If sticking pins in skin doesn’t sound like something that would interest you, consider acupuncture. Licensed acupuncturist Holly Arbuckle has implemented the acupuncture program at Bethesda Naval Hospital. She said she traveled to the Washington, D.C. area to train with Dr. Richard Niemtzow, a retired Air Force surgeon who began using battlefield acupuncture in the battle zones of Iraq and Afghanistan. With Orman’s guidance, Arbuckle learned battlefield acupuncture—a technique which was created by Dr. Niemtzow based upon an ancient Chinese therapy protocol, which was created by ancient Chinese doctors. "Part of what appealed to me is that acupuncture can sometimes be viewed as strange or voodoo or a miracle cure, but it’s not any of that," Arbuckle said. "When you get something like the military using acupuncture, to a certain extent I think that really adds credibility to the field." The method of battlefield acupuncture involves inserting gold needles in the ear and leaving them in for a few hours or as long as two weeks. After exchanging emails with Arbuckle, who has a master’s degree in psychology, Bonner said she had exchanged emails with the student public health association. "Escape Fire" was a 6 p.m. tonight in Violette Hall 1010. "Part of what appealed to me is that acupuncture can sometimes be viewed as strange or voodoo or a miracle cure, but it’s not any of that," Arbuckle said. "When you get something like the military using acupuncture, to a certain extent I think that really adds credibility to the field.

TOP, an acupuncture patient relaxes April 10 during one of Arbuckle’s treatments. Above, licensed acupuncturist Holly Arbuckle locates a point of tension in a patient’s neck. The needles are placed at these points to encourage blood flow and loosen muscles.

BY EMILY BATTMER
Features Editor
index.featureseditor@gmail.com

If sticking pins in skin doesn’t sound like something that would be done to alleviate pain, licensed acupuncturist Holly Arbuckle has implemented the acupuncture program at Bethesda Naval Hospital. She said she traveled to the Washington, D.C. area to train with Dr. Richard Niemtzow, a retired Air Force surgeon, as well as other techniques. "I think that no matter how good your doctor is at alleviating your pain, the ultimate, each person is responsible for taking care of their own body," Arbuckle said. "I feel like the movie brings home that when you take care of yourself, your body is going to heal a lot of things on its own."