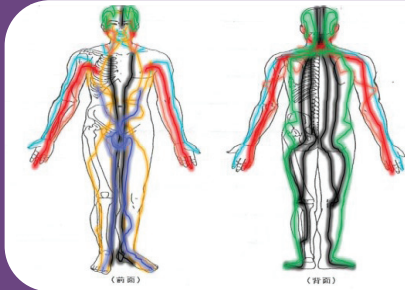


## Frequently Asked Questions

### How does it work?

Oriental Medicine is based on an energetic model rather than the biochemical model of Western medicine. The ancient people recognized the vital energy behind all life forms and life processes. In developing an understanding of the prevention and cure of disease, the ancient physicians discovered a system of cyclic energy flowing in the human body along specific pathways (meridians). Each pathway is associated with a particular physiological system and internal organ. Disease is considered to arise because of deficiency or imbalance of vital energy in the energetic pathways and their associated physiological systems. The pathways or meridian of energy communicate with the surface of the body at specific locations called acupuncture points. Each point has a predictable effect upon the vital energy passing through it. Modern science has been able to measure the electrical charge at these points, thus corroborating the locations of the meridians mapped by ancients. Oriental Medicine has also developed methods of determining the flow in the meridian system, using an intricate system of pulse and tongue diagnosis. Finding from these modalities are combined with other signs and symptoms to create a composite diagnosis. A treatment plan is then formulated to induce the body to a balanced state of health.



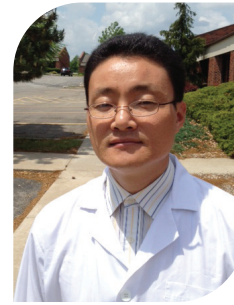
### How safe is acupuncture?

Acupuncture is extremely safe. It is an all-natural, drug-free therapy, yielding no side effects except feeling of relaxation and well-being. There is little danger of infection from acupuncture needles because they are sterile, used once, and then discarded.



## Practitioner

Jong Ho Lee is a board certified (MTOM, NCCAOM) and Licensed acupuncturist in State of Missouri, U.S.A. He is the founder of URDAroma Acu-puncture Pain Care of Oriental Medicine. Since beginning his practice, many people suffering from chronic illness and pain have found help and relief through safe and effective natural medicine. He earned his Master degree in Traditional Oriental Medicine at Emperor's College in California, after completing Bachelors degree in Computer Engineering at Jeonbuk National University in Korea and dedicating his life to cure poor people in underdeveloped country such as Philippines, Haiti, Republic of Dominica and suffering soldiers in the U.S. Army. During his journey to the Oriental Medicine, he could have a chance to follow Grandmaster Hyun Kyu Choi as an apprentice for three years, who is the founder of Myungmun Research Group of Oriental Medicine. Upon completing apprenticeship at 2005 in Korea, Jong Ho Lee learned of the practice of acupuncture and herbs with hands-on training from Grandmaster Choi. This opens the door to choosing a path that better reflected his philosophy about healing and acceptable practice in medicine. Jong Ho Lee is currently researching magnetic acupuncture with Myungmun Grandmaster Choi and other members as a complementary tool to enhance the effectiveness of traditional acupuncture therapy not only for the pain management but also for internal problems including indigestion, allergies, skin problem, atopic dermatitis, sinusitis, rhinitis and gynecological problems.



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# Magnetic Acupuncture - Painless Treatment to Remove Pain!

## History of Oriental Medicine

Oriental medicine/Traditional Chinese medicine is a sophisticated approach to healing, developed over a period of at least 3,000 years, and is based on ancient Chinese medical texts which laid its foundation. Treatment in Oriental Medicine is centered on the individual rather than the disease. The oriental medicine practitioner pieces together your individual signs and symptoms, and synthesizes them into a clinical picture of you as a whole person. In Oriental Medicine the mental, emotional and physical are closely related, thus taking the entire person into account, both in diagnosis and treatment. Disease is typically viewed as disorder or disharmony, and treatment is directed toward balancing and harmonizing. Diagnosis is made through visual inspection, interview, palpation of the pulses, at local areas of tenderness and at specific acupuncture points and inspection of the tongue. Once a working diagnosis has been decided upon, your practitioner formulates a plan of treatment.

## Acupuncture

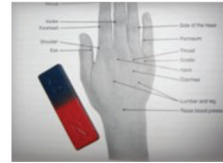
Acupuncture is the ancient science and art of regulating the body's physiology through the insertion of very fine needles. Stimulation of these needles at designated points along the meridians will restore the normal balance of vital energy and create specific therapeutic effects in the body. Through the balanced flow of vital energy, the body is able to heal itself and maintain its own health. Acupuncture is a safe, effective and relaxing therapy used as a dynamic approach in the prevention and treatment of disease, and the restoration of health. According to the World Health Organization (WHO), many common acute and chronic health disorders lend themselves to acupuncture treatment based on clinical experience such as:

- Ear, nose and throat disorders
- Respiratory disorders: sinusitis, asthma, allergies and bronchitis
- Gastrointestinal disorders: diarrhea, indigestion
- Gynecological disorders: PMS, menopause, irregular menstruation, fertility support
- Urogenital disorders: incontinence, UTI
- Disorders of nervous system: headache, neuralgia, insomnia, paralysis, facial palsy/tics, narcolepsy
- Disorders of bone, muscles and joints: sports injury, sprain and strain, back, neck and shoulder pain, arthritis, osteoporosis, tendinitis, carpal tunnel syndrome, sciatic pain
- Aid in stopping smoking



## Magnetic Acupuncture

The oldest known medical book in Oriental Medicine, The Yellow Emperor's Classic of Internal Medicine, is thought to have been written around 3,000 B.C., and mentions the practice of placing the natural magnets on acupuncture point. Magnetic acupuncture has been used in the east in many forms right up to present. Today, the practice has evolved to the use of very tiny magnetic beads applied to acupuncture points. In the west, Swiss physician Marcus Weber (1992) describes a study of the results of the pulsed magnetic fields on 1,712 patients with inflammations, joint and organ disorders, fractures and acute injuries and circulatory disorders.



Over 60 percent of physicians evaluated the results as either very good or good; no side effect were observed. In our clinic, diagnosis is made through interview and palpation of the pulses primarily to find out the root causes of the complaints to be addressed. The practitioner may need to observe the shape and color of the patient's tongue. After an initial evaluation, the practitioner will provide a treatment plan that includes the modalities as well as the frequency and duration of treatment. A normal series of treatments are from 5 to 10. Sometimes, the practitioner may recommend multi-level approaches that include nutritional supplements, Chinese herbs, dietary change, etc.. Acupuncture points along relevant meridians will be treated with pea-size permanent magnets by being taped on. The magnets need to be removed after 6-12 hours and brought back in next visit. It is important to treat any kind of chronic condition for a period of time after the pain is gone, so complete healing and even strengthening will occur. If this is done, a relapse is less likely.



## Chinese Herbs

Chinese herbs can act both as a complement to acupuncture treatments and as a primary form of therapy. Chinese herbs can help change unhealthy balances and patterns, resulting in decreased symptoms, increased energy, improved digestion, improved sleep and/or regulated menstrual cycle. The Chinese pharmacopoeia lists over 6,000 different medicinal substances, 600 of which are in common use today. As the oldest practiced system of herbal medicine in the world, the healing properties of these medicinal substances have been studied and utilized extensively. Anywhere from 2 ~ 40 medicinal substances are combined in a formula to facilitate the unique therapeutic goals of each patient.



## Frequently Asked Questions

### How should I prepare?

- Wear loose, comfortable clothing for easy access to acupuncture points.
- Refrain from overexertion, working out, alcohol for up to 6 hours after the visit.
- Between visits, take note of any changes that may have occurred, such as the alleviation of pain, pain moving to other areas, or changes in the frequency and type of problems.