

:: Frequently Asked Questions about our Offerings ::

Acupuncture

What is Acupuncture?

Acupuncture is the insertion of very fine needles into specific points in the body to help stimulate natural healing processes. The physicians of ancient China observed that when certain points on the body are stimulated, distant parts of the body, including the internal organs, are affected. Functional MRI studies have confirmed the effect that distant points can have on the brain. These points occur on predictable energetic pathways called meridians. By selecting and needling points on the meridians, an acupuncturist can address a range of issues including pain, digestive disorders, and relief from the stresses of modern-day life.

How Does It Feel?

Most of us associate needles with hypodermics used in injections at the doctor's office; however, acupuncture needles share little in common with them. Hypodermic needles are thick and hollow, and tear flesh when they enter the body. Acupuncture needles are hair-thin and solid. At least 12 of them can fit into one hypodermic needle. If there is any sensation on insertion, it is usually not more than a mosquito bite. People are often very surprised that they don't feel the needles at all, or much less than they expected. We are regularly praised for our gentle technique. During acupuncture, patients commonly experience heaviness in the limbs, a pleasant feeling of relaxation, and may even fall asleep.

How Does It Work?

Acupuncture stimulates the internal resources we already have that we may not be using efficiently. Studies show that insertion of acupuncture needles causes an increase in natural anti-inflammatories, natural pain-killers, regulation of the immune system, hormones, and HPA-axis, increase in circulation of blood and lymph, regulation of the sympathetic and parasympathetic nervous systems, alteration of pain signals, plus less well-understood effects such as bio-electrical activity. The traditional explanation is that blockages occur in the meridians and this causes pain and dysfunction. Acupuncture clears away the blockages and restores free flow.

What Can Acupuncture Help?

In general, anything that is worsened by the effects of stress is a great candidate for treatment, as well as symptoms of the following conditions:

- Pain, injury, arthritis, muscle tension and spasms, tendonitis
- Hormonal imbalances, menstrual irregularities, menopausal symptoms
- Depression, anxiety, fatigue, stress management

- Digestive disturbances such as acid reflux, constipation, indigestion, colitis, IBS, morning sickness
- Sleep issues, headaches, TMJ, hypertension
- Asthma, allergies, common cold
- Immune support, smoking cessation, withdrawal support
- Side effects of chemotherapy and radiation
- Skin conditions
- And much much more

Reiki

How is a Reiki treatment given?

In a standard treatment Reiki energy flows from the practitioners hands into the client. The client is usually laying on a massage table but treatments can also be given while the client is seated or even standing. The client remains fully clothed. The practitioner places her/his hands on or near the clients body in a series of hand positions. These include positions around the head and shoulders, the stomach, and feet. Other, more specific positions may be used based on the clients needs. The time of each position held depends on how much Reiki the client needs at each position.

Q. What does a Reiki treatment feel like?

What one experiences during a Reiki treatment varies somewhat from person to person. However, feelings of deep relaxation are usually felt by all. In addition, many feel a wonderful glowing radiance that flows through and surrounds them. As the Reiki energy encourages one to let go of all tension, anxiety, fear or other negative feelings, a state of peace and well-being may be experienced. Some drift off to sleep or report floating outside their bodies or have visions and other mystical experiences. At the end of the treatment, one feels refreshed with a more positive, balanced outlook.

Q. What can be treated with Reiki?

Reiki has had a positive affect on all forms of illness and negative conditions. This includes minor things like head or stomach aches, bee stings, colds, flu, tension and anxiety as well as serious illness like heart disease, cancer, leukemia, etc. The side effects of regular medical treatments have also been reduced or eliminated. This includes the negative effects of chemotherapy, post operative pain and depression as well as improving the healing rate and reducing the time needed to stay in the hospital. Reiki always helps and in some cases people have experienced complete healings which have been confirmed by medical tests before and after the Reiki treatments. However, while some have experienced miracles, they cannot be guaranteed. Stress reduction with some improvement in ones physical and psychological condition are what most experience.

Does one have to stop seeing a regular doctor or psychologist in order to receive a Reiki treatment?

No. Reiki works in conjunction with regular medical or psychological treatment. If one has a medical or psychological condition, it is recommended that one see a licensed health care professional in addition to receiving Reiki treatments. Reiki energy works in harmony with all other forms of healing, including drugs, surgery, psychological care or any other method of alternative care and will improve the results.

I have heard that Reiki can be sent to others at a distance. How does this work?

Yes, in Reiki level II, you are given this ability. By using a picture of the person you would like to send Reiki to or by writing the person's name on a piece of paper or simply by thinking of the person, a practitioner can send Reiki to them no matter where they are. They could be hundreds of miles away, but it makes no difference. The Reiki energy will go to them and treat them. You can also send Reiki to crisis situations or world events and the Reiki energy will help them too.

What does it feel like to give a treatment?

When giving a Reiki treatment, the Reiki energy flows through the practitioner before leaving the hands and flowing into the client. Because of this, the practitioner receives a treatment also. As the Reiki energy flows through the practitioner, she/he will feel more relaxed and uplifted. Spiritual experiences sometimes take place. The practitioner sometimes receives insights about what the client needs to know to heal more deeply.

Is it safe for pregnant people?

Since Reiki is guided by the Higher Power, the Reiki energy will know the condition of the client or student and adjust appropriately. Reiki can only do good. Many pregnant women have received treatments with great benefit to them and their unborn child. It has also been used during child birth. Pregnant women have also taken the Reiki training and received the Reiki attunement with beneficial results.

What about babies?

Babies love Reiki. It is very healthy for them. Do not worry about it being too strong. Reiki automatically adjusts to what the baby needs.

Can you treat animals or plants?

Animals love Reiki too. They seem to have a natural understanding of what Reiki is and its benefits. Once a pet has received a Reiki treatment, they will often let you know that they want more. Plants also respond well to Reiki.

Are there any side effects from a Reiki treatment?

Most of the time a person will feel relaxed and uplifted by a Reiki treatment. However, sometimes a person will have what is called a healing crisis. As a person's vibration goes up, toxins that have been stored in the body will be released into the blood stream to be filtered by the liver and kidneys and removed from the system. When this happens, sometimes a person can get a headache or stomach ache or feel weak. If this happens, it is a good idea to drink more water, eat lighter meals and get more rest. The body is cleansing as part of the healing process so this is a good sign.

Can it be used to help groups of people or even global crises?

Yes, this is one of the wonderful benefits of Reiki and is why it is such a wonderful technique for the new millennium. It allows individuals and groups to do something positive about the challenging situations we see on the news involving so many people all over the planet. Reiki can be used to reduce suffering and help people any where in the world. On our Reiki web site at www.reiki.org we list major world events to send Reiki to. As more and more people send Reiki to help the world heal, we will move quickly to a world of peace and harmony.

Are there any scientific experiments that demonstrate Reiki works?

Yes, see the section on Reiki research on my website, www.allisonjoyreiki.com.