

What is “Alternative Healthcare”, or Acupuncture or Chiropractic Care?

Acupuncture is a method of encouraging the body to promote natural healing and to improve functioning. This is done by inserting needles and applying heat or electrical stimulation at very precise acupuncture points. It is a traditional Chinese medicinal practice that is thousands of years old and has changed little over the centuries. As a complete system of healthcare, Chinese medicine's basic concept is that a vital force of life surges through the body (also called Qi), taking into consideration any imbalance to this life force can cause disease and illness.

The modern scientific explanation can be that needling the acupuncture points stimulates the nervous system to release chemicals in the muscles, spinal cord, and brain. These chemicals will either change the experience of pain, or they will trigger the release of other chemicals and hormones which influence the body's own internal regulating system. The improved energy and biochemical balance produced by acupuncture results in stimulating the body's natural healing abilities, and in promoting physical and emotional well-being.

[http://medicalacupuncture.org/acu_info/articles/aboutacupuncture.html]

The following is a list of websites/blogs containing a variety of posts on Acupuncture:

acuxo.com <http://www.acuxo.com/selections.asp>

Acuxo (*ak . you . eks . oh*), the number one online acupuncture resource on the Internet. Borne from university research, acuxo.com has been one of the most visited acupuncture web sites for many years and has garnered many prestigious awards. Most recently, acuxo was awarded a National Institutes of Health (NIH) research grant to for further development of the Acupuncture Decision Engine. The website contains **images, treatments, descriptions, and explanations of each of the Acupuncture Points**, and gives you access to hundreds of National Institutes of Health research documents
images, treatments, descriptions, and explanations regarding acupuncture treatment.

<http://www.nyctcm.edu/acupuncture-tcm-blog/2008/08/acupuncture-students-attempt-t.html>

Topics include: What to expect at an acupuncture treatment, Acupuncture Students attempt to treat PTSD vets, The National Acupuncture Detoxification Association (NADA) is a nonprofit association that conducts training and provides public education about the use of acupuncture as an adjunctive treatment for addictions and mental disorders, A Remedy for Bedwetting, Acupuncture reduces pain, need for opioids after surgery, Senile Dementia treated with Acupuncture

<http://www.itmonline.org/arts/sciatica.htm> CHINESE HERBAL THERAPY FOR SCIATICA AND LUMBAGO by Subhuti Dharmananda, Ph.D., Director, Institute for Traditional Medicine, Portland, Oregon

<http://www.gloucesteracupuncture.co.uk/treatment.htm>

What does a chiropractor do? Chiropractic treatment is based on the concept that restricted movement in the spine may lead to pain and reduced function. Spinal adjustment (manipulation) is one form of therapy chiropractors use to treat restricted spinal mobility. The goal is to restore spinal movement and, as a result, improve function and decrease back pain. During an adjustment, chiropractors use their hands to apply a controlled, sudden force to a joint — pushing it beyond its normal range of motion. The joint's movement may be accompanied by a popping or cracking sound. Chiropractors may also use massage and stretching to relax muscles that are shortened or in spasm. Many use additional treatments as well, such as ultrasound, electrical muscle stimulation and exercises.

[<http://www.mayoclinic.com/health/back-pain/SA00080>]

The term "chiropractic" combines the Greek words *cheir* (hand) and *praxis* (action) to describe a treatment done by hand. Hands-on therapy—especially adjustment of the spine—is central to chiropractic care. Chiropractic, which in the United States is considered part of complementary and alternative medicineA group of diverse medical and health care systems, practices, and products that are not presently considered to be part of conventional medicine. Complementary medicine is used together with conventional medicine, and alternative medicine is used in place of conventional medicine. (CAM)

[<http://www.nlm.nih.gov/medlineplus/chiropractic.html>]

The following is a list of websites/blogs containing a variety of posts on Chiropractic treatment:

<http://www.mayoclinic.com/health/back-pain/SA00080>

<http://www.nlm.nih.gov/medlineplus/chiropractic.html>

<http://www.chiroweb.com/>

It is important to clarify that these services had previously been excluded from the Contract Health Services priority system, and that these particular funds are available ONLY until Dec. 31, 2008. You must complete your sessions by that date. The process is identical to requesting specialty care through CHS, although you do NOT need a CHS authorization number. The process is:

1. Visit your primary health care provider and discuss your medical concerns. Inquire whether acupuncture or chiropractic services may alleviate your symptoms.
2. If your primary care provider believes acupuncture or chiropractic service is appropriate, ask that a specialty referral be mailed or faxed to the CHS program for Gatekeepers consideration. The referral should document the need for specialty care.
3. Gatekeepers meet every Wednesday morning to consider requests. They will approve up to 12 sessions and will pay no more than \$50 per session. Patients are responsible for any costs that exceed \$50.
4. Written notice of the Gatekeepers decision will be mailed to the patient.
5. Contact your CHS technician to identify the specialist you would like to see. Patient will be provided a letter to take to the acupuncturist/chiropractor informing him/her of the number of sessions approved, amount approved, and billing process. If you have insurance, the provider should bill that insurance first.

If you have any questions, contact Contract Health Services at 541-444-1236 or 800-628-5720. Fax information to 541-444-9645.

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