ACUPUNCTURE

Acupuncture involves the insertion of very thin needles through the patient's skin at specific points on the body, and the needles are inserted to various depths. The medical community is not in conclusive agreement about how acupuncture works scientifically. However, we know that it does have some therapeutic benefits, including pain relief.

According to WHO, acupuncture is effective for treating 28 conditions, while evidence indicates it may have an effective therapeutic value for many more. People with tension, headaches or migraines may find acupuncture to be very effective in alleviating their symptoms. Another study found that twice weekly acupuncture treatments relieve debilitating symptoms of zerostomia - severe dry mouth - among patients treated with head and neck cancer.

Traditional Chinese medicine explains that health is the result of a harmonious balance of the complementary extremes of yin and yang of the life force known as chi or qi. Qi is said to flow through pathways in the human body. Through 350 acupuncture points in the body, these pathways and energy flows may be accessed. Illness is said to be the consequence of an imbalance of the forces. If needles are inserted into these points with appropriate combinations, it is said that the energy flow can be brought back into proper balance.

In Western societies and several other parts of the world, acupuncture is explained, including concepts of neuroscience. Acupuncture points are seen by Western practitioners as places where nerves, muscles and connective tissue can be stimulated. Acupuncture practitioners say that the stimulation increases blood flow while at the same time **triggering** the activity of our own body's natural painkillers.

1. In acupuncture, the insertion of the very thin needles involve with____ .

A. the thinness of needles and skin
C. therapeutic benefits of pain relief
B. agreement from scientists
D. the locations, and the depths

2. It is thought that acupuncture is effective in treating all of the following symptoms EXCEPT ____.

A. headaches
B. cancer
C. migraines
D. nervousness

3. With the practice of acupuncture, it is believed that _____ .

A. the energy flow can be brought back to patients
B. energy can go through acupuncture points in the body
C. patients can get proper balance between yin and yang
D. illness causes the imbalance of qi throughout the body

4. According to Western medicine, the insertion of needles through acupuncture points in the body may ___.

A. increase blood flow and stimulate our instinct of pain relief
B. stimulate the effect of painkillers in our bodies for treatment
C. be used only in China and the Far East not the Western countries
D. help to explain where nerves and muscles can be stimulated

5. The word "triggering" in paragraph 4 is closest in meaning to ____.

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A. causing a device to start operating

B. making something happen suddenly

C. causing something to explode

D. making something develop very quickly

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