

# Pain Management & Acupuncture

By Sara Rodefeld

Acupuncture is a 3000-year-old Eastern (Asian) form of healing whereby fine, flexible, sterile wires (needles) are inserted into acupressure points along pathways of energy called meridians. These meridians, or rivers of energy, flow throughout the body. By stimulating these points along that pathway, the life energy; known as Qi (pr. chee), is stimulated. This will build one's energy, (their qi ), allowing for a more harmonious flow of our life force. As this energy builds it helps to remove "blocks" that may contribute to our pain and disharmony, or our "dis-ease".

Sara Rodefeld is a certified acupuncturist and registered nurse of Indianapolis Indiana. She practices a style of acupuncture called Five Element Acupuncture. This particular type of treatment is based on the five elements found in nature. These are fire, earth, metal, water and wood. As human beings we are a part of nature and these elements can become imbalanced within us. Once this occurs we can become sick, experience pain and life does not flow as smoothly as it could. By determining which of these elements is our strength and also where we get "tripped up in life", Sara can then decide what particular acupuncture points to use to help you be your best self, to reach your potential in life. In this Five Element style of acupuncture the needles do not stay in the skin for more than a few seconds. They are inserted and the qi is activated when you experience a zing, or an achy sensation at the insertion site. A modality of treatment that is simple yet complex, acupuncture can be helpful for pre/post surgery, chemo/radiation treatment, back pain, infertility, headache, PMS, fatigue, chronic condition of any type, flu, ear ache, allergies, skin issues (eczema, herpes, shingles), gastrointestinal problems, diabetes, high blood pressure, insomnia and much more.

## Moxibustion

A process known as moxibustion is frequently used with acupuncture. It is another traditional Chinese medicine therapy that consists of using an herb on the skin, at a particular acupuncture point. The herb is then lighted and as it slowly burns down closer to the point, heat penetrates into the body. The medicinal properties of this herb are absorbed into the body, again helping to create a state of balance and harmony for that individual. The use of moxibustion warms the blood, builds Qi, moves energy, lowers blood pressure, heart rate and calms the nervous system.



**Five Element Acupuncture**

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