080 to schedule an appointment with our highly skilled acupuncture staff, or visit us online at: **compass.rehab** to learn more.