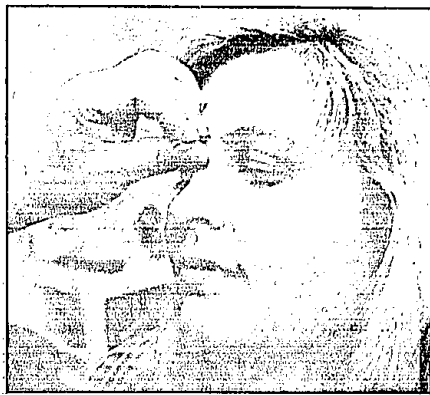


Acupuncture helps channel natural energy



Deep breath: The needle Wang inserted in the middle of Bald's eye brows is primarily used for relaxation purposes.

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According to traditional Chinese medicine, the human body contains an energy system that follows specific pathways called meridians or channels. Meridians can be likened to rivers that run through the body to nourish tissues.

This natural energy that flows through or along these meridians (six yin and six yang) is called Qi (pronounced chee). One of the most common methods of stimulating one or more of the 12 channels is through the use of acupuncture.

Ancient technique
Truly an old form of healing, acupuncture was first discovered in China in 2696 through 2598 B.C. by Huang Di, "The Yellow Emperor," who was the third great emperor of China.

Acupuncture is the gentle

Detroit hospital since he was certified following an intensive acupuncture course at the University of California - Los Angeles in October of 1998.

Shah said acupuncture is an effective form of pain management because it does not involve medication or have any residual side effects. People who suffer from fibromyalgia and lower back pain make up a large percentage of the individuals treated by Shah at the Pain Management Center.

"Conditions such as tinnitus and migraines can be treated with acupuncture," said Shah. "I tell people not to be surprised if we insert a needle to activate the kidney channel if they have back pain. There are 12 channels that the energy flows through."

Pain management

"Acupuncture is good for treating pain," said acupuncturist and Chinese herbologist, Qian Wang, M.D. (Doctor of Oriental Medicine). "And a lot of people have pain," said Wang, 67.

Wang moved to the United States in the early 1980s eventually settling in Redford in 1987 where he continues to offer acupuncture treatments out of an office in his home. He studied Chinese Tui Na (pronounced twee-na) from Dr. Cha Jian in the city of Hang Zhou, China from 1974-1976 and studied acupuncture and traditional Chinese medicine with Dr. Wu Tien Yao from 1976 to 1980. He was certified by the National Commission for the Certification of Acupuncturists in 1987 and maintains membership with the Acupuncture Coalition of Michigan and the Acupuncture Society of Michigan.

In addition to acupuncture, Wang is skilled in Tui Na, Chi Gong, Chinese herbs, cupping, moxibustion and nutrition to treat and prevent various ailments and diseases.

"I use needles on specific points of the body that makes the energy go to the blockage and open it and relax the area," said Wang.

Other methods of improving the flow of energy throughout the body include pressure, rubbing, running one's hands in the direction of the meridian flow, suction cups (cupping), herbs, vitamins, minerals, glandular



To the point: Debbie Bald of Royal Oak is a regular patient of Qian Wang's of Redford. Wang, an acupuncturist and herbologist, applies scalp needles to the back of her head to treat problems she has with double vision and multiple sclerosis. Bald has also been treated by Wang for a persistent cough (complemented with Western medicine).

extracts, specialized exercises, manipulation of specific muscles, burning moxa (moxibustion). Redford resident Pamela Brodersen became a patient of Wang's after seeing an advertisement in the popular alternative magazine phenomNEWS, for the use of acupuncture as a technique in quitting smoking.

"I was pretty open to experimenting with different holistic types of medicine in my 20s," said Brodersen, "so it didn't seem unrealistic for me to try acupuncture."

Brodersen said the "proof was in the pudding," for her following her first acupuncture treatment. "I haven't smoked since and I didn't have any cravings for nicotine."

The fear of needles

Shah said he encounters patients who are hesitant to try acupuncture because they think it's going to hurt.

"When you have all these needles stuck in your face or head people always think of pain," said Shah. "The needles are very fine and once the first one is in you don't notice them."

Acupuncture needles remain in the acupoints of the body on an average of 30 minutes, said Shah depending on the degree of the condition. The acupuncturist said many patients undergo between four and six acupuncture treatments and he suggests they not pass judgment on the

Please see ACUPUNCTURE, B5

Meridians

The following are the 12 meridians:

The Lung Meridian: With a descending flow of energy running from the top of the chest, along the inside of the arm to the outside of the thumb, joins a series of 11 bilateral points.

The Spleen-Pancreas Meridian: With an ascending flow of energy running from the foot to the chest, joins a series of 21 bilateral points.

The Large Intestine Meridian: With an ascending flow of energy running from the tip of the index finger of the hand to the base of the eye, joins a series of 20 bilateral points.

The Stomach Meridian: With a descending flow of energy running from the head to the foot, joins a series of 45 bilateral points.

The Heart Meridian: With a descending flow of energy running from the chest to the hand, joins a series of 9 bilateral points.

The Small Intestine Meridian: With an ascending flow of energy running from the hand to the head, joins a series of 19 bilateral points.

The Bladder Meridian: With a descending flow of energy running from the head to the foot, joins a series of 67 bilateral points.

The Kidney Meridian: With an ascending flow of energy running from the foot to the chest, joins a series of 27 bilateral points.

The Heart Constrictor Meridian: With a descending flow of energy running from the chest to the hand, joins a series of 9 bilateral points.

The Triple Heater Meridian: With an ascending flow of energy running from the hand to the head, joins a series of 23 bilateral points.

The Gallbladder Meridian: With a descending flow of energy running from the head to the foot, joins a series of 44 bilateral points.

The Liver Meridian: With an ascending flow of energy running from the foot to the chest, joins a series of 14 bilateral points.

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 - Barton's Garden Center...Plymouth
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 - Cottage Inn Pizzeria...Birmingham
 - 2 Large Pizzas With 10 Items \$12.99
 - Popo Romano...Farmdale
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- Restaurants**
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 - 10% Off Any Dinner Entree (Carry Out Only)
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 - 30% Off Coffee Cake Inc...Redford
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 - Dairy Queen...Royal Oak
 - 10% Off Total Bill
 - Del's Deli...Royal Oak
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 - 10% Off Total Bill - 444-474-7781
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 - Wood's Deli...Royal Oak
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- Retail**
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 - 10% Off All Lamp Purchase
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- 10% Off All Lamps
- Circ...Berkley
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- 10% Off New Orders/Carpeting/Linoleum
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- 10% Off Labor
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