

[Acupuncture in Albuquerque Explained](#)

The classic explanation is that there are channels of energy running in patterns throughout the human body and over the entire surface of the human body. The channels are called meridians and the way to look at them is like viewing them as rivers that flow throughout the entire human body. These “rivers” “water” the body and nurture the tissues of the human body. When there is an impediment the flow of energy it is like a dam that back flows into other upstream contributing tributaries of the body. The meridians or channels can be changed by needling the proper acupuncture points. By inserting the acupuncture needle the impediment of the flow of energy is unblocked thus allowing the flow of energy through the formerly blocked meridian. [Treatment with acupuncture](#) helps the body’s internal organs by improving the flow of energy throughout the meridians of the human body. Inserting needles instigates the flow of energy throughout the body’s nervous system which in turn helps the body release natural flow of the chemicals produced by the body thus make the body quite often feel better in the form of less pain, no pain. The bottom line is that [acupuncture treatment](#) improves the human body’s natural flow of energy and balance by invigorating its natural ability to heal itself.