

In order to understand how acupuncture works, we must first understand the basic concept of qi.



Qi (chi) is known as the energy that flows in the body, in and out of organs and tissues, and between the body and the external environment. When qi is flowing smoothly we are in a state of health. When qi is out of flux there is illness or pain.

Acupuncture works by regulating qi (chi) along the meridians, energetic pathways that carry qi, and at areas of blockage or shortage of qi.