



# Loren Romley LAc

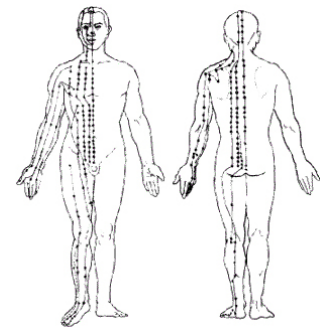
Practicing Acupuncture & Traditional Chinese Medicine

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## Acupuncture

### Q. What can I expect?

A. For those of you who have never experienced Chinese medicine, a typical treatment may include questions about bodily functions (sleep, bowel movements, menstruation, diet), pulse and tongue diagnosis, hara diagnosis (abdominal palpation), a variety of non-needling techniques such as tui na (Chinese massage), cupping (suction), gua sha (scraping), moxa (warming via burning herbs), the insertion of tiny single-use sterile needles into carefully chosen acupuncture points, and a peaceful rest for approximately 20-40 minutes depending on your condition. Normally there is little or no pain associated with an acupuncture treatment. However slight bruising may be experienced on occasion. I may also suggest Chinese herbs and or western supplements to augment your treatment plan, depending on your case. I will often offer dietary recommendations, as well as exercise therapies. The number of treatments necessary will depend upon your condition, if your symptoms are chronic or acute, and your general health.



### Q. Who can perform acupuncture?

A. Acupuncturists who maintain a valid license issued by the Acupuncture Board and physicians licensed by the Medical Board of California. A dentist or podiatrist licensed in California may also practice acupuncture, within the scope of their respective licenses if they have completed the necessary training required by their respective licensing board.

### Q. What is an acupuncturist allowed to do?

A. An acupuncturist is allowed to engage in the practice of acupuncture, electro acupuncture, perform or prescribe the use of oriental massage, acupressure, moxibustion, cupping, breathing techniques, exercise, or nutrition, including the incorporation herbs and dietary supplements.



### Q. Do I need a referral from my regular doctor to see an acupuncturist and will my insurance cover acupuncture treatment?

A. An acupuncturist is considered a primary care provider and a referral may or may not be required for insurance purposes. Many insurance companies do cover acupuncture treatment. For more information on insurance requirements, please contact your insurance company.

**Q. What is acupuncture good for?**

- A.
- post-operative, chemotherapy and pregnancy-related **nausea and vomiting**
  - post-operative pain
  - myofascial pain
  - addiction
  - stroke rehabilitation
  - carpal tunnel syndrome
  - osteoarthritis
  - headache
  - tennis elbow
  - fibromyalgia
  - menstrual cramp
  - asthma
  - low back pain
  - neck pain
  - sciatica
  - knee pain
  - arthritis
  - sprains
  - facial pain (including craniomandibular disorders)
  - headache
  - dental pain
  - tempromandibular (TMJ) dysfunction
  - rheumatoid arthritis
  - induction of labor
  - correction of malposition of fetus (breech presentation)
  - morning sickness
  - nausea and vomiting
  - essential hypertension
  - primary hypotension
  - renal colic
  - leucopenia
  - adverse reactions to radiation or chemotherapy
  - allergic rhinitis, including hay fever
  - biliary colic
  - depression (including depressive neurosis and depression following stroke)
  - acute bacillary dysentery
  - primary dysmenorrhea
  - acute epigastralgia
  - peptic ulcer
  - acute and chronic gastritis

To read the WHO acupuncture and NIH Consensus Statement,  
go to <http://www.acupuncture-schools.us/national-institute-health-nih-acupuncture.cfm>

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