



Depression and Acupuncture

Depression can be debilitating for those who experience it. Prolonged feelings of sadness, discouragement, and hopelessness greatly affect our quality of life.

At one time or another each of us have experienced some form of depression. It's a healthy response to events in our lives that seem overwhelming. When we are balanced physically and emotionally, we can easily bounce back from a depressed state and move on with our lives. But when negative feelings and emotions become persistent and consistent, depression may set in.

Antidepressant drugs address signs and symptoms associated with depression, but can cause many side effects; insomnia, anxiety, listlessness, fatigue, body rash, tremors, facial tics, diarrhea, loss of appetite, and sexual dysfunction. Although drugs provide temporary relief, they can add stress to organ functions. In addition to the side effects, the patient needs to take them all the time.

Acupuncture and Chinese Medicine can help to alleviate the signs and symptoms accompanying depression as well as address the root causes and underlying imbalances contributing to the problem in the first place.

When we experience emotional upset, our internal environment becomes disrupted. Likewise, when we experience physical problems, our emotions can become greatly affected.

Over time this disruption leads to what an acupuncturist calls "stagnant or depressed Qi" which eventually will cause a disharmony within our body, affecting our physical and emotional well-being. If not properly treated, depression will set in.

An acupuncturist will take a complete health history in order to find out where, why, and how Qi has stagnated or depressed. They will develop a unique treatment plan tailored to the specific symptoms and signs of each individual.

The goals of such a plan will be to activate the movement of Qi throughout the entire body and address the root causes and underlying imbalances. This will allow our bodies to be able to handle the daily stresses better and maintain the physiological balance better in times of stress.

Acupuncture and Chinese Medicine provide safe, natural, drug-free, and effective ways to address depression. The focus is to restore a balanced and continuous flow of Qi throughout the body and mind.

As long term benefits, patients will experience significant reduction in depression symptoms as well as an improved quality of life.

Remember, you are not alone, others are experiencing similar things as you are. Smile!