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Acupuncture Procedures

Acupuncture	Insertion of sterile disposable needles into the skin
Cupping	Use of glass or plastic cup to create a vacuum on the skin to move stagnation and alleviate pain
Gua Sha	Use of a spoon-like tool to scrape and massage the body
Moxa	Use of mugwort to apply heat to an area to promote circulation and alleviate pain
Tui Na	An ancient form of massage used to treat a wide variety of common ailments, especially with children
Electric Stim	Use of electric current applied to acupuncture needles to promote circulation and alleviate pain