



Karen Sulger, L.Ac., Q.M.E. graduated magna cum laude from Pacific College of Oriental Medicine, earning a Masters in Oriental Medicine. She also holds a Qualified Medical Evaluator (Q.M.E.) license granted by the Industrial Medical Council of the State of California. Karen focuses on three main areas:

- 1) Acupuncture orthopedics for general pain conditions;
- 2) Women's health, with an emphasis on fertility; and
- 3) Internal conditions, which include digestive disorders, allergies, and skin problems.



## Acupuncture Continuum

317 N. El Camino Real, Suite 401  
Encinitas, California 92024  
Phone: 760-635-0581  
Fax: 760-635-0587  
[www.acupuncturecontinuum.com](http://www.acupuncturecontinuum.com)



## Acupuncture Continuum

*Questions & Answers*

---

# Balancing Health Through The Body's Own Wisdom

## What is Chinese Medicine?

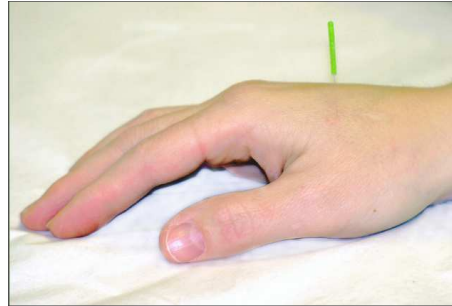
Chinese medicine is a system in which the entire body is treated, not just the symptoms. The goal is to attain balance between the body's two forces, yin and yang, thereby achieving and maintaining good health. Chinese medicine has been practiced for over 4,000 years and is used extensively throughout the world.

There are numerous modalities which are included in the art of Chinese medicine: herbal medicine, moxibustion, cupping, qi gong, tui na, nutrition and the most popular, acupuncture.



## What is Acupuncture?

Acupuncture is a simple procedure in which needles are gently placed in specific places in the body to balance the body's energy, called "qi" (pronounced "chee"). From a western standpoint, acupuncture points (or "nodes") are small areas which can stimulate blood circulation, nerves, muscles and even the hormonal system.



## What Can Acupuncture Treat?

The World Health Organization of the United Nations has identified over 40 medical conditions which are effectively treated with acupuncture. Acupuncture is best known for treating pain conditions such as sports injuries, migraines, sciatica, neck pain, lower back pain, and indigestion. It also treats gynecological problems such as PMS, infertility, and menopause. Acupuncture is especially effective in areas where Western Medicine is not effective, such as viral infections and chronic conditions.

## Does Acupuncture Hurt?

Not usually. A very gentle needling technique is used and the sensation experienced from an acupuncture needle is nothing like that of a hypodermic needle. In fact, acupuncture needles are one-tenth the thickness of a hypodermic needle. Most patients do not mind the needles and love coming in for their treatments. The needles are 100% sterile and are disposed of after the first use.

## What Can I Expect At My First Treatment?

Upon arriving for your first visit, you will complete a simple questionnaire providing details about your condition. You will discuss your answers privately with your acupuncturist.

In Chinese medicine, the diagnostic system is different from that of western medicine. It includes an examination of your tongue, taking your pulses, and a few other simple observations. After looking at the whole "picture", a diagnosis will be arrived at, which will determine what point prescription and modalities will be used.



## How Many Treatments Will It Take To Get Results?

The number of treatments needed to get results will depend on the severity of your condition, and how long you have had the condition. An average course of acupuncture treatments could range from 8 to 15. Some conditions warrant less treatments, some may require more.

Visit [www.acupuncturecontinuum.com](http://www.acupuncturecontinuum.com) for more information.