



Jing Fei Huang,
CAC, OMD

Certified Acupuncturist

As a graduate of Shanghai College of Traditional Chinese Medicine, Jing Fei obtained formal education on both western and traditional Chinese Medicine. She practiced in China for seven years.

She later obtained the national certification for acupuncture and herbal medicine from NCCA in Washington D.C. and practiced in Massachusetts and Pennsylvania as a licensed acupuncturist for 10 years before relocating to Michigan in 1999. Jing Fei has worked with The Downing Clinic since 1999.



Other Services —

Electrodermal Screening

Counseling and Hypnosis

Chelation and IV Therapy

Massage, Reiki, Healing Touch and Reflexology

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Exclusive Physician-Formulated Moisture Creams



The Downing Clinic

Laura Kovalcik, D.O.
Internal & Integrative Medicine
5715 Bella Rose Blvd., Suite 100
Clarkston, MI 48348

phone: 248-625-6677

fax: 248-625-5633

www.TheDowningClinic.com

ACUPUNCTURE

*Support for pain relief
and other conditions.*

*Successfully used
for centuries.*



The Downing Clinic

The Downing Clinic supports the use of natural and alternative treatments where they have been proven effective, and acupuncture has been proven effective. We are fortunate to have a very accomplished acupuncturist working with us, Jing Fei Huang, who has helped many of our patients over the years. We encourage you to read this brochure to learn more about how acupuncture can help certain conditions, or feel free to talk with us or Jing Fei Huang if you have questions.



Laura
Kovalcik, D.O.

The Downing Clinic was founded in 1991 by Nedra Downing, D.O., a Pharmacist who returned to Michigan State University to acquire a Master's Degree in Nutrition and continued on to become a Physician. The Downing Clinic's goal is to help people live healthier lives through natural treatments, enhanced nutrition and reduced dependence on prescription medications. The clinic also integrates traditional medical approaches into care plans when appropriate. The clinic has been under the management of Dr. Downing's daughter, Laura Kovalcik, D.O., Board-Certified Internist, since 2004.

ACUPUNCTURE

Acupuncture's Effectiveness

The World Health Organization has publicly announced that acupuncture is suitable for treating the following:

1. Ear, Nose, Throat Disorders: tooth pain, earaches, sinusitis, and tonsillitis.
2. Respiratory Disease: uncomplicated asthma.
3. Gastrointestinal Disorders: spasms, hiccup, colitis, gastritis, constipation, diarrhea.
4. Neurological and Muscular Disorders: Headaches, trigeminal neuralgia, peripheral neuritis, bladder dysfunction, sciatica, tennis elbow, cervical syndrome, intercostal neuralgia.

Q. Does it hurt?

There can be cramping, heaviness, tingling, or electrical sensations from acupuncture that are usually mild.

Q. How deep do the needles go?

That depends upon what is being treated, the anatomy of points selected, the patient's size and age, and the acupuncturist's style or schooling. Usually needles are inserted from 1/4 inch to 1 inch in depth.

Q. Are the needles clean?

Individually prepackaged, disposable, sterilized needles are used ensuring no contamination or disease transmission.

Q. Do acupuncturists only use needles?

No, most practitioners do other things such as moxibustion, which is the burning of the herb *Artemisia vulgaris sinensis* over the affected area to warm it.

Q. How does acupuncture work?

That's a big question. One theory is that it regulates and balances Qi energy, restoring harmony to the body.

Q. How many treatments will I need?

That depends on the nature, duration, and severity of the condition being treated. Generally five to fifteen treatments are adequate. Acute conditions may require only a single treatment.

Q. Is there anything I need to know while receiving acupuncture?

Yes. Relaxation helps; there is no need to be afraid. Let the practitioner know if there is any pain or burning so adjustments can be made.

Acupuncture can:

1. Affect the activity of the stomach, small and large intestines.
2. Change white blood cells and blood platelet counts.
3. Affect heart rate, blood pressure, and capillary permeability.
4. Increase ventilation capacity and respiratory activity.
5. Affect internal organs and glands and their secretions.
6. Help nerves reorganize and recover function, can affect the central nervous system.

Q. What credentials should one look for in an acupuncturist?

In some states, acupuncturists are licensed. In other states not requiring licensure, patients should seek an acupuncturist who is national board certified by the National Commission for the Certification of Acupuncturists. Acupuncturists who are national board certified use NCCA as this designation.

Q. What should I expect after a treatment?

Often there is rapid pain relief, other times it can be more gradual. At times it worsens and then abates later. Pain relief may last or in some cases, it may return. Usually there are incremental benefits with each treatment.