

At St. Francis Acupuncture

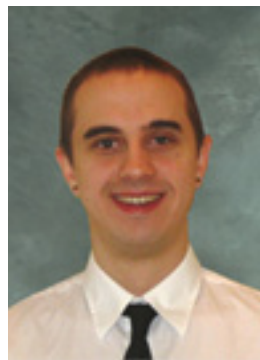
We are DEDICATED to providing thoughtful and effective treatment in a caring and professional environment.

It is our GOAL to not only provide relief from pain and healing from illness but also to prevent disease and promote overall health and well-being.

- ACUPUNCTURE is a safe, effective and drug-free therapy which increases energy and vitality, strengthens the immune system and fosters an environment in which health can be achieved and maintained.

In addition to Acupuncture, the following adjunct modalities may be used to treat illness, prevent disease and promote health:

- Tui Na (Chinese massage techniques)
- Moxibustion (heat)
- Cupping (suction)
- Qigong therapy (a type of physical therapy tailored to the individual patient's constitution)



Robert Roman

"My interest in Asian medicine was sparked when I began martial arts training at the age of sixteen. This initial interest grew and ultimately inspired me to compose my thesis at Carleton College on ancient Chinese concepts of health, and later to study Traditional Chinese Medicine at the Minnesota College of Acupuncture and Oriental Medicine where I received my Master of Acupuncture degree.

I am passionate about helping people achieve and maintain good health. I am interested in further exploring the relationship of Acupuncture to various Western medical modalities, including sports medicine, and how Traditional Chinese Medicine can be used not only in the treatment of injuries and illness, but also in their prevention."

"Acupuncture is a safe, effective and drug-free therapy which relieves pain, promotes healing, increases energy and vitality, strengthens the immune system and fosters an environment in which health can be achieved and maintained."

"...acupuncture is suitable for the treatment of many disorders including physical, psychological and emotional problems. In recent years, acupuncture has been embraced throughout the world as a result of its effectiveness..."
~ The World Health Organization (WHO)

"...For people with chronic low back pain, this analysis shows that acupuncture is clearly effective in providing considerable, true pain relief."
~ Eric Manheimer, University of Maryland Center for Integrative Medicine

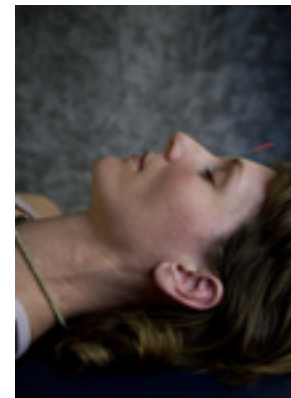
"...Acupuncture is more effective than painkillers for chronic back pain and migraines, according to a new study by German researchers at Munich's Technical University."
~ Deutsche Presse-Agenture, Health News, February 23, 2009

"... Unlike antidepressant drugs, acupuncture has no side effects; it may offer the best way to treat depression..."
~ University of Arizona

"...found that traditional Chinese acupuncture significantly reduces pain and improves function for patients with osteoarthritis of the knee who have moderate or more severe pain despite taking pain medication..."
~ University of Maryland Center for Integrative Medicine

"...of 80 women who underwent IVF and received acupuncture, 34 women got pregnant; a success rate of 42.5%. Of the 80 women involved in the study who received IVF without any acupuncture treatments, only 21 women (26.3%) became pregnant..."
~ German Study, 2002

"According to the 2002 National Health Interview Survey - the largest and most comprehensive survey of use by American adults to date - an estimated 8.2 million U.S. adults had ever used acupuncture, and an estimated 2.1 million U.S. adults had used acupuncture in the previous year."
~ National Center for Complementary and Alternative Medicine, National Institutes of Health



Acupuncture

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What is Acupuncture?

Acupuncture is a medical system that has been used to diagnose, treat and prevent illness for over 2000 years. Acupuncture is proven to remedy acute or chronic ailments, relieve pain, enhance recuperative powers, and strengthen the immune system. Practitioners of acupuncture and Oriental medicine have used this noninvasive treatment method to help millions of people become well and stay well. Adjunct techniques that may be used by a practitioner include Moxibustion (heat), Gua Sha (scraping), Tui Na (Chinese massage techniques), Cupping (suction), Qigong therapy (Chinese exercise techniques), electrical or laser stimulation, or manual manipulation of the points.

What is an Acupuncture Treatment Like?

Extremely fine, hair-thin, flexible, single-use sterilized disposable needles are placed at specific acupuncture points on the body. When the needles are inserted you may experience a sensation of tingling or warmth. People are surprised to find that treatments are actually quite relaxing. The length and frequency of a treatment may vary for each individual and will be determined by your acupuncturist or doctor of Oriental medicine. Acupuncture treatments are scheduled according to the nature of your condition. As you improve, fewer visits are required. Discuss your treatment plan with your acupuncturist, since each individual is different.



“Oriental Medicine functions to promote the body’s ability to heal itself”

“Acupuncture is one of the oldest, most commonly used medical procedures in the world”

Acupuncture is recognized by the World Health Organization (WHO) and/or the National Institutes of Health (NIH) as an effective treatment for the following conditions:

Musculo-Skeletal

- Arthritis
- Carpal tunnel syndrome
- Fibromyalgia
- Injuries
- Muscle cramping
- Numbness
- Osteoarthritis
- Pain and chronic pain of the: shoulders, neck, back, extremities, joints or face
- Post-operative intestinal paralysis
- Post-operative pain
- Rheumatoid arthritis
- Sciatica
- Sprains
- Stiffness
- Strains
- Tendonitis
- Tennis elbow
- TMJ

Neurological

- Dizziness
- Facial paralysis, palsy, tics
- Headache
- Intercostal neuralgia
- Migraine
- Neuralgia
- Neurogenic bladder dysfunction
- Paralysis resulting from polio
- Peripheral neuropathy
- Stroke residuals
- Trigeminal neuralgia

Respiratory & Bronchopulmonary

- Allergies, including hay fever
- Asthma
- Bronchitis
- Common cold
- Pneumonia
- Rhinitis
- Sinusitis
- Tonsillitis

Emotional

- Anxiety
- Depression
- Post Traumatic Stress Disorder
- Stress

Urological & Gynecological

- Frequent urination
- Incontinence
- Infertility
- Menopause
- Menstrual irregularities
- PMS
- Urinary tract infections

Digestive

- Colitis
- Constipation
- Diarrhea
- Dysentery
- Gastric acidity
- Gastritis
- Hiccoughs
- Indigestion
- Irritable bowel syndrome
- Nausea
- Ulcers
- Vomiting

Eyes

- Conjunctivitis
- Cataract (without complications)
- Myopia
- Central retinitis

Mouth Cavity

- Gingivitis
- Pain after tooth extraction
- Sore throat
- Toothache

Other

- Adverse reactions to radiation and chemotherapy
- Alcohol and other addictions
- Essential hypertension
- Fatigue and chronic fatigue
- Leucopenia
- Primary hypotension
- Seasonal Affective Disorder (SAD)
- Skin problems
- Sleep disturbances
- Smoking cessation

The Energy of the Human Body

It has been scientifically determined that human beings are unique bio-energetic systems.

For thousands of years, Oriental medicine has acknowledged that there is a vital life force that flows through all things which is called “qi” (pronounced ‘chee’). In Western culture, it is often referred to as “energy.”

Energy (qi) flows along pathways in the human body which are related to the organs, the muscular system, and the nervous system. When the balance of this energy is disturbed due to trauma, poor diet, medications, stress, hereditary conditions, environmental factors, or excessive emotional issues, then pain or illness results.

Oriental medicine focuses on correcting these imbalances, which stimulates the body’s natural ability to heal itself. In other words, *Oriental medicine focuses on treating the factors that cause disease.*

