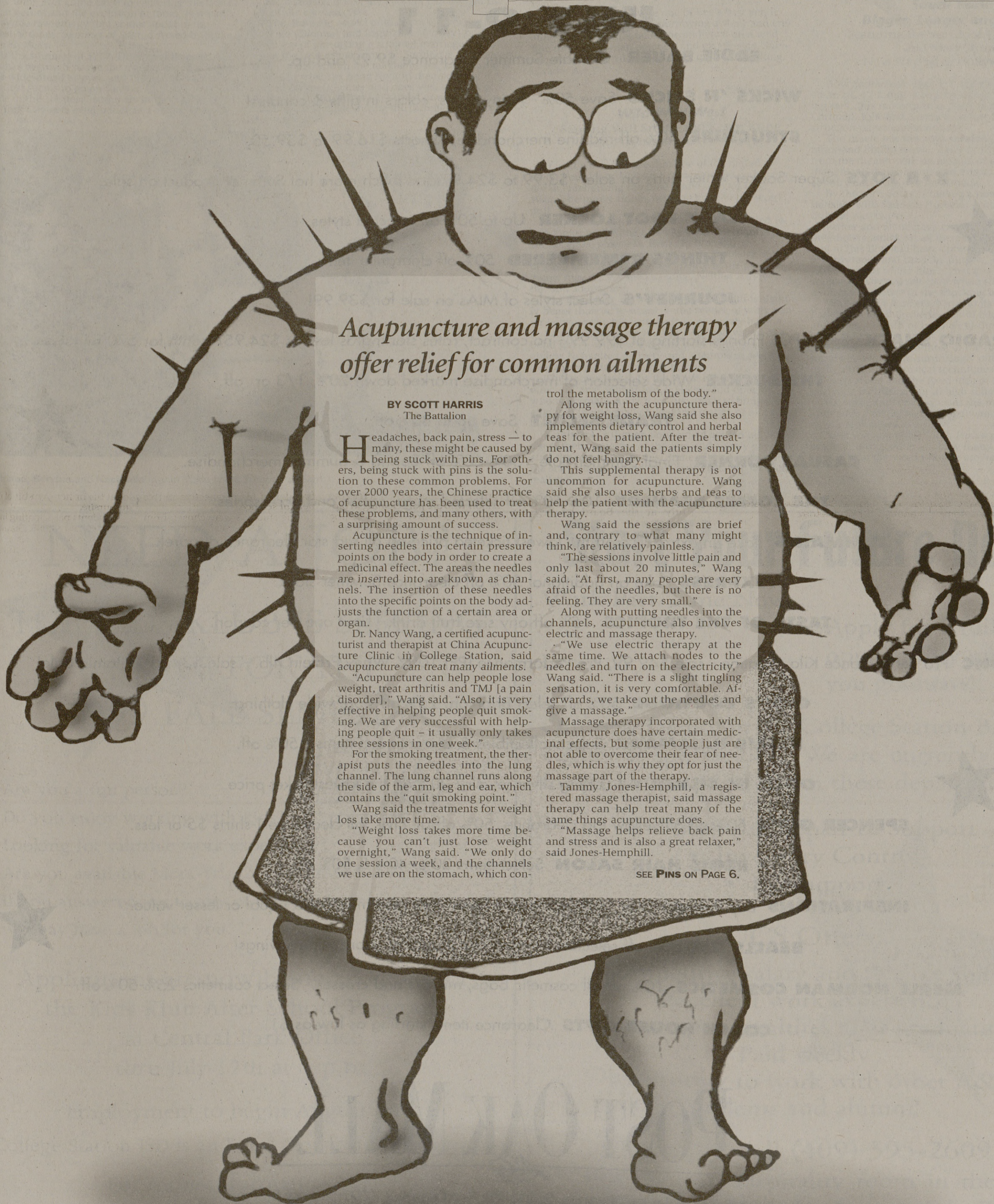
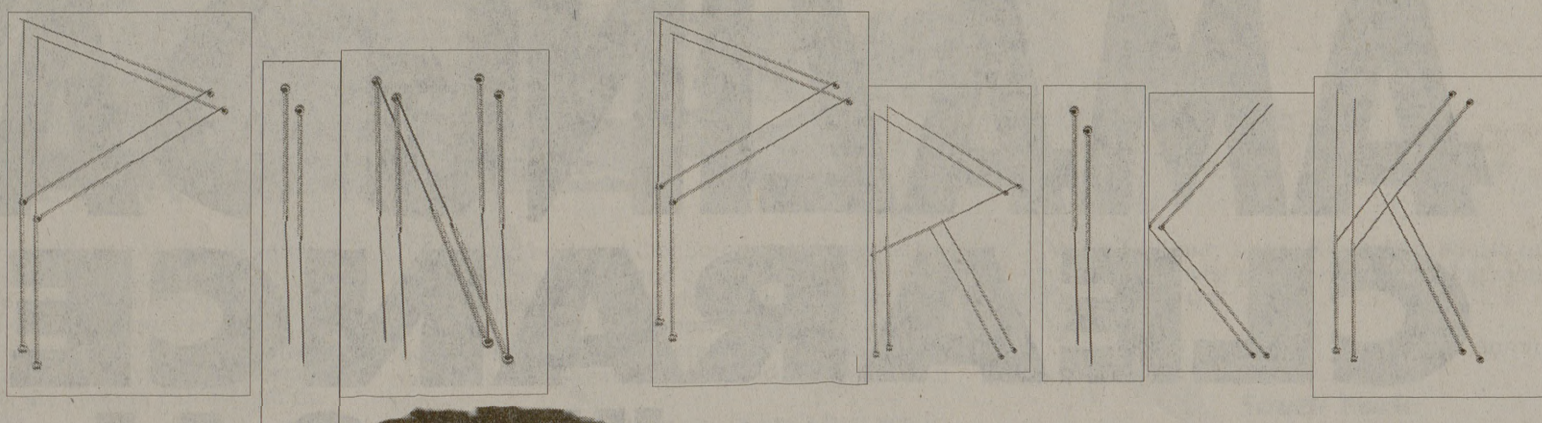


## Just a Little



### Acupuncture and massage therapy offer relief for common ailments

BY SCOTT HARRIS  
The Battalion

Headaches, back pain, stress — to many, these might be caused by being stuck with pins. For others, being stuck with pins is the solution to these common problems. For over 2000 years, the Chinese practice of acupuncture has been used to treat these problems, and many others, with a surprising amount of success.

Acupuncture is the technique of inserting needles into certain pressure points on the body in order to create a medicinal effect. The areas the needles are inserted into are known as channels. The insertion of these needles into the specific points on the body adjusts the function of a certain area or organ.

Dr. Nancy Wang, a certified acupuncturist and therapist at China Acupuncture Clinic in College Station, said acupuncture can treat many ailments.

"Acupuncture can help people lose weight, treat arthritis and TMJ [a pain disorder]," Wang said. "Also, it is very effective in helping people quit smoking. We are very successful with helping people quit — it usually only takes three sessions in one week."

For the smoking treatment, the therapist puts the needles into the lung channel. The lung channel runs along the side of the arm, leg and ear, which contains the "quit smoking point."

Wang said the treatments for weight loss take more time.

"Weight loss takes more time because you can't just lose weight overnight," Wang said. "We only do one session a week, and the channels we use are on the stomach, which con-

trol the metabolism of the body."

Along with the acupuncture therapy for weight loss, Wang said she also implements dietary control and herbal teas for the patient. After the treatment, Wang said the patients simply do not feel hungry.

This supplemental therapy is not uncommon for acupuncture. Wang said she also uses herbs and teas to help the patient with the acupuncture therapy.

Wang said the sessions are brief and, contrary to what many might think, are relatively painless.

"The sessions involve little pain and only last about 20 minutes," Wang said. "At first, many people are very afraid of the needles, but there is no feeling. They are very small."

Along with putting needles into the channels, acupuncture also involves electric and massage therapy.

"We use electric therapy at the same time. We attach nodes to the needles and turn on the electricity," Wang said. "There is a slight tingling sensation, it is very comfortable. Afterwards, we take out the needles and give a massage."

Massage therapy incorporated with acupuncture does have certain medicinal effects, but some people just are not able to overcome their fear of needles, which is why they opt for just the massage part of the therapy.

Tammy Jones-Hemphill, a registered massage therapist, said massage therapy can help treat many of the same things acupuncture does.

"Massage helps relieve back pain and stress and is also a great relaxer," said Jones-Hemphill.

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