



## INTEGRATIVE *alternative* HEALTHCARE

christina FICK

Acupuncture By Christina Fick, L.Ac.

Christina Fick is a licensed Acupuncturist in downtown Evergreen. She studied health and alternative medicine in Hawaii, San Diego, and Colorado and holds two Masters Degrees in Acupuncture, Traditional Chinese Medicine and Herbology. In September 2013 she will begin working on her Doctorate degree. Christina strives for affordable, practical integrative medicine and hopes to eventually offer the Gerson Therapy on an outpatient basis. Visit her website for tons of information: ChristinaFick.com or call 303-594-8348.

I often get asked when I am inserting needles, 'what is that point for?' You would think it would be a one word answer! However, acupuncture is a synergistic medicine. Points work in combination together like a machine, much like our muscles work together to perform a certain action. Have you ever injured a muscle? Let's say you pulled your quadriceps muscles (front upper thigh). You quickly learn that moving your ankle can cause pain in your quads. This is because the muscles all work together to perform an action. This goes the same for our nervous system, circulatory system, organs and endocrine system (hormones). Our bodies are majestic machines,

which is why separating these systems and compartmentalizing medicine is catastrophic.

Acupuncture points are no different. Each point has 10-80 or so different functions. Points are chosen to work in harmony with each other. We call this a 'prescription of points.' This is one main difference of 'dry needling' (what Physical Therapists, Chiropractors and MDs often use). Using one, two or ten points separately for their individual function will promote false healing. To be a master at points and point functions takes many, many years of study and comprehension of their true meaning. There are over 400 main individual points. This is just in the traditional Chinese medicine body points system.

## What is That Point For?

This does not include the 100-plus ear points, and two dozen scalp points, paired points or specialty systems such as Japanese or Dr. Tan's systems. Each point also has a said depth, needle angle and quantity of appropriate stimulation required. With all this in mind, choosing the best points and combinations can be, well, quite complicated sometimes. But have no fear, acupuncture points are my specialty!

"...the muscles all work together to perform an action."

Points fascinate me from both an Eastern and Western perspective and also from a physical and emotional aspect as well. Each point lays on a meridian. Think of the meridians as rivers that are drainage from their given lake (these are our organs: lungs, heart, liver, etc.). Each river has

little pockets of poolage where the water gathers, circulates and is mixed back in to go further downstream to another lake (another organ). Picture also a mountain. The top of the mountain houses the most exterior lake (the lake that receives the water from rain—or for us, this is how we receive energy from our food and air intake, etc). I touched on this a bit before in one of my previous articles. The lakes at the bottom would be the ones that are most downstream. For example, the rivers here in the Rockies receive water first from the alpine lakes, while in Arizona, their lakes along the Colorado River get what is left over. Each lake has a job to do—it nourishes a different part of your body and upkeep both your physical and mental health. Therefore, each acupuncture point has both a physical and emotional symptom it is responsible for.

I wanted to list off my favorite acupuncture points for each main meridian. The point names are listed first in English with the organ and meridian the point lays on, followed by a number



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