

stress & 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**.

Stress and Acupuncture

Stress is difficult for scientists to define because it is a highly subjective phenomenon that differs for each of us. There are numerous emotional and physical disorders that have been linked to stress.

Most people who've undergone acupuncture know how relaxing it can be. Acupuncturists believe that feelings of stress, anxiety and depression are caused by energy that is stuck, constrained, or inhibited in the chest. The liver is the most sensitive of all organs to emotional distress. Stress can easily lead to liver qi stagnation (this does not suggest any kind of liver disease), which can overact on the spleen and stomach channel. This is considered by acupuncturists to be a physical and emotional condition, treatable with acupuncture.

Acupuncture promotes the flow of energy and fluids. An Acupuncturist can relieve the sense of stress by encouraging the flow of qi in the chest and abdomen.

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