

(Finding a practitioner Cont.)

To find a certified practitioner in your area, enter either your city and state, or your zip code. The list that appears will include all NCCAOM certified practitioners along with their certification and their contact information. Only Diplomates who are actively maintaining their certification will appear on the list. Designations include the following certifications:

Diplomate of Acupuncture (NCCAOM)

Diplomate of Oriental Medicine (NCCAOM)

Diplomate of Chinese Herbology (NCCAOM)

Diplomate of Asian Bodywork Therapy (NCCAOM)

Note: Individuals certified in Oriental Medicine have met requirements for board certification in both Acupuncture and Chinese Herbology.

Acupuncture and Oriental Medicine

About the NCCAOM

The NCCAOM is a nonprofit organization, established in 1982. The mission of the NCCAOM is to establish, assess and promote recognized standards of competence and safety in acupuncture and Oriental medicine for the protection and benefit of the public.



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The Consumers' Guide



Acupuncture and Oriental Medicine Practitioners

What is Acupuncture and Oriental Medicine?

The practice of Acupuncture and Oriental Medicine (AOM) is an ancient system of medicine that dates back over 3,000 years and is based on the concept of *Qi* (pronounced “chee”), which is usually translated as energy. Acupuncturists assess a patient’s

syndrome or pattern of disharmony by using a set of diagnostic skills that in-



volve questioning, palpitation, visual inspection, and olfactory-auditory data collection. By discriminating the exact pattern of the body’s physiological response to pathogenic factors, an acupuncturist determines the necessary treatment strategy to prompt healing process.

These therapeutic interventions include acupuncture, electro-acupuncture, cupping, manual therapies such as acupressure, moxibustion, and exercises such as *tai chi* or *Qi gong*, as well as Chinese herbal preparations and dietary therapy.

What Are the Benefits of Acupuncture and Oriental Medicine?

Although many patients see acupuncturist for pain management there are many conditions that are alleviated by acupuncture and Oriental medicine therapies including but not limited to the following:

Allergies & Asthma	Anemia
Anorexia	Anxiety
Chronic Diarrhea	Chronic Fatigue
Cold & Flu	Colitis/ Crohns
Constipation	Depression
Digestive Problems	Eczema
Emphysema	Endometriosis
Food Allergies	Gastritis
Headaches & Migraines	Hypertension
Hypoglycemia	Incontinence
Infertility	Insomnia
Irritable Bowel Syndrome	Muscle Spasms
Stiffness	Smoking Cessation
Stress Reduction	Premenstrual Syndrome
Ulcers	

How do I find an Acupuncturist or Oriental Medicine Practitioner?

Identifying a competent acupuncture practitioner need not be trial and error. Thanks to the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) consumers can locate board certified acupuncturists by visiting the NCCAOM website. NCCAOM publishes contact information for practitioners who are nationally certified in Acupuncture, Oriental Medicine, Chinese Herbology, and Asian Bodywork Therapy. The first step is to visit the NCCAOM website (nccaom.org) and select *Find a Practitioner*. (continued on next page)

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