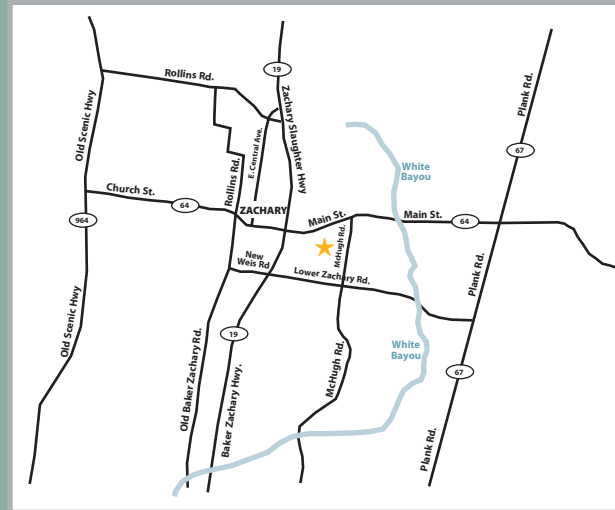




Aerin Couvillion, Licensed Acupuncturist  
 Licensed by the Louisiana State Board of Medical Examiners and a  
 Diplomate of Oriental Medicine by NCCAOM

### What makes dry needling different from acupuncture?

Dry Needling is commonly used by chiropractors and physical therapists as a means to treat musculoskeletal complaints. These treatments are solely focused on trigger points within the muscle tissue without any reference to acupuncture points. Therefore, minimal training is required to achieve certification and the primary reason dry needling has become outlawed in most states.



### Location

Conveniently located on Lane's campus at  
 4710 McHugh Road in Zachary.

### For more information

To schedule an appointment, call  
 Fleur de Lis Acupuncture at Lane Regional  
 Medical Center at 225-658-6624.



Lane Regional  
 Medical Center

*Care You Can Count On*

4710 McHugh Road  
 Zachary, LA 70791  
 225-658-6624



Lane Regional  
 Medical Center

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## What is Acupuncture?

*Acupuncture as a part of Oriental Medicine has been in use for over 2,000 years.*

One of the foundations of Oriental Medicine is the awareness that every living thing has a life-energy referred to as “Qi”. Qi flows through the body within energy streams known as meridians.

Our bodies have self-organizing capabilities, and it is through the use of acupuncture points found along the meridians that acupuncturists can correct or manipulate when Qi has become stagnant.

Pain or illness can result when blockages occur and the flow of Qi is inhibited.

Acupuncture is the placement of very thin needles in the acupuncture points that correspond to the patient’s condition. The goal of an acupuncture treatment is to renew the healthy flow of Qi and restore the body to balance.

Acupuncture treatments tend to be a very relaxing experience without pain. The area around the points may tingle, feel heavy or numb, itch or be a little sore. This is a sign that the energy flow, or Qi, has been accessed.

In addition to Acupuncture, other components of Chinese Medicine include herbal medicine, nutrition, meditation, Tai Chi and manual therapies such as Tui Na, Cupping and Gua Sha.

## Acupuncture is a safe and effective means of Treating a wide range of medical conditions, including:

- Musculoskeletal: neck, shoulder & back pain, carpal tunnel, sciatica, chronic pain, swelling, localized traumatic injury, sports injury, sprains, strains, tendonitis
- Neurological: headache, migraine, insomnia, stress, high blood pressure, tremors
- Gynecological: fertility, menstrual pain, PMS, menopause
- Respiratory: asthma, cough, sore throat, hay fever, seasonal allergies
- Gastrointestinal: constipation, acid reflux, nausea, poor digestion, weight loss
- Other: smoking cessation, chronic fatigue, anxiety, depression, autoimmune, addiction, post-traumatic stress disorder, Meniere’s disease

## What does it take to become a licensed acupuncturist?

1. Mandatory Education and Training:
  - Masters of Sciences in Traditional Oriental Medicine from an accredited institute
  - 900 hours of clinical internships
  - 4200 hours of coursework including biomedical courses: Anatomy, Physiology, Pathophysiology, Clinical Science, Pharmacology, Neuroanatomy and Biochemistry
  - Eastern Medicine coursework: Meridian theory, acupuncture point location, herbology and herbal formulas, needle technique, and ancillary manual therapies
2. National board exams regulated by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM).
3. Application for license unique to each individual state.