

# ACUPUNCTURE FAQ

## FREQUENTLY ASKED QUESTIONS



### WHAT IS ACUPUNCTURE?

Acupuncture is a medical therapy that uses extremely thin wires/needles to stimulate self-healing and promote health.



### WHAT KINDS OF CONDITIONS DOES IT HELP?

Acupuncture is used in every area of medicine and for both acute and chronic conditions.



### IS ACUPUNCTURE RIGHT FOR ME?

Probably, yes. The ANF will help you find a qualified Acupuncturist who can answer all your questions including whether acupuncture is right for you.



### DOES IT HURT?

Acupuncturists use modern equipment and training to make acupuncture virtually painless.