What Is Classical Acupuncture?

Classical Acupuncture is a system of treating illness and maintaining health that has been practiced for over 3,000 years. It has as its' origin the culture of Ancient China, wherein close observation of the laws of Nature was considered to be the basis for medical science. The Chinese Medical Classics represent a system wherein health is achieved through creating balance in the individual, through the integration of Body, Mind and Spirit.

The fundamental "essence" of each individual is represented by the flow and quantity of "*Qi"* (pronounced "chee"). This is a non-substantial material that flows in pathways, called *meridians*, in a closed system, passing through and nourishing all of the organ systems, tissues, bone, etc. It is considered to be the motive force behind the functioning of the physical body (respiration, blood flow, autonomic nervous response, etc.), as well as the ability to experience emotions, and even the ability to follow one's path in life.

Classical Acupuncture theory is based on certain laws of nature that represent the cyclic movement of energy. (e.g. daily biorhythms). Yin and Yang represents the movement from extreme to opposite and the Five Elements metaphor has association with, in one of its applications, the seasons of the year. Our ability as individuals to follow our own natural cycles and rhythms; rest when tired, eat when hungry, etc., allows us to maintain internal balance and health.

How is Classical Acupuncture Theory Applied in Treatment?

Each individual is a complex organism where every aspect of function is interrelated. For example, in order for the liver to function properly, so must the kidney, lungs and spleen. Any energetic malfunction affecting one organ system, will ultimately affect all of the others. Illness arises as a result of some blockage or interference in the natural flow of Qi. Any and all symptoms which arise are primarily red flags indicating that something has interfered with the smooth flow of Qi from one system to the next - thus disturbing the balance between all of the physical systems of the body, and ultimately having the potential to affect all aspects of one's being, on a physical, mental and emotional level.

Successful treatment can only be achieved after arriving at a diagnosis that is specific to that individual. Since patients are viewed as highly individual beings, made up of their own particular energetic pattern (like a thumbprint), not only are the particular symptoms with which that person presented themselves taken into consideration, but also the identification of that person's constitutional energetic pattern and how that pattern has been compromised in the creation of energetic imbalance (which ultimately created the symptom).

In order to heal the presenting symptoms, the practitioner must treat the imbalance that *caused* the symptoms. Treating the symptom by itself would ultimately either recreate the original symptom, or force the imbalance to manifest as another symptom elsewhere. A symptom in the body, therefore, is like the red light, which comes on when one's car needs some maintenance. It would be futile to address the red light by disconnecting its wires, rather than opening the hood and discovering the cause of the problem. Since every individual has a different energetic make up, no two persons presenting with the same symptom are necessarily treated in the same way.

What Can I Expect With Treatment?

The acupuncture practitioner makes a detailed analysis of information presented by the patient at the initial consultation, as well as utilizing skills of observation and physical examination, to determine the overall state of health. Constitutional strengths and weaknesses are also assessed. Because of the comprehensive nature of this examination the first session can take between 1½ hours and 2 hours.

Treatment begins on the second visit using acupuncture (the insertion of very fine needles in various points along the energy meridians). The needles are used to clear energetic blockages, redirect energy, tonify or disperse energy and to generally re-establish harmony between all of the organ systems.

Moxibustion can also be used in treatment. This represents burning an herb (*artemesia latiflora vulgaris)* on an acupuncture point to warm and enhance the effectiveness of the needle.

Pulse diagnosis is used to assess the quality and quantity of energy passing through each of the organ systems. There are 12 pulses (6 on each wrist) and the pulse is "read" several times during each treatment to determine the effectiveness of each aspect of treatment.

Treatment consists of clearing energetic blockages and supporting the balance and constitution of the individual, thus working to eliminate the cause of the presenting symptoms. Therefore each treatment is like building a foundation for health. The patient is usually treated once per week for the first 5 to 6 weeks; then as they begin to feel improvement and as the energetic pulses become more balanced and stable, treatment is then spaced out gradually, allowing the persons own energetic dynamic to recreate and maintain harmony. The effectiveness of treatment and consequently the number of treatments required varies with the individual.

How Acupuncture Can Help You

Acupuncture has been demonstrated as effective with a broad variety of presenting problems, including general fatigue, backache, sleeplessness, headaches, depression, anxiety, overeating, addiction to cigarettes and alcohol, pre-menstrual tension, and many others. People will often describe feeling "out of balance" or "not quite right, not themselves".

Classical Acupuncture revitalizes the Body, Mind and Emotional balance, and was also used historically in ancient China as preventive health care.

People receiving acupuncture may initially report feeling better in themselves before they begin to notice symptoms recede. They may sleep better, and perhaps get on better with partners, family members, friends and colleagues. They often report they have more overall vitality. Some people find that they are able to work more efficiently and effectively.

It is not always necessary to have a specific symptom to experience some benefit from acupuncture treatment. Very often the first signs of energy imbalance are little discomforts which we learn to ignore (and which often do not reveal any specific cause on medical tests), such as poor, unrefreshing sleep, or general fatigue or aches or pains

NUTRITIONAL COUNSELLING

The best way to support acupuncture treatment is by leading a healthy, balanced lifestyle. This includes, adequate rest, healthy dietary practices, exercise and adequate "down" time.

What constitutes a healthy dietary plan is as individual as one's own energetic blueprint. Basic nutritional information is available as part of the acupuncture treatment process. In addition, however, we offer nutritional advice specific to the patient's individual needs.

How Does Classical Acupuncture Differ From Other Types Of Acupuncture?

Classical Acupuncture is the system of Chinese Medicine that follows the principles as set forth in the Chinese Classic of Internal Medicine, the Ling Shu and the Su Wen. It incorporates the concept of the inseparability of Body/Mind and Spirit and uses diagnostic and treatment principles which allows the practitioner to effectively treat imbalances on any of those levels. Training in this system is a long process, which extends beyond the 3 years of full time Acupuncture School required for licensing. It is an art which is literally a life-long learning process.

Traditional Chinese Medicine (TCM) is a system which was popularized in China during the post-revolutionary period.. Rather than looking for underlying causes of disease, symptoms are classified according to syndromes without necessarily taking into account the individual constitutional energetics of the patient. For example, several patients presenting with similar symptoms might all receive very similar treatment. Most TCM practitioners also utilize Chinese herbs to supplement their treatments. The balance of Body, Mind and Spirit are not usually considered.

Both of the above systems are comprehensive and require at least 3 years of full-time study at an accredited Acupuncture College. In addition, licensing requires successful completion of a national competency exam given by the National Commission for the Certification of Acupuncture and Oriental Medicine. In the State of North Carolina, Medical Doctors and Chiropractors are outside of the jurisdiction of the Acupuncture Licensing Board, and therefore may practice acupuncture without or with very minimal training.

Biographical Information

Ian Barbara Florian
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Classical Acupuncure
Ph.D, *Holistic Nutrition*

Ian Florian has been practicing Classical Acupuncture since 1983. She received her B.A. in Asian Culture/Pre-Med from Mills College in Oakland, California in 1976, studied Shiatsu Therapeutic Massage, then completed her initial training in Acupuncture at the Traditional Acupuncture Institute in Columbia, Maryland (M.Ac.) In addition, having worked in the UK with J.R. Worsley, she holds two advanced degrees in Acupuncture from the College of Traditional Acupuncture (UK), representing additional clinical training. Ian also holds a Ph.D in Holistic Nutrition, from Clayton College.

In addition to private practice in acupuncture and nutritional counseling, Ian has been teaching acupuncture since 1987. She served on the teaching faculty of the College of Traditional Acupuncture (CTA) in the UK from 1987 - l995, during which time she was one of the Directors of Studies, Clinical Supervisor, and was a member of the Advisory Board for the College as well as served on committees setting curriculum guidelines toward accreditation.

She also served on the faculty of the Academy for Five Element Acupuncture (Fla.), and has taught at the Traditional Acupuncture Institute (Md.). Co-founder of Harmony Gate Clinic, Ms. Florian is in private practice and conducts advanced training seminars for Acupuncture Practitioners.

Classical Acupuncture Clinic, Nutritional Consultation, and Advanced Training for Acupuncture Practitioners, at Harmony Gate

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Visit our Website at www.HarmonyGate.com
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We love our work and are very happy to discuss any questions that you may have about acupuncture or your treatments. Our goal is to help you participate in your own healing process and we are here to assist as much as possible.

Clinic Policy

Fees:	*Initial Consultation*	$160
	Treatments	$135
	Nutritional Counselling	$160

Payment accepted in cash, check, Zelle or PayPal and is due at time of treatment. Qi Gong and acupressure by arrangement.

Cancelled Appointments: Because of the amount of preparation time involved in acupuncture treatments and the limited availability of appointment slots, we must ask that we be given 24 hours notice of changed or canceled appointments. Any appointments missed without 24 hours notice will be billed for the full amount of the session. Thank you.

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