

疗法 Treatment

One acupuncture session lasts from 20 to 30 minutes; a complete treatment therapy usually comprises 10 to 15 sessions. Chronic disorders may require follow-up sessions.

The laser acupuncture treatment session takes 10 to 15 minutes depending on the number of points to be stimulated (15 seconds per point) and the type of disorder, about 2 sessions per week are recommended. Laser treatment and needling can also be combined to increase the healing effect.

副作用 Side effects

When applied correctly acupuncture is safe and effective, free from any side effects. In some cases temporary tiredness may occur, any circulatory problems are rather an exception. There is no danger of infection since the acupuncturist will first disinfect the area where the needle is inserted and use sterile, disposable needles.

No adverse side effects are known from soft-laser treatments.

倪娜 艾思蓓 Dr. Nina Essl-Perl

Dr. Nina Essl-Perl is a general medical practitioner. In addition, she has been active particularly in the field of Traditional Chinese Medicine (TCM) for several years. Besides her certificates in acupuncture from the Beijing University of Chinese Medicine and the Austrian Chamber of Physicians, she completed numerous study visits, advanced trainings and participations in conferences in Beijing, Shanghai and Chengdu.

Certificates:

- Acupuncture and Moxibustion
- Chinese herbal medicine
- Tuina massage
- Nutritional medicine
- Occupational medicine
- Emergency medicine



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ACUPUNCTURE

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Acupuncture

Acupuncture is the most famous treatment of the Traditional Chinese Medicine and has been practiced for over 2000 years. Acupuncture treats disorders by inserting fine needles into specific points on the body or by warming these “acupuncture points” (moxibustion).

These points are located along the so-called meridians, a network of channels running along and throughout the whole body. Through special needle techniques the flow of the basic energy “Qi” within the meridians can be controlled in order to activate the body’s self-healing powers. Once a point is stimulated, the patient might often experience a spreading feeling of heaviness, warmth or a dragging sensation. This effect is called “Deqi” meaning “the arriving of Qi, which is a precondition for the effectiveness of acupuncture.

Laser Acupuncture

Acupuncture with a laser is an alternative to using acupuncture needles. In this case the acu-points are stimulated by a so-called soft laser, which generates light near the infrared spectrum with a wave length of 635 nm.

医生

The Chinese doctor

The Chinese word for doctor is “Yi Sheng”, which can be translated as “Healer of life”. This refers to the Traditional Chinese Medicine perception to search for the cause of a disease, while western medicine often treats its symptoms only.

整体观念

The holistic approach

Body, mind and soul – the human being in its totality is unique. All aspects of the personality (physical, emotional and mental) are closely linked and interdependent. Each part must be treated in consideration of its interdependency and with regard to all other parts.

阴阳

Yin and Yang

Traditional Chinese Medicine is based on the concept of Yin and Yang. In order for our body to be healthy, it requires Yin and Yang to be in harmony. A disease therefore is nothing but an imbalance between Yin and Yang.

应用

Application areas

Stütz- und Bewegungsapparat

Back and neck pain (cervical and lumbar spine syndrome, Lumbago) · Joint pain (knee, hip, elbow) · Arthralgia · Carpal tunnel syndrome

Neurological disorders

Headache · Sleep disorders · Facial paralysis · Neuralgia · Migraine · Stroke rehabilitation

Otolaryngology (Ear, nose and throat disorders)

Cold · Sinusitis · Tinnitus · As concomitant therapy with sudden deafness

Respiratory diseases

Asthma · Bronchial · Flu infection

Cardiovascular diseases

Hypotension · As concomitant therapy with hypertension

Gastrointestinal disorders

As concomitant therapy with indigestion · Nausea · Irritable bowel syndrome

Mental and psychosomatic disorders / addictions

Sleep disorders · Exhaustion · As concomitant therapy with depression · Smoking cure

Urologic diseases

As concomitant therapy with irritable bladder · Urinary incontinence · Enuresis nocturna

Gynecology

Premenstrual Syndrome · Dysmenorrhoea menopausal symptoms · Birth preparation

Skin disorders

Neurodermatitis · Urticaria

*If your thinking
is to remain impartial,
simple and serene,
then all things are waving
in harmony
and then you start
the truth to be seen.*

Laotse

