

What can acupuncture treat?

In 2003, the World Health Organization published a list based on all the controlled clinical trials that were conducted and reported worldwide through 1999.

Diseases, symptoms or conditions for which acupuncture has been proved-through controlled trials-to be an effective treatment:

- Adverse reactions to radiotherapy and/or chemotherapy
- Allergic rhinitis (including hay fever)
- Biliary colic
- Depression (including depressive neurosis and depression following stroke)
- Dysentery, acute bacillary
- Dysmenorrhea, primary
- Epigastralgia, acute (in peptic ulcer, acute and chronic gastritis, and gastrospasm)
- Facial pain (including craniomandibular disorders)
- Headache
- Hypertension, essential
- Hypotension, primary
- Induction of labour
- Knee pain
- Leukopenia
- Low back pain
- Malposition of fetus, correction of
- Morning sickness
- Nausea and vomiting
- Neck pain
- Pain in dentistry (including dental pain and temporomandibular dysfunction)
- Periarthritis of shoulder
- Postoperative pain
- Renal colic
- Rheumatoid arthritis
- Sciatica
- Sprain
- Stroke
- Tennis elbow

BriggsHealth offers the highest quality Chinese Medicine care at affordable prices. We provide the following services: acupuncture, Chinese massage, cupping, and individualized diet and supplement advice. We also carry a variety of Chinese herbal formulas at very reasonable prices. BriggsHealth is a provider for many local insurance companies and provides full-service medical billing.

Insurance Accepted

Preferred Provider for:

ODS
Providence
Regence BCBS
Lifewise
Pacific Source
UMR

Workman's comp., Personal Injury
Cases also accepted.

BRIGGS HEALTH, LLC

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BRIGGS HEALTH, LLC



Acupuncture
Chinese Herbs
Infrared Heat Therapy



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Insurance, Personal Injury, Workman's comp. accepted.



What is Chinese Medicine?

Chinese medicine is a system of medicine that was primarily used and developed in China over a period of thousands of years. Its main methods of treatment are diet, exercise, herbal medicine and acupuncture. Chinese medicine focuses on treating the individual rather than the diagnosis (e.g. arthritis). This is because the disease condition itself is usually a symptom of an underlying health imbalance. When the body is brought back into balance, the health problem will also improve.

How does acupuncture work?

Acupuncture increases circulation, decreases inflammation, decreases swelling and helps stop pain, through a variety of neurotransmitters and hormones released throughout the body and nervous system. The Chinese say that qi (vital energy, pronounced “chee”) and blood circulate through the body in pathways called meridians. Acupuncture opens up the meridians, which regulates the functions of the body and helps stop pain.

What does acupuncture treat?

In the United States, most insurance companies specify that acupuncture can only be used to treat pain. (Insurance companies call this “neuro-muscular disorders”.) Pain in the back, neck, in any joints and headache are included in this. However, it can help treat many other health conditions as well, including allergies, asthma, diarrhea, constipation, depression, anxiety, PMS, ED, diabetes, hypertension, rheumatoid arthritis, sciatica, sprain, stroke, tennis elbow, TMJ and post-operative pain.

Does acupuncture hurt?

The vast majority of people who get acupuncture treatment say that it does not hurt. While most people feel the needles, it is usually not a painful feeling, and any sensation from the needles goes away within a few seconds. Some people do not feel them at all! It is very common for people to actually fall asleep during their treatment because it is so relaxing.

Who does acupuncture help?

Acupuncture is excellent for patients who suffer from inflammatory conditions, pain or injuries after a trauma or surgery, chronic pain from any cause, and for those who have a high sensitivity to medications. It is perfect for people whose health conditions optimally require “conservative treatment” or for those who are waiting for a health condition to advance to a point where more extreme intervention like surgery might be appropriate. (And sometimes the surgery might not even end up being necessary!)

Are there any side-effects from acupuncture?

Acupuncture is extremely safe when done by a qualified practitioner. The needles are sterile and disposable. Occasionally there will be a tiny amount of bleeding at the puncture site, which generally results in a small bruise over the next week or so. More severe reactions are possible, but are extremely rare and almost never result in further medical treatment being needed. A recent meta-study in Europe found that out of hundreds of thousands of treatments, only 13 patients needed medical care due to side-effects from acupuncture treatment.

What are Chinese herbs?

Chinese herbology is the most sophisticated system of herbology that has ever been developed. Over thousands of years, herbs were (and still are) studied and classified according to their properties. There are over 4000 Chinese herbs, about 300 or 400 of which are commonly used. Chinese herbs are almost never used alone. They are almost always used in combination with other herbs, to either strengthen the desired effects of the herb or to eliminate any possible side-effects.

Chinese herbal formulas can be very powerful and very effective. There are formulas that can treat any health condition, including diabetes, acute bronchitis, pneumonia, tuberculosis, arthritis, menopausal symptoms, allergies, asthma, PMS, appendicitis, prostatitis and anemia. Some of the most popular formulas are those which treat colds and flus.

What are my treatment and payment options?

At BriggsHealth, we think that it’s important for our medicine to be of the highest quality at an affordable price. We offer two different treatment options.

Individual Sessions

Length of time: One hour; includes acupuncture and 10-15 minutes of massage. Insurance, PIP, Workman’s comp or cash accepted. \$60-\$205

Group Sessions

Length of time: variable, usually 30 to 50 minutes. Acupuncture only, practitioner has several patients at once. Cash or checks only. \$25