



CONTEMPORARY ACUPUNCTURE CAN HELP YOU

Contemporary Acupuncture is a safe, natural, and clinically effective option for the treatment of a variety of common orthopedic and functional health conditions. Consult a Contemporary Acupuncture specialist to learn more about how this scientific intervention can help you and your condition.



CONTEMPORARY ACUPUNCTURE: What You Need to Know

MEET YOUR ACUPUNCTURE PRACTITIONER

Kaity Weichel, RMT, D.Ac.

What drew Kaity to Massage Therapy was a desire to help people, and that continues to be the primary focus of her treatments: *"I believe Clinical Massage Therapy and Contemporary Medical Acupuncture are powerful tools to resolve dysfunction and promote natural healing processes. It is a great reward to me when my clients, through a combination of treatments and their own dedication to improving their health, need only return for occasional maintenance."*

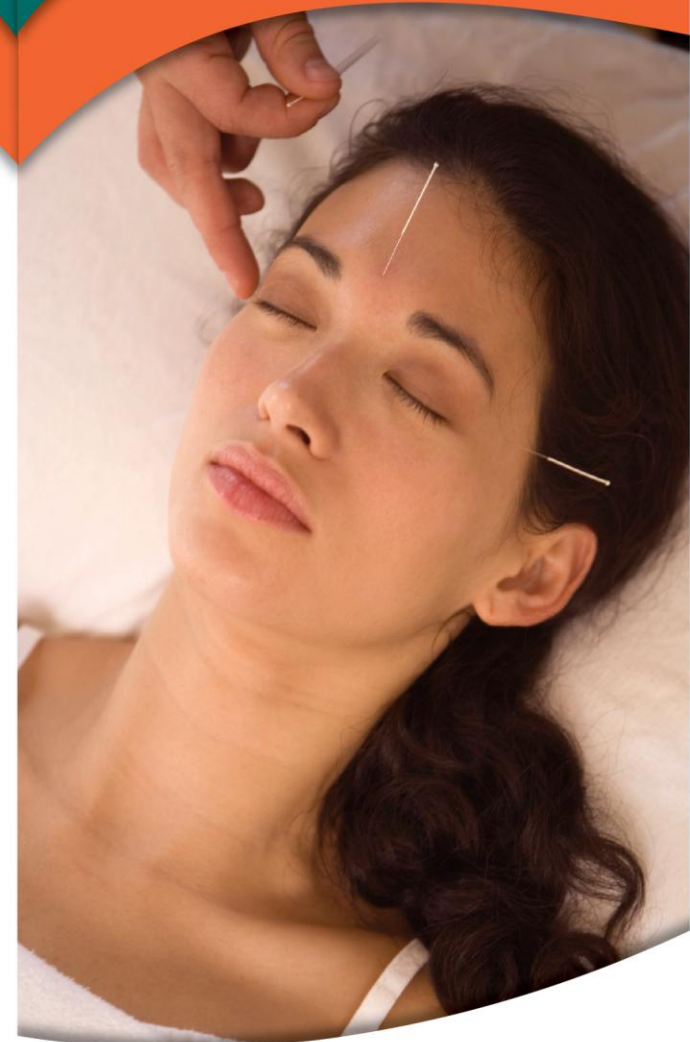
Kaity began her career as a Registered Massage Therapist, working in both Spa and Chiropractic Clinical settings, gaining valuable experience and developing her skills and practice. As a 2007 graduate of the Advanced 2200 hour Massage Therapy Diploma program of the Professional Institute of Massage Therapy, she is trained in Swedish Massage Techniques, Myofascial Release, Manual Lymphatic Drainage; Assessment & Analysis; Joint Play & Mobilization Techniques. Wishing to expand her practice, in 2010, she completed her Diploma in the **Contemporary Medical Acupuncture Program**, taught through the Department of Anesthesia, Continuing Medical Education of McMaster University, located in Hamilton, ON.

In October, 2012, Kaity became part of New Leaf Kinetic Arts, as a Partner, RMT, and Acupuncturist. She is registered through the **Massage Therapist Association of Saskatchewan (MTAS)**, the **Provincial Medical Acupuncture Association (PMAA)**, and is a member of the **Canadian Contemporary Acupuncture Association (CCAA)**.

306-261-6119

[HTTP://KAITYWEICHEL-RMT.WEEBLY.COM](http://kaityweichel-rmt.weebly.com)
NEW LEAF KINETIC ARTS - AVENUE BUILDING
203-220 3RD AVE SOUTH, SASKATOON, SK S7K 1M1

www.contemporaryacupuncture.ca



CONTEMPORARY ACUPUNCTURE

The World Health Organization and the National Institute of Health have endorsed acupuncture, declaring it to be effective in the treatment of:

- headaches
- fibromyalgia
- muscle and joint pain
- low back and neck pain
- pelvic pain, urinary problems
- menstrual problems, hot flashes
- digestive problems
- mood problems
- addictions etc.



CONTEMPORARY ACUPUNCTURE EXPLAINED

Contemporary Acupuncture involves the insertion of very thin needles over carefully selected areas of the body where nerves and their receptors are found. This stimulates numerous responses in the central nervous system (scientifically documented), that are of potential benefit for many conditions.

HOW DOES IT WORK?

It works by activating the natural pain control and healing mechanisms of the body. It improves local circulation and muscle nutrition, restoring muscle strength and decreasing pain. It normalizes nerve communication at many levels of the central nervous system, resulting in better hormonal, visceral and muscular activity, and a higher sense of well being and relaxation.

IS THE TREATMENT UNCOMFORTABLE?

Contemporary Acupuncture practitioners use a painless insertion technique, with a two hand contact, providing comfort and control at all times. Modern acupuncture needles are very thin, sterile, and single use. They are solid with a round tip that gently parts tissues without damaging them. Discomfort during this process is minimal. At times, a special electrical device is used to improve the effects of the treatment. This electrical stimulation is quite comfortable.

ARE THERE ANY ADVERSE EFFECTS?

Adverse effects are very rare, the most common being minor bruising or minimal bleeding (about 0.3% in 1,000 treatments). Mild drowsiness and/or a sense of euphoria may occur after treatments, so you should keep this in mind before driving. Truly rare adverse effects can be explained to you by your practitioner.

HOW SOON DOES ACUPUNCTURE WORK?

In most cases, a positive response is seen quite early, sometimes in the first session. Your practitioner will design the best plan for you, based on your condition, from 2-3 times a week to once a week sessions. Positive responses for simple pain problems require 6-8 treatments, chronic conditions 10-12.



WHAT MAKES CONTEMPORARY ACUPUNCTURE SO DIFFERENT?

Contemporary Acupuncture practitioners are conventional health care professionals with a special skill. They design your acupuncture treatments based on a thorough evaluation of your neurofunction. They select specific goals based on the most important physiological functions in need of regulation, using precise peripheral nerve stimulation sites to best promote these therapeutic responses.

All acupuncture interventions are potentially beneficial because of their expected effects on human physiology. Contemporary Acupuncture practitioners have studied these effects and know how to best achieve the desired therapeutic goals in a clean, logical, reproducible, and scientific manner.