

Christopher Turpin, RAc is the resident Acupuncturist at Performance Integrated Health. We recently sat down with him to learn more....

Q: What are some conditions that can benefit from Acupuncture?

Some of common conditions which can benefit from acupuncture are acute & chronic pain, addiction, allergies, anxiety, arthritis, asthma, autoimmune disorders, common colds, depression, digestive disorders, headaches, infertility, & insomnia.



Q: When should a person consider getting Acupuncture?



A person should consider getting acupuncture whenever they feel their body is feeling run down which makes them more susceptible to illness. At this time of year a few visits to your acupuncturist can do wonders to help keep colds and flus away. It is best used as a preventative medicine to boost immunity and manage stress levels.

Q: Should a person include Acupuncture as part of their preventive wellness program?

Yes, it should be part of everyone's preventative wellness program as it is effective at relieving pain, reducing inflammation, & restoring homeostasis within the body. It can work collaboratively with other preventative systems such as massage therapy, chiropractics, and naturopathic medicine to help keep people in an optimal state of health.

Q: Are there any unique conditions that can be helped by Acupuncture that are not widely discussed or known about?

Here are a few conditions that do not receive enough attention:

1. Acupuncture is effective at reducing shingles pain that is often very severe and debilitating.
2. It can be used to help prevent some of the side effects of chemotherapy such as fatigue, nausea, and vomiting.
3. Recently, it is commonly used in anti-aging treatments such as facial rejuvenation which is a natural alternative to a face lift.

