

fibromyalgia & 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**.

Fibromyalgia and Acupuncture

Fibromyalgia is a disorder characterized by widespread musculoskeletal pain accompanied by fatigue, sleep, memory and mood issues. Researchers believe that fibromyalgia amplifies painful sensations by affecting the way your brain processes pain signals.

Women are much more likely to develop fibromyalgia than men. Many people who have fibromyalgia also have tension headaches, temporomandibular joint (TMJ) disorders, irritable bowel syndrome, anxiety and depression.

Chinese medicine views fibromyalgia as a condition resulting from general weakness of the liver, kidney, spleen and heart which is caused by emotional stress, strain, lack of adequate sleep or nutrition and disturbed body rhythm. In other words, the body is out of sync. Acupuncture can help control pain, increase energy and improve sleep.

According to Western theories of acupuncture, the needles cause changes in blood flow and levels of neurotransmitters in the brain and spinal cord and western studies indicate that acupuncture helps relieve fibromyalgia symptoms.

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