Ear, Nose, Throat (ENT) disorders include everything from allergies to hearing, vertigo and thyroid diseases. Nearly 50% of patient visits to Western doctors pertain to this branch of medicine.

**ACUPUNCTURE & TCM CAN HELP**

Traditional Chinese Medicine (TCM) Otorhinolaryngology studies diseases of the ear, nose and throat under the guidance of TCM theories. According to TCM theory the sensory organs are connected to the internal organs. The ear is connected to the Kidney, the nose is associated with the Lung, while the throat is related to Stomach, Lung, and Spleen.

Because these sensory organs are susceptible to external factors like cold and wind, they can easily succumb to illness and infection. Acupuncture and Chinese herbs treat ENT disorders by assessing the internal organs, rather than just focusing on the symptoms and signs, therefore getting to the root of the issue.

**ACUPUNCTURE IN A NUTSHELL**

Acupuncture, the most well-known traditional Chinese medical procedure, is the practice of inserting thin needles into the body at specific points to relieve pain or treat a disease. Acupuncture triggers spontaneous healing reactions in the body, and scientific studies have proven its efficacy for treating inflammation, pain, depression and a host of other disorders.
WHAT CAN WE TREAT?

According to the National Institute of Health (NIH) and the World Health Organization (WHO), acupuncture has proven effective in the treatment of many common problems, including but not limited to:

- Addictions
- Anxiety
- Arthritis
- Asthma
- Carpal tunnel syndrome
- Chronic fatigue
- Common cold
- Constipation
- Depression
- Digestive trouble
- Dizziness
- Emotional problems
- Eye problems
- Facial palsy/tics
- Fatigue
- Fertility
- Fibromyalgia
- Incontinence
- Indigestion
- Irritable bowel syndrome
- Low back pain
- Menopause
- Menstrual irregularities
- Migraine
- Morning sickness
- Nausea
- Osteoarthritis
- Pain
- PMS
- Sinusitis
- Sleep disturbances
- Smoking cessation
- Sore throat
- Stress

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