

# GRACEY

HOLISTIC HEALTH

## Robert B. Gracey

MAc, DiplAc (NCCAOM), LAc

Traditional and  
Non-Insertive Acupuncture

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## LOCATIONS

### Belmont Office

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FOR A HEALTHIER LIFE

## Non-insertive acupuncture offers alternative to treatment with needles

BOSTON, MA - Joanna Herrington, an actress and model from the North Shore, first turned to holistic health after experiencing severe allergic reactions to antibiotics. For more than fifteen years she had struggled with reoccurring urinary tract infections, irritable bowel syndrome, and chronic muscle tension in her back. After friends recommended trying acupuncture, she decided to explore this increasingly popular form of treatment.

Unfortunately for Herrington, she quickly discovered a deep aversion to needle insertions. Despite the fact many of her friends had experienced little or no pain, and that the hair-thin pins are more than twenty times smaller than hypodermic needles, Herrington could not tolerate them.

After five attempts with various practitioners, she was recommended to Robert Gracey, who holds a Master of Acupuncture degree from the New England School of Acupuncture (NESA). Gracey, who studied non-insertive acupuncture through the Boston Toyo Hari Association and the Shakuju Therapy Association in Japan, is part of a select group of American acupuncturists responsible for introducing non-insertive acupuncture treatment to the United States. To date, its practice in the West is rare as its teachings are primarily accessed through programs in East Asia. Gracey currently practices acupuncture in Belmont and Boston's Back Bay.

How did her treatments feel compared to the more common needling techniques? "Intense yet completely painless," says Herrington. "I actually found myself relaxing."

Even more impressive to the model patient was the effectiveness of Gracey's treatment. "The improvements began immediately," says Herrington. "Within only a few weeks the abdominal discomfort I had been experiencing subsided. And I haven't experienced a single urinary tract infection since those sessions more than two years ago."

Acupuncture is a documented 2,600- year-old science of stimulating the body's natural resources to promote healing. In 1996, the U.S. Food and Drug Administration (FDA) approved acupuncture needles for use by licensed practitioners. The FDA requires that sterile, nontoxic needles be used and that they be labeled for single use by qualified practitioners only.

"Acupuncture is a principle rather than a technique," says Gracey. "There is no real difference between non-insertive and insertive acupuncture outside of the mode of stimulation. The principle remains the same."

In both cases, treatment is based on the stimulation of electromagnetic energy that Chinese practitioners call Qi (pronounced chee) that circulates throughout the body in carefully defined pathways called meridians.

Scientific studies have shown that acupuncture may alter brain chemistry by changing the release of neurotransmitters and neurohormones, which affect the parts of the central nervous system related to immune reactions and processes that regulate a patient's blood pressure, blood flow, and body temperature. Acupuncture also stimulates pain-killing biochemicals such as endorphins and immune system cells at specific sites in the body.

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If Gracey determines that a patient will benefit from non-insertive acupuncture, he will stimulate various meridian points with a single, hair-thin silver needle without inserting it.

Besides benefiting patients sensitive to or squeamish about the use of needles, non-insertive acupuncture is also a gentle and practical alternative to treating children and seniors. Gracey adds that all patients, even those who are used to needling techniques, can benefit from non-insertive acupuncture.

While non-insertive acupuncture is continuing to catch on across the U.S., Gracey points out that non-insertive acupuncture can be used in treating all patients, even the more robust. In some cases, treating certain conditions with needling and other holistic techniques may further complement the treatment.

Gracey's treatment plan for Jim Winston, a 39-year-old software engineer, illustrates this multi-faceted approach. While riding his bike Winston had been knocked down when a driver opened a car door in his path. He was immediately hit by a passing truck. After the accident and repair surgery, Winston experienced intense pain in various parts of his body.

"Robert used a variety of treatments including magnets, non-insertive techniques and needles that not only alleviated my pain, but also sped up the healing process so that I felt normal again after a few months," says Winston.

"I tailor all treatment plans on the individual's unique needs," says Gracey. "By treating the whole person, I am better able to identify and treat root causes of an illness or imbalance. Together, we formulate a treatment plan that targets and addresses the client's needs."

Gracey was a founding member of the NESAs Institutional Review Board. He was also a founding member and is currently Treasurer of the Shakuju Association of North America (SANA). He is affiliated with the American Acupuncture Council; the National American Journal of Oriental Medicine; and the Acupuncture and Oriental Medicine Society of Massachusetts.

For more on Robert Gracey and his practice, please visit: [www.graceyhealth.com](http://www.graceyhealth.com)