Japanese Shonishin Pediatric Acupuncture

Many people around the world have come to understand and appreciate the benefits of acupuncture and Traditional Oriental Medicine as an essential part of their healthcare. As more and more people are exposed to these complementary healthcare modalities, many people are also realizing the benefits these modalities provide in addressing the medical needs of children.

Shonishin pediatric acupuncture (sho = little, ni = children, shin = needle) is a highly specialized form of treatment therapy for infants and children that originated in the Kansai region of Japan about 400 years ago. Although Shonishin was usually practiced as a family tradition that was kept within the family and passed down through the generations, it was made public after World War II when Dr. Hidetaro Mori began openly teaching this style of pediatric therapy.

Shonishin pediatric therapy is very different from the style of acupuncture typically used on adults. In many cases a needle is not inserted at all but is instead lightly touched to the skin. The treatment consists of pressing, rubbing, tapping, or light scraping of the skin to provide a gentle stimulation that will improve the severity of the child's current symptoms as well as strengthen their overall constitution. The treatment is, in essence, a form of bodywork that utilizes specialized techniques within the framework of Traditional Oriental Medicine to balance the child's energy and stimulate or sedate the energetic pathways as needed. Since this is non-invasive and non-threatening to the child, the children often enjoy their treatments and look forward to continuing their therapy. In addition, some of these techniques can be taught to the parents so that the treatment can be reinforced on a daily basis at home.

Some of the most common conditions treated include:
- Coughs
- Asthma
- Digestive Disorders
- Symptomatic treatment of
  - Autistic Spectrum Disorder
- Allergies
- ADD and ADHD
- Colic
- Pediatric Pain
- Fever
- Bed Wetting
- Sleep Disorders
- Failure to thrive

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