

We are Happy to Announce That We Are Doing Business at Our Second Location Serving **Surrey, BC!**



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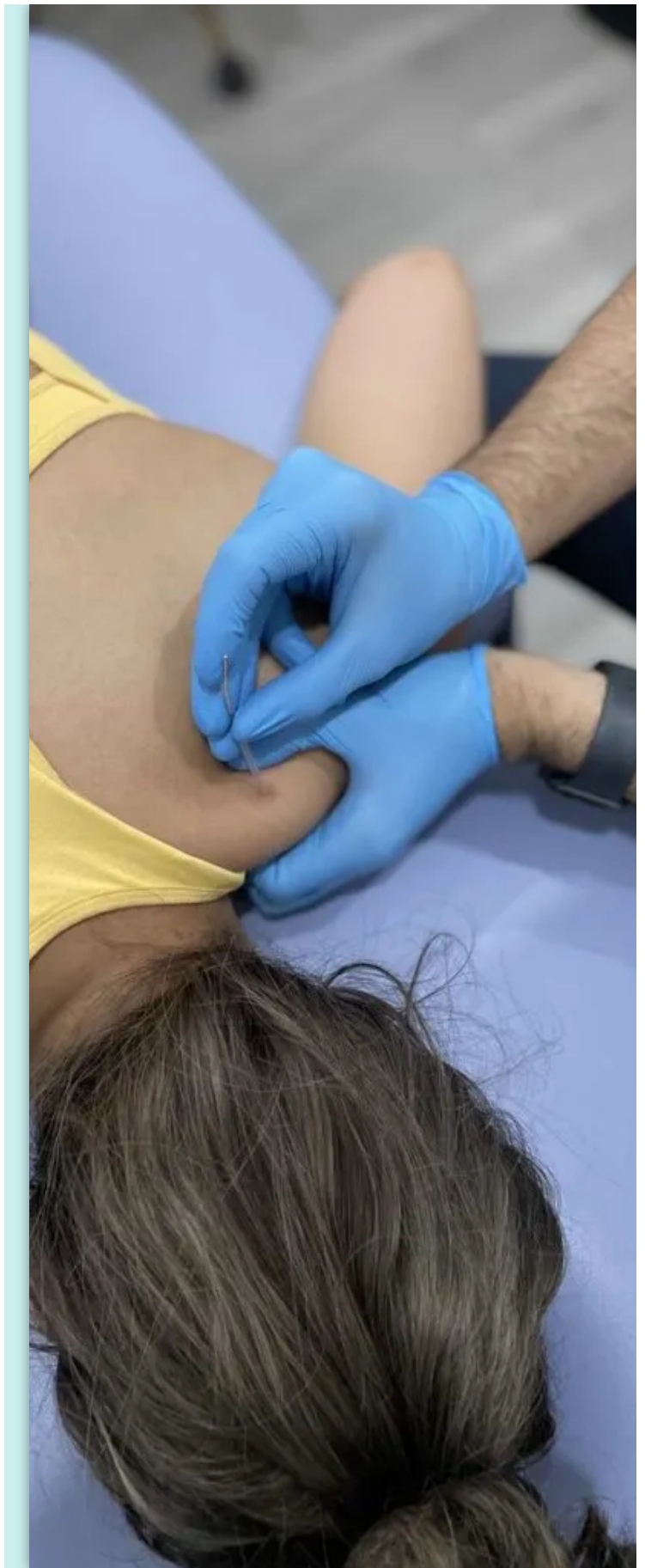
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[Home](#) » Acupuncture

Acupuncture Treatment Centre

Fountain Wellness



Consider [Acupuncture](#) as a natural method to enhance your health if you reside in Delta or Surrey. Rooted in Chinese medicine, this time-tested practice takes a holistic approach to wellness. By targeting specific points in your body, Acupuncture aims to restore the flow of energy, known as Qi, and promote overall health and vitality.

Fountain Wellness prioritizes natural and holistic healthcare. Our team of experienced practitioners specializes in medical [acupuncture treatments](#), dedicated to enhancing your overall well-being. Whether you require pain relief, stress reduction, or general health improvement, our services offer gentle and effective support for your body. Embrace a more balanced and natural approach to health by exploring the benefits of Fountain Wellness in Delta and Surrey.

What Is Acupuncture?

Acupuncture is part of an ancient [healing practice](#) called Traditional Chinese Medicine. It regulates needles that are gently inserted into the body's specific points. These points are connected by meridian pathways, through which energy called Qi flows. Traditional Chinese medicine believes that disruptions in the flow of Qi can lead to illness. Applying it to these specific points is believed to promote better health.

Attending an acupuncture session has been proven effective in treating various conditions according to reliable studies. Keep in mind that this procedure may not be suitable for everyone. To ensure your safety and the effectiveness of the treatment, it is recommended to discuss it with licensed and properly trained practitioners at Fountain Wellness.

Different Types of Techniques We Offer

Fountain Wellness provides a range of acupuncture approaches tailored to individual needs. Some practitioners follow traditional Chinese medicine principles, directing the flow of energy (qi) throughout the body. Others employ modern methods, integrating Western medicine concepts and using needles to stimulate the body's systems. Many acupuncturists combine both approaches to offer comprehensive and personalized treatment options. So, for those wondering about the existence of different [types of acupuncture](#), the answer is yes, and Fountain Wellness has you covered.

Another type focuses on treating myofascial pain involving muscles and connective tissue. When stressed or injured, muscles can develop tight and painful knots called trigger points. These trigger points can cause pain in different body areas (referred pain).

Acupuncturists ensure the needles are inserted to target and release these knots to alleviate myofascial pain and restore normal muscle function. They aim to reduce pain and improve well-being by addressing the trigger points.

What is The Sensation Like?

Acupuncture involves using very thin sterile needles, which most people find slightly uncomfortable when inserted. As the needle is placed, you can feel a sense of pressure or a dull ache. Sometimes, the needles are heated, or a gentle electric current is applied to them. Some people feel more energized after the treatment, while others feel relaxed.

Receiving acupuncture from a qualified practitioner, such as those at Fountain Wellness, is necessary to ensure precise needle placement and prevent discomfort during the treatment. Proper sterilization of needles is essential to eliminate any risk of infection.

Apart from using needles, acupuncture points can also be stimulated using different methods, including:

Moxibustion involves applying heat to the specific points using a moxa therapeutic herb. The herb is burned near or on the skin to generate heat and stimulate the points.

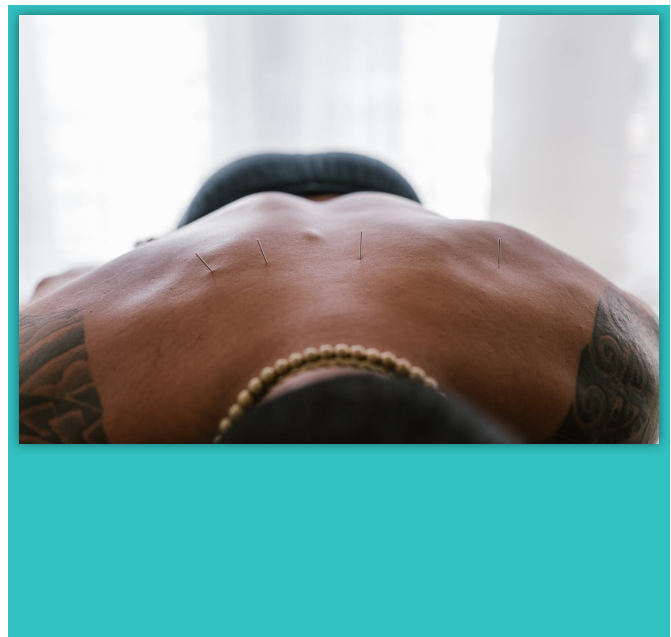
Acupressure: Instead of needles, pressure is applied to specific acupressure points. This can be done using fingers, hands, or special tools to promote healing and relieve discomfort.

Rubbing or friction: The acupuncturist can use rubbing or friction techniques on the specific points to stimulate blood circulation and restore balance in the body.

Cupping: This technique involves placing special cups on the skin to create suction. The cups are usually made of glass or silicone and are applied to these specific points. The suction effect helps improve blood flow and release tension in the muscles.

Electromagnetic energy: These specific points can also be stimulated using impulses of electromagnetic energy. This can be done through medical devices that emit low-level electrical currents or magnetic fields to promote healing and enhance the body's energy flow.

This complementary and alternative medicine stimulation provides additional options for acupuncturists to tailor the treatment to individual needs and preferences. We offer diverse ways to activate these points and promote well-being.



How Does Acupuncture Affect the Body?

The procedure stimulates the central nervous system by targeting specific points in the body. This stimulation triggers the release of chemicals in the muscles, spinal cord, and brain. These chemical changes can activate the body's natural healing abilities and enhance overall physical and emotional well-being.

This is an effective treatment on its own or combined with other treatments. This procedure has been recognized as a [helpful treatment](#) for many conditions. Here are some specific examples:



Nausea: It can effectively reduce nausea and vomiting that commonly occur as side effects of these medical procedures.

Relief of dental pain after surgery: It is beneficial in alleviating pain and discomfort following dental surgeries or procedures.

Assistance in addiction treatment: Its procedures have been utilized as a complementary therapy to support individuals in overcoming addiction by reducing withdrawal symptoms and promoting overall well-being during recovery.

Reduction of headaches: It has been found to help reduce headaches pain, including tension headaches and migraines.

Alleviation of menstrual cramps: It can relieve pain associated with menstrual cramps, allowing for improved comfort during menstruation.

Improvement of symptoms related to tennis elbow: It has demonstrated positive outcomes in relieving pain, inflammation, and restricted movement associated with tennis elbow.

Management of fibromyalgia: It has been found to help manage the symptoms of fibromyalgia, including pain, fatigue, sleep, and disturbances.

Relief from myofascial pain: It can effectively target and alleviate myofascial pain, characterized by muscle knots and localized pain.

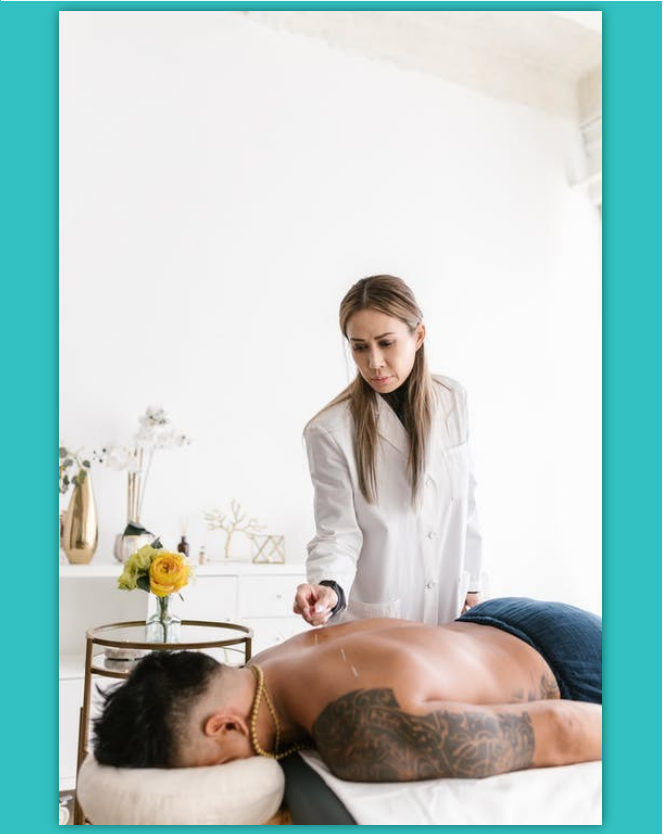
Help managing osteoarthritis: It has shown promise in reducing pain, improving joint function, and enhancing the quality of life for individuals with osteoarthritis.

Reducing chronic low back pain: It effectively reduces pain and promotes recovery in chronic or acute low back pain cases.

Relief from carpal tunnel syndrome: It is beneficial in reducing pain, tingling, and numbness associated with carpal tunnel syndrome.

Aid in asthma management: It can complement conventional treatments in managing asthma symptoms and improving respiratory function.

Assistance in stroke rehabilitation: It can play a supportive role in stroke rehabilitation by helping to improve motor function, balance, and overall recovery.



Why Choose Acupuncture at Fountain Wellness?

At Fountain Wellness, we take a comprehensive approach to healthcare that focuses on preventing health issues before they happen. We offer acupuncture for various conditions, including chronic pain, headaches, anxiety, depression, and digestive problems. Our acupuncturists are licensed, skilled, and have extensive experience in using this treatment and other natural healing methods.

We strongly believe that this treatment can be a valuable addition to any healthcare plan. It's a non-invasive, natural, and safe treatment option. Moreover, it doesn't involve using medications, providing long-lasting relief for many conditions. Our experienced practitioners are dedicated to delivering high-quality care and creating personalized treatment plans tailored to each patient's needs. We strive to establish a safe and soothing environment, offering a holistic approach to healing at Fountain Wellness.

Make an Appointment with Us

Fountain Wellness is a caring family dedicated to improving your health and well-being. We are here to help you find relief from pain and restore your body's function. We do randomized controlled trials beforehand. Our healthcare clinic offers a wide range of services all in one place, including chiropractic care, [acupuncture](#), kinesiology, pain management, registered massage therapy, and clinical counseling. With our team of licensed and registered therapists, you can receive comprehensive wellness and medical care under a single roof.

Meeting our professionals, including doctors, spine practitioners, and therapists, in person is a great way to get answers accurately and receive a personalized treatment plan tailored to your needs and goals. At Fountain Wellness, we are passionate about our work and dedicated to helping you improve your overall health. As your trusted clinic in Delta and Surrey, we are committed to healing, health, and wellness.

Don't wait any longer to take care of your health. Book an appointment with us today, and let us help you on your journey to improved well-being.

Name *

First

Last

Email *

Treatment of Interest

Message

SUBMIT

Frequently Asked Question

– How does acupuncture work to alleviate neck pain at Fountain Wellness?

Our Acupuncture Treatment Centre utilizes the ancient practice of acupuncture to effectively address neck pain. Acupuncture works by stimulating specific points on the body using thin needles, promoting the flow of energy known as "qi" and restoring balance.

Our skilled acupuncturists target relevant acupuncture points to reduce muscle tension, improve circulation, and alleviate pain. By addressing the underlying imbalances, acupuncture can provide natural and lasting relief for neck pain.

+ What is auricular acupuncture, and how can it be used to treat pain at Fountain Wellness?

+ Does electrical stimulation play a role in acupuncture treatment for pain at Fountain Wellness?



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