

Kids and Acupuncture - Myths and Realities

Tanya Brockmeier

In my practice I see kids all the time and find acupuncture to be an effective treatment for a wide range of childhood ailments. In this article I'd like to take the opportunity to dispel some of the myths I hear again and again, in the hope that more children and their parents can take advantage of this gentle and natural treatment.

1. It hurts

Most kids find acupuncture gentle and painless. And for especially sensitive kids, a needle-less Japanese technique called Shoni-shin can be used.

I've never been unable to give acupuncture to a child that needs it. In fact, children often make less of a fuss than older patients.

2. Kids won't stay still long enough

Most kids find Acupuncture interesting, enjoy the process of understanding how their bodies operate and have no problem staying adequately still during treatment. In fact, many actually look forward to it.

3. Kids won't take their herbs

There is a special children's range of herbal medicine that is naturally sweetened with Stevia. This herbal sweetener lets kids enjoy taking their herbs, leading to more speedy recovery.

All natural, and with many ancillary health benefits, Stevia tastes even sweeter than sugar. I've even had kids ask for herbs without this natural sweetener.

Just like in adults, gentle, effective treatments combining acupuncture, herbs and nutrition can address a wide range of conditions in children and infants. Conditions that can be addressed include:

- Coughs & Colds
- Ear & Sinus Infections
- Eczema & Asthma
- Allergies & Low Immunity
- Digestive Issues inc. Fussy Eaters
- Bedwetting & Sleeping Problems
- Growth Problems
- Learning & Behavioural Difficulties

In fact whatever your child's condition, the experienced practitioners at Art of Health can offer gentle and effective treatments designed to restore little people to health and balance – in a gentle and natural way.

Oriental Medicine Practitioner Tanya Brockmeier contributed this article. Tanya has a special interest in treating children's health naturally, and has found Acupuncture and Oriental Medicine very effective in doing so.

*Tanya is available at Art of Health on Tuesdays, Thursdays and Saturdays. For more information on [Oriental Medicine](#), or to make an appointment call Tanya on **0415 656 726** or [email](#).*

