



Health and fitness are always hot topics at the start of any year. We all make New Year's resolutions to lose weight, get fit or to take better care of ourselves in the upcoming year. We decided to explore a lesser known path to better health, Acupuncture. We are very fortunate to have an expert in our own backyard, Dr. Herbert Lau of East

Amherst, who has been treating patients at his clinic at the Transit Valley Plaza for a number of years. Dr. Lau is a licensed acupuncturist who has completed the states mandated three year (4050 hour) professional training program which includes both theory and hands on clinical practice.

Research has reviewed existing studies and has found that acupuncture has had great success in treating PMS, weight control, morning sickness, endometriosis, and also female infertility. Acupuncture reduces stress hormones, and normalizes these hormones.

Other conditions may respond to acupuncture which include: allergy, anxiety, carpal tunnel, diabetes (type II), fibromyalgia, insomnia, migraines, and smoking cessation. These are just a few of the health problem this oriental medicine can be of benefit to the patient.

The number of treatments needed may depend on the duration, severity and nature of your condition. You may need only a single treatment for an acute condition. A series of 5-10 treatments may resolve many chronic problems. Some degenerative conditions may require many treatments over time.

You can help your acupuncturist to make a differential diagnosis by answering all health-related questions completely and accurately. You are welcome to ask questions to help understand your evaluation and treatment plan. It is appropriate to ask if your condition is suitable for acupuncture treatment, and whether the acupuncturist has had experience treating it.

Using the principles of oriental medicine, an acupuncturist will examine you by looking, listening and asking questions. Once an evaluation is made the Acupuncturist will insert very fine acupuncture needles into certain areas of your body, which are known to be effective for certain health problems. In some cases, acupuncture may be accompanied by electrical stimulation or heat therapy. Acupuncture may also use a variety of other techniques to enhance treatment.

Even though Western medicine cannot fully explain exactly how Acupuncture works, recent scientific research gave the following plausible explanations. Beta-endorphin, corticosteroids, and serotonin are released during acupuncture. This at