

depression & Acupuncture

As a part of our comprehensive services at The Women's Hospital, we provide patients with an environment of peace and relaxation at our Center for Healing Arts.



The Women's Hospital

CENTER FOR HEALING ARTS

JOINTLY PHYSICIAN OWNED

Deaconess

Acupuncture stimulates the flow of qi (pronounced "chee") in the body. Qi is the vital energy which flows throughout your body and can be disturbed by factors including cold, stress, diet, drugs and hereditary weakness.

By influencing the flow of qi, acupuncture stimulates the body to heal itself. Most patients report an enhanced sense of physical and mental well-being as a result of treatment.

For more information, call **812-842-4328** or visit **www.deaconess.com/CHA**.

Depression and Acupuncture

Most people feel anxious or depressed at times. Losing a loved one, getting fired from a job, going through a divorce, and other difficult situations can lead a person to feel sad, lonely, scared, nervous, or anxious. These feelings are normal reactions to life's stressors.

Some people experience these feelings daily for no apparent reason. This can result in difficulty completing common day-to-day tasks.

Depression is a conditional/emotional disorder in which a person feels discouraged, sad, hopeless, unmotivated or disinterested in life in general. Depression affects millions of people worldwide.

According to traditional Chinese medicine, depression is a disease caused by prolonged stagnation of the body. Acupuncture can break up all the stagnation and moisten the internal organs.

Psychologist John Allen, from the University of Arizona in Tucson, and Acupuncturist Rosa Schnyer, conducted the pilot study on treating depression symptoms with acupuncture in the West. The findings suggested that using acupuncture could be as effective as other types of treatments for relieving depression symptoms such as psychotherapy and drugs.

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