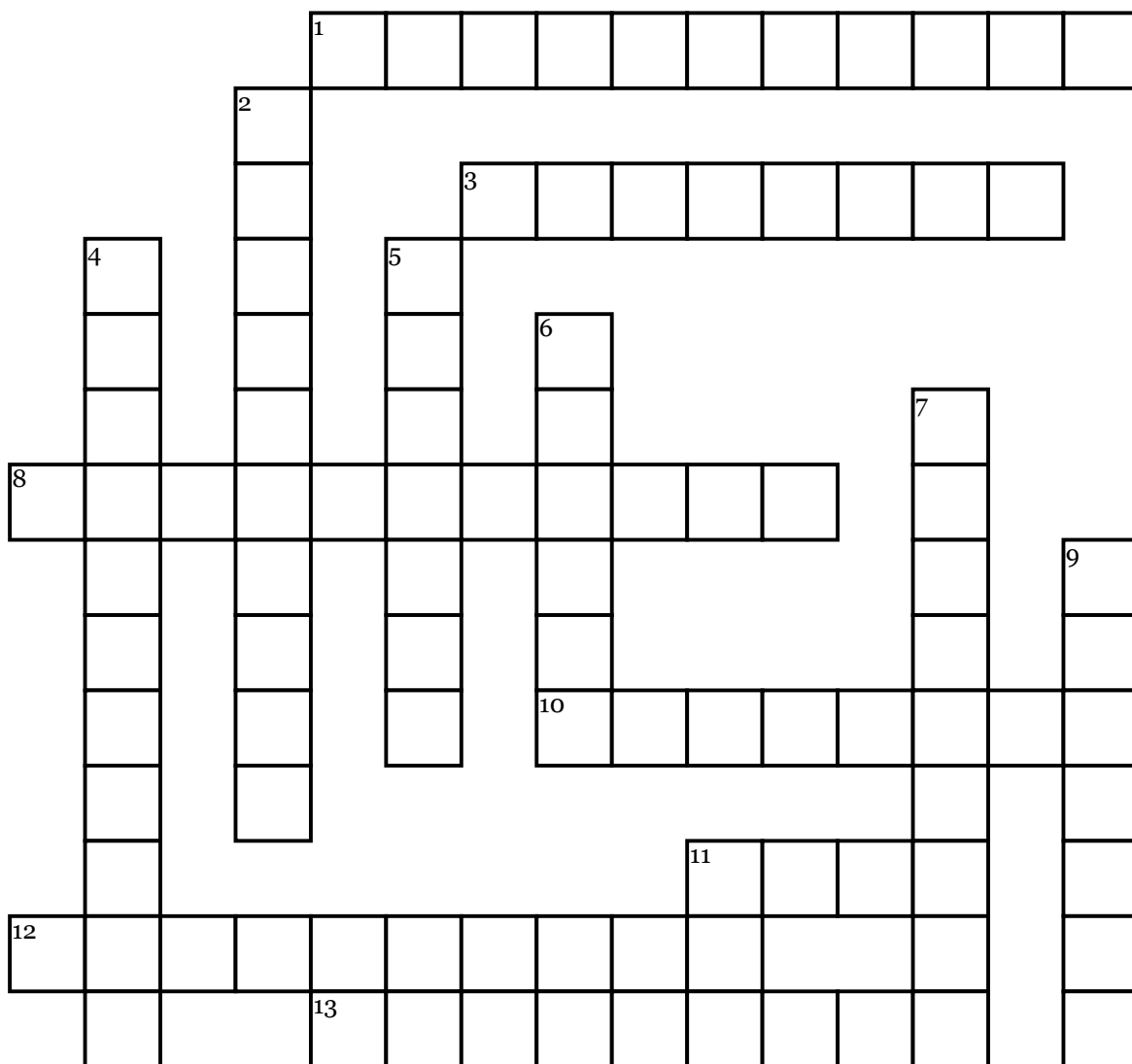


# ACUPUNCTURE



## **Across**

**1.** An alternative medicine involving application of pressure to the feet and hands with specific thumb, finger, and hand techniques without the use of oil or lotion.

**3.** The inability to obtain an adequate amount or quality of sleep.

**8.** A technique in which practitioners stimulate specific points on the body—most often by inserting thin needles through the skin.

**10.** A small tube-shaped part inside the body below the stomach.

**11.** A system of physical and mental disciplines practiced to attain control of body and mind, tranquillity, etc., esp. a series of postures and breathing exercises.

**12.** A treatment based on the use of highly diluted substances, which practitioners claim can cause the body to heal itself.

**13.** An illness which causes the parts of the body where bones meet to become painful and often big.

## **Down**

**2.** A way of detecting, treating and preventing health problems by moving, stretching and massaging a person's muscles and joints.

**4.** Injection of a killed microbe in order to stimulate the immune system against the microbe, thereby preventing disease.

**5.** Extremely tired

**6.** A medical condition which makes breathing difficult by causing the air passages to become narrow or blocked.

**7.** Any of the pathways in the body along which vital energy flows.

**9.** A feeling of apprehension and fear, characterized by physical symptoms such as palpitations, sweating, and feelings of stress