

Powerful Patient, 2009 week 25

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Chinese and Japanese Acupuncture

Joyce talks with Dorothy Boime, Registered Nurse and Licensed Acupuncturist, about the applications for Chinese and Japanese acupuncture in healing various physical and emotional disorders. Learn about Qi (pronounced Chee) and its role in health and healing.



1) About Dorothy Boime

Dorothy is a quiet and gentle woman who has been a registered nurse, mostly in psychiatric settings, for some twenty years. She has studied Asian martial arts for 24 years -- 14 years of study in Aikido (where she holds a 2nd degree black belt), and 10 years of study of Wu style Tai Chi. She studied acupuncture at the New England School of Acupuncture, from which she holds the degree of Master of Acupuncture (MAc). She is board certified by the National Certification Commission for Acupuncture and Oriental Medicine.

“My background as an R.N. enables me to approach my patients’ problems from both Western and Traditional Chinese Medical perspectives. Additionally, my extensive experience as a psychiatric nurse enhances my ability to treat patients with emotional problems and issues. My practice includes treating the elderly for a variety of age-related problems.

“For those who dislike or feel uncomfortable with needles, I also use my fingers (acupressure) and a non-inserted touching needle to move Qi energy. My goals as an acupuncturist are to improve the physical, emotional and spiritual well-being of my clients, and to promote a meditative and centered state of mind.”

2) About Acupuncture

The following definition is from Wikipedia.

Acupuncture is a technique of inserting and manipulating fine [filiform](#) needles into specific points on the body to relieve [pain](#) or for therapeutic purposes.^[3] The word acupuncture comes from the Latin *acus*, "needle", and *pungere*, "to prick". In [Standard Mandarin](#), 針砭 (zhēn biān) (a related word, 針灸 (zhēn jiǔ), refers to acupuncture together with [moxibustion](#)).^[4]

According to [traditional Chinese medical theory](#), [acupuncture points](#) are situated on [meridians](#) along which [qi](#), the [vital energy](#), flows. There is no known [anatomical](#) or [histological](#) basis for the existence of [acupuncture points](#) or meridians.^{[6][6]} Modern acupuncture texts present them as ideas that are useful in clinical practice.^{[7][8]} According to the [NIH](#) consensus statement on acupuncture, these traditional Chinese medical concepts "are difficult to reconcile with contemporary biomedical information but continue to play an important role in the evaluation of patients and the formulation of treatment in acupuncture."^[6]

For more, see <http://en.wikipedia.org/wiki/Acupuncture>

3) Finding an Acupuncturist

For more information about acupuncture and about Dorothy's practice, see <http://www.dorothyboime.com>

To view a good video on what to look for in an acupuncturist, see http://www.ehow.com/video_4400561_finding-acupuncturist.html

To find a list of acupuncturists in your area, go to <http://www.acufinder.com/>