



# Wellbeing Clinic Newsletter

July 2022

*Today's Focus:*

## **DOES ACUPUNCTURE WORK?**

*Given the amount of controversy on the internet and social media around acupuncture and its effectiveness, we felt it necessary to bring you some perspective on this important question from the practitioner's point of view. If you have never tried acupuncture or you have tried it and you found that it "did not work", this newsletter will provide you with some helpful information.*

### **Does acupuncture work or not?**

So, you may have tried an acupuncture session and you have found that it did not bring the desired results? What could be the reason?

Acupuncture is a very complex and sophisticated skill and unfortunately not every "qualified" practitioner masters it to the same degree. In fact, **the difference in skill and experience between one acupuncturist or another can be as dramatic as that between a trainee nurse and a brain surgeon.**

Acupuncture originates from China, where it has been practiced for centuries. China therefore benefits from an enormous wealth of knowledge and experience in using this type of therapy. Nowadays, Traditional Chinese Medicine, including acupuncture, is seen in China as an integral part of medical science rather than a "complementary" discipline - it is widely taught at medical universities and used within the country's public health system including hospitals, GP surgeries and medical research facilities.

To become a fully qualified acupuncture practitioner in China one needs to complete a 5 years medical degree, followed by compulsory work experience at a hospital or a similar medical setting. A fully qualified practitioner in China would have studied not only **acupuncture** but also other Traditional Chinese Medicine methods such as **massage/osteopathy, herbal medication and cupping** and all this in addition to a **complete**

**conventional medical training.** This allows such professionals to work in Chinese hospitals and GP surgeries, where they would be able to prescribe both alternative and conventional medication and even perform surgery.

In Western countries, acupuncture is seen as a "complementary" discipline. Western trained acupuncture practitioners typically graduate from a relatively short acupuncture course and many have no medical training. Whilst there is a lot of interest in this therapy within the medical and scientific community, the practice of acupuncture is considerably less developed in the West however, it is significantly growing in some countries such as Australia or Canada (where, by the way, large Chinese communities are present).

So, on the day of their graduation, the acupuncturists trained in China would already have many more tools in their toolkit compared to their Western trained peers. In addition to this, having graduated, a Chinese practitioner would typically go on to work at a hospital or other medical facility, where he or she would be able to further develop their experience within a clinical setting – such experience would not typically be available for a Western trained acupuncturist.

**The quality and the extent of training and work experience received by the acupuncturist will inevitably influence the efficacy of treatment they can deliver.**

**Wellbeing Clinic**

369 Upper Richmond Road West, SW14 7NX London  
E-mail: [info@wellbeing-clinic.uk](mailto:info@wellbeing-clinic.uk) [www.wellbeing-clinic.uk](http://www.wellbeing-clinic.uk)