

## Acupuncture

The principal aim of acupuncture is to treat the whole person in order to recover the equilibrium between the physical, emotional and spiritual aspects of the individual.

It is a therapy involving the use of sterile needles that are inserted into strategic points of the body – acupuncture points. By inserting fine needles into the channels of energy, called Meridians in Traditional Chinese Medicine, an acupuncturist stimulates the body's own healing response and restores its natural balance.

### **Basics of Traditional Chinese Medicine (Yin-Yang, Qi)**

According to Traditional Chinese Medicine, health is dependent on the body's motivating energy, known as Qi, moving in a smooth and balanced way through a series of meridians or channels beneath the skin. Qi consists of equal and opposite qualities — Yin and Yang, and when these become unbalanced, illness may result.

### **Acupuncture Techniques**

In general, the following methods can be selected to treat patients according to the diagnosis based on Traditional Chinese Medicine:

- Acupuncture - general
- Acupuncture with ear seeds
- Scalp acupuncture
- Electro-Acupuncture
- Moxibusion
- Cupping

**Only sterile disposable needles are used**

**Acupuncture can be used efficiently for treatment of the following common conditions**

### **Pain Control:**

Back pain, Sciatica, Heel pain, Headache, Migraines, Stiff neck, Frozen shoulder, Tennis elbow, Arthritis, Muscle Spasm

### **Stress related problems:**

Stress  
Insomnia  
Fatigue  
Depression  
Eczema

### **Immune related problems:**

Allergies  
Asthma

### **Gynecological problems:**

Pre-menstrual syndrome  
Irregular menstruation  
Infertility

### **Neuromuscular problems:**

Post-stroke paralysis and numbness  
Facial neuralgia or paralysis

## HONG XU

### LICENCED ACUPUNCTURIST

Obtained in 1986 a Bachelor's degree in Chinese Medicine from the Department of Acupuncture at the Shanghai University of Traditional Chinese Medicine. She is member of the following professional associations:

- Ordre des acupuncteurs du Québec
- Shanghai Acupuncture and Moxibusion Association
- China Acupuncture Association, Shanghai branch

### Clinical Experience

**1. Doctor in Charge of Acupuncture (1986-1989)**  
Dept. of Acupuncture,  
Shanghai Chang Zheng  
Hospital, attached to Second

Military Medicine  
University, Shanghai, China.

**2. Doctor in Charge of Acupuncture (1987-1989)**  
Specialist Shanghai Great  
World Medical Centre,  
Shanghai, China.

**3. Acupuncturist (1990-1997)**  
Belgium Yin-Yang Natural  
Therapy Centre, Brussels/  
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**4. Acupuncturist (1997- )**  
Ottawa, Ontario  
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### Academic Experience

**Lecturer Basic Acupuncture (1986-1989)**  
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