

What is Acupuncture

Classical Chinese Medicine and Acupuncture are ancient healing arts founded in China over 2,500 years ago. This ancient treasure offers patients a system of healthcare which continues to offer profound healing, wisdom and transformation. Acupuncture is inspired by the essence and rhythms of nature and the recognition that we are a reflection of the natural world. The principles of Yin and Yang, opposites that together create a whole, are the foundation of Chinese Medicine. The true elegance of this enduring system is both a highly sophisticated medical science and a deeply spiritual art form.

How does it Work?

Acupuncture involves the insertion of fine needles into specific points on the body to encourage the restoration and maintenance of health and balance. Chinese Medical Theory is based on harmonizing the flow of Qi (pronounced 'Ch-ee'), the vital life force that circulates throughout the body. Qi is our innate physical, mental and spiritual intelligence. When Qi circulation is disrupted or blocked, acute or chronic illness, disease, or deterioration of health ensue. When Qi moves freely, vitality, balanced health, and wellbeing prosper and the onset of illness can be avoided.

Is Acupuncture Safe?

Administered by a nationally and state licensed acupuncturist like Niki, this is a safe and effective healing modality with very few side effects. The needles, which are very thin, sterile, single-use, and disposable, do penetrate the skin, and therefore occasionally there will be some bleeding, soreness, or bruising at the insertion site.

What does Acupuncture Treat?

A broad spectrum of conditions are treated. Acupuncture has been shown to regulate and maintain the body's normal physiological function, facilitate the body's adaptability to changes in environment, strengthen the body's immune system, alleviate pain, and reduce the frequency and severity of conditions that contribute to stress. While acupuncture is often associated with pain control, in the hands of a well-trained practitioner like Niki, it has much broader applications.

Acupuncture can treat issues relating to:

General Health	Pain
Circulatory System	Skin Conditions
Digestive System	Respiratory System
Neurology	Urinary Tract System
Mental Illness	Women's Health
Emotional Imbalance	Head, Ears & Eyes
Musculoskeletal System	Nose & Throat
Allergies	Addiction

Frequently Asked Questions

Does insurance cover Acupuncture?

Some insurers cover acupuncture. You can usually find out by calling the number on your insurance card. Upon request, I can provide a receipt that provides the information you need to submit to your insurance company for reimbursement.

How many treatments will I need?

The number of treatments vary for individuals based on an assessment of current health status and treatment goals. The course of treatment is a collaboration between patient and practitioner to determine the best course of action for a patient's desired outcomes. Classical Acupuncture focuses on treating the individual and their unique physical and energetic design.

Does Acupuncture hurt?

Most acupuncture patients are surprised to discover that treatments involve little or no pain. The sensation of the needles can vary. Most people report sensations of tingling, numbness, aching or warmth at the insertion site. You may feel a flow of energy to another area of the body. Acupuncture allows you to experience your body in a deep and meaningful way.

What can I expect during an appointment?

In Classical Acupuncture it is important to have a well-informed understanding of who you are as a patient, and thus the first visit includes a health history intake process, consultation and treatment. This takes about 1 hour 45 minutes. Return treatments are 1 hour 15 minutes. The needles stay in for 20 minutes and the treatment may include other modalities such as Moxabustion, Cupping, Guasha or Tuina. After the treatment you may feel energized or have a feeling of deep relaxation and calm.

Can I receive Acupuncture treatments & Western/allopathic medical strategies simultaneously?

Today, Acupuncture is highly regarded around the world as an effective complimentary medicine with Western medical strategies. Share with your provider that you are receiving Acupuncture treatments. Talking to your doctor about Acupuncture includes them in this important facet of your complete healthcare plan and goals. Remember to always consult with your doctor when considering a change in your medications.

Contact Niki

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Niki Juralewicz Bio

Niki Juralewicz is a licensed Acupuncturist and graduate of the the Jung Tao School of Classical Chinese Medicine. She comes to the art of Chinese Medicine via the art of Dance. She was a principle dancer with the Trisha Brown Dance Company from 1987-1996. She is an experienced movement teacher, and she has worked with professional dancers and non-dancers throughout the US, Europe and Asia. Chinese Medicine has been a professional transition for Niki as she continues her embrace of energetic movement in the physical, mental and spiritual realms. Niki walks with balance between the worlds of teacher and medical professional.

Niki's teaching specialty centers around Alignment and the principles with which Alignment allows the body to experience energetic strength, flow and efficiency. She teaches the art of integrating Alignment for the dual purposes of greater inner connection and an expanded relationship to the outer world.

Her teaching influences include Modern Dance, Kinesiology, The Susan Klein Technique, Alexander Technique, Walking, Taiji and Qi Gong. Niki received her BFA at S.U.N.Y. Purchase.

Alignment

How we move is determined by the function of our posture and our encounters with gravity. Dynamic Alignment is movement; it is not a static "place". When in a kinesthetic balance, the connection to our head, spine, pelvis and legs fulfill the innate design for support and motion. Alignment instruction brings us back to this efficiency of postural movement and spatial clarity. The result is alleviation from the physical, mechanical, psychological, energetic stress and pressures that we have accumulated and carry as we age. A new Dynamic Alignment is revealed much like a sculptor reveals the art within the stone. This is now unique to you: your body and your balance.

Why Alignment?

Postural and movement patterns happen over time. We gradually adjust and compensate for our symptoms of pain, stress and illness. Alignment can create a new response to these ailments. Alignment restores balance to our activities in motion and at rest. Alignment refocuses us to bring what is unconscious into awareness and change. Through Alignment, we rediscover our body, mind and spirit.

Benefits of Alignment:

- Invigorates our energy
- Leads to postural clarity
- Stabilizes balance
- Generates ease of movement
- Leads to improved sleep
- Alleviates pain
- Improves digestion
- Opens breathing
- Strengthens the Immune System
- Engenders emotional health
- Promotes a new sense of calm
- Inspires creativity
- Serves as a form of meditation



Dancing Qi Acupuncture

Niki Juralewicz, LAc.

Dancing Qi Acupuncture provides a way for people to manifest, in them and in their lives, what they want, how they want to feel, and who they want to be through the wisdom of Classical Chinese Medicine and the art of Alignment, to become inspired by the internal harmonies and movements alive within us that lead to awareness, health, and wellbeing. Dancing Qi Acupuncture is influenced by Niki's life as a Modern Dancer, her experience with the vast, powerful and, at times, subtle movement of Qi, and its elegant dance that is unique to each of us.

www.dancingqi acupuncture.com