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Acupuncture originated in China over five thousand years ago. It is based in the belief that health is determined by a balanced flow of *qi* (also referred to as *chi*), the vital life energy present in all living organisms. According to acupuncture theory, *qi* circulates in the body along twelve major energy pathways, called meridians, each linked to specific internal organs and organ systems.

Acupuncture alleviates pain and can increase immune response by balancing the flow of vital life energy throughout the body. It is a complete system of healing and provides effective treatment for numerous conditions, from the common cold and flues, to addiction and chronic fatigue syndrome.

The World Health Organization has cited 104 different conditions that acupuncture can treat, including migraines, sinusitis, the common cold, tonsillitis, asthma, inflammation of the eyes, addictions, myopia, duodenal ulcer and other gastrointestinal disorders, trigeminal neuralgia, sciatica, osteoarthritis, rheumatoid conditions, hormonal imbalances, depression, anxiety as well as environmentally-induced illnesses due to radiation, pesticide poisoning, environmentally toxic compounds, and air pollution.



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