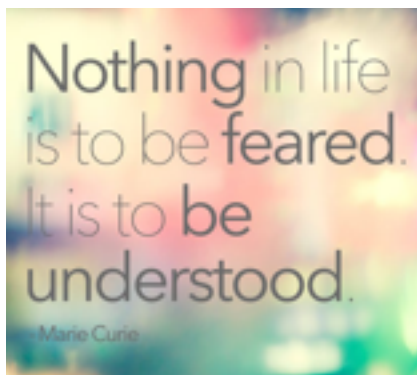




One of the main reasons why people resist trying Acupuncture is their fear of needles. Don't let the misconceptions and fear prevent you from experiencing a treatment. Acupuncture can help treat several health conditions and ailments.



Recognized by WHO

The World Health Organization recognizes Acupuncture to treat the following conditions:

Psychological Conditions

- Depression
- Anxiety
- PTSD
- Insomnia

Neurological Conditions

- Headache and migraine
- Trigeminal neuralgia
- Facial palsy (early stage)
- Peripheral neuropathies
- Disc problems problems

Musculo-skeletal Conditions

- Muscle pain, swelling, stiffness and weakness
- Arthritis
- Fibromyalgia
- Low back neck strain
- "Frozen shoulder", "tennis elbow"

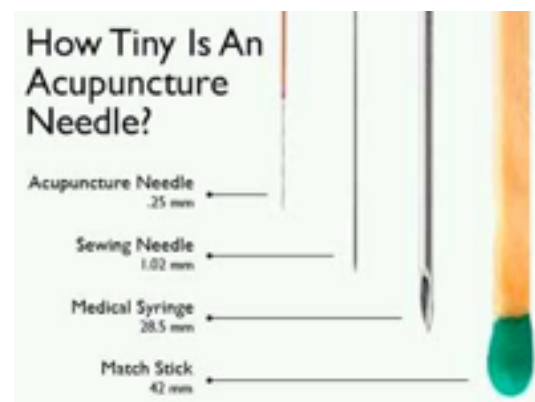
Don't psych yourself out

It's important to keep in mind that your fear of needles may stem from past experiences and has nothing to do with Acupuncture itself.

After seeing Acupuncture needles for the first time, patients are surprised to see how small the needles are. The fear and anticipation is often worse than any sensation you experience during a treatment.

Size matters

Acupuncture needles are hair thin and very flexible. About ten Acupuncture needles can fit inside of one hypodermic needle on average. They can vary in length and size but they are generally inserted from 1/4 to 1 inch deep, stimulating a specific point on the body.



Not your average needle

Hypodermic needles are serrated and hollow. They pierce through the tissues to withdraw blood or inject a substance into the body. This creates an uncomfortable sensation of pain. Acupuncture needles have a completely different function and process. Acupuncture needles weave through the tissues to activate a point. Once inserted, Acupuncture needles actually induce your body's ability to produce

Recognized by WHO

The World Health Organization recognizes Acupuncture to treat the following conditions:

Respiratory System Conditions

- Acute sinusitis
- Acute rhinitis
- Common cold and allergies

Gastrointestinal Conditions

- Irritable bowel and colitis
- Acute and chronic gastritis
- Acid reflux
- Acute and chronic colitis
- Constipation
- Diarrhea

Gynecological Conditions

- Infertility
- PMS
- Dysmenorrhea
- Menopause syndrome
- Benign irregular menstruation
- Benign amenorrhea

Other Conditions

- Withdrawal from street and pharmacological drugs
- Appetite suppression
- Facial rejuvenation

endorphins and enkephalins, causing a state of relaxation.

Sensations

When an Acupuncture needle is inserted you will feel different sensations in the body. These feelings act as little messengers letting you know the vital energy (qi) is flowing throughout your body and is reestablishing balance.

Sensations vary, yet commonly observed feelings range from distending, heaviness, warming, tingling, traveling along the meridian (energy pathway), or a combination of any of these. Often the sensations last no longer than minutes at a time and usually when the last needle is inserted, the mind and body begin to relax and settle into the treatment. I sometimes equate it to getting a massage and having the masseuse pinpoint a specific area that releases tension.

For areas that are more sensitive, I desensitize the point by applying pressure in small circular motions and most patients don't realize I have even inserted the needle by the time it's in.



You're not alone

My goal is to make you feel completely comfortable during your treatment. When you understand how Acupuncture works, the process of a treatment is far less daunting.

I welcome my patients with an open mind and heart and am dedicated to helping in any way possible. I would love to help you resolve any misconceptions of Acupuncture and overcome your fear of needles.

Discover new facets of health and gain a broader prospective on the amazing benefits of Acupuncture.

Trust me, its worth it!



Dr. Mena Rajan is board certified and accredited by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) and is licensed in both Pennsylvania and California. In addition, Mena is a member of the American Acupuncture Council (AAC) & Association for Professional Acupuncture in Pennsylvania (APA) and is certified in Facial Rejuvenation Acupuncture. Dr. Rajan specializes in psycho-emotional (stress, anxiety, depression) and digestive disorders. Dr. Rajan strives to help her patients reach their fullest potential by helping them manifest a happy, healthy life.