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ACUPUNCTURE & PAIN MANAGEMENT

A HOLISTIC & TIME TESTED APPROACH

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Pain is one of the most common reasons people seek medical care—and one of the most complex to treat effectively. While pharmaceutical approaches can offer short-term relief, they often come with side effects, dependency risks, or diminishing returns. Acupuncture, a foundational therapy in Traditional Chinese Medicine (TCM), offers a powerful, drug-free alternative for pain relief that treats not just the symptom, but the root cause of discomfort..

Understanding Pain in Chinese Medicine

In TCM, pain is often viewed as a result of Qi (vital energy) and Blood stagnation in the meridians. When Qi and Blood do not flow freely—due to injury, overuse, emotional stress, poor lifestyle habits, or internal imbalances—blockages develop, causing pain, inflammation, and dysfunction.



Different types of pain correspond to different TCM patterns:

- Sharp, fixed pain is often due to Blood stasis.
- Dull, achy pain may relate to Qi or Yang deficiency.
- Wandering pain is associated with Wind invasion (especially in joint pain).
- Burning pain may indicate Heat accumulation or Yin deficiency.

By identifying the underlying pattern and restoring balance, acupuncture helps resolve both the sensation of pain and its origin.

How Acupuncture Relieves Pain

Acupuncture works by inserting ultra-fine, sterile needles into specific points along the body's meridians. These points are carefully selected to stimulate the nervous system, modulate inflammation and encourage healing. Mechanisms include:

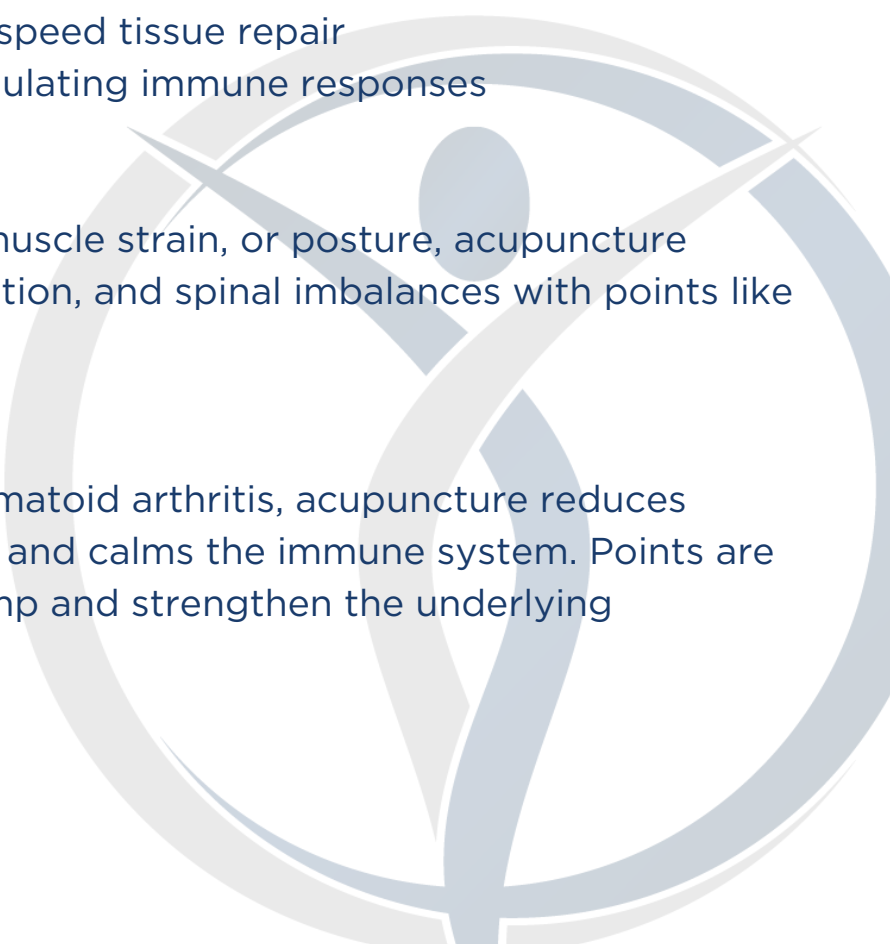
- Releasing endorphins, the body's natural painkillers
- Regulating the nervous system to reduce pain signals
- Increasing blood circulation to speed tissue repair
- Reducing inflammation by modulating immune responses

Back & Neck Pain

Whether due to disc problems, muscle strain, or posture, acupuncture targets muscle tension, inflammation, and spinal imbalances with points like Bladder 23, GV 3, and SI 3.

Arthritis & Joint Pain

In cases of osteoarthritis or rheumatoid arthritis, acupuncture reduces inflammation, improves mobility, and calms the immune system. Points are often chosen to dispel Wind-Damp and strengthen the underlying constitution.





Headaches & Migraines

Acupuncture helps both prevent and treat headaches by regulating Liver Qi, clearing Heat, and calming the nervous system. Key points may include LI 4, GB 20, Taiyang, and Yintang.

Fibromyalgia & Neuropathic Pain

For conditions involving widespread pain or nerve sensitivity, acupuncture regulates Qi flow, reduces central sensitization, and supports the Spleen and Liver systems to restore harmony.

Sports Injuries & Post-Surgical Pain

Acupuncture accelerates recovery by reducing swelling, enhancing circulation, and relieving muscle tightness. It's frequently used alongside physical therapy for optimal results.

Scientific Support & Integration with Western Medicine


Multiple clinical trials and meta-analyses support the effectiveness of acupuncture for pain management. In fact, leading institutions like the NIH, World Health Organization (WHO), and Mayo Clinic recognize acupuncture as a valid treatment for:


- Low back pain
- Osteoarthritis
- Tension headaches
- Post-operative pain
- Chronic pain syndromes

Many pain clinics and hospitals now integrate acupuncture as part of a multimodal pain management strategy, offering patients relief with fewer side effects and improved quality of life.

What to Expect During Treatment

A typical acupuncture session begins with a personalized consultation to determine the root imbalance. The practitioner examines your pulse, tongue, and symptoms to select acupuncture points tailored to your condition.





Treatments are generally relaxing and painless, with some patients feeling immediate relief, while others benefit from a series of sessions to achieve long-term improvement. Adjunct therapies such as cupping, electro-acupuncture, herbal medicine, or moxibustion may also be used to enhance results.

Conclusion: Natural, Lasting Relief

Pain is your body's signal that something is out of balance. Acupuncture offers a safe, evidence-based, and personalized approach that not only alleviates pain but fosters deep healing and improved function.

Whether you're managing chronic back pain, recovering from an injury, or looking to avoid pharmaceutical dependency, acupuncture is a valuable tool in reclaiming comfort, movement, and vitality.



Please contact us to schedule an appointment or to learn more.
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