



## **Foster Chiropractic Highlights Acupuncture in Flower Mound, TX**

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Foster Chiropractic highlights acupuncture in Flower Mound, TX through its educational resources on the topic. The clinic integrates this traditional approach with chiropractic care to provide additional options for patients seeking relief from various conditions.

Acupuncture involves the insertion of very thin needles into specific points on the body at various depths. This medical treatment is often used for pain relief. Scientific research indicates that acupuncture produces positive effects on treating pain, although the exact mechanisms remain unclear. Some explanations center on balancing vital energies, while others point to neurological responses that help alleviate discomfort.

Traditional Chinese medicine describes acupuncture as a method to balance life forces known as Qi. This energy is believed to flow through meridians in the body, accessible via approximately 350 acupuncture points. Insertion of needles at these points is thought to restore balance. From a scientific perspective, the points often correspond to areas of muscles, nerves, and connective tissue. Stimulation in these areas may increase blood flow, contributing to pain relief.

Patients seek acupuncture for a range of conditions. These include tension headaches, migraine headaches, low back pain, neck pain, osteoarthritis, joint pain, high and low blood pressure, chemotherapy-induced nausea or vomiting, ulcers, painful menstrual cycles, dysentery, sciatica, dental pain, tennis elbow, sprains, and allergic rhinitis. This list represents findings from separate scientific studies, with many other conditions potentially benefiting as well.

When compared to other treatment methods, acupuncture offers notable advantages. It is considered overwhelmingly safe with very few side effects. The approach can help control certain types of pain and serves as an alternative to some pain medications. It integrates effectively with other treatments, including chiropractic care, as part of a holistic plan.

Karl L. Foster, D.C., founder of the practice, holds a Certification in Meridian Therapy, also known as acupuncture, from Parker College of Chiropractic. This credential enables the clinic to offer acupuncture alongside traditional chiropractic adjustments. Dr. Foster has more than 35 years of experience since entering practice in 1991. Born in Artesia, New Mexico, he earned his Doctor of Chiropractic degree and a Bachelor of Science in Anatomy from Parker College of Chiropractic in Dallas, Texas. He also possesses a Certificate of Proficiency in the Diagnosis, Treatment, and Rehabilitation of Carpal Tunnel Syndrome and other cumulative trauma disorders. Dr. Foster maintains membership in the Flower Mound Chamber of Commerce and the Flower Mound Rotary.

Mason Foster, D.C., joined the practice after graduating from Parker University with a Doctorate of Chiropractic in 2020. He focuses on analyzing and correcting root causes of musculoskeletal pain to support patient health and wellness. His guiding principle centers on understanding others so that they may heal. Dr. Mason Foster is an active member of the Cross Timbers Rotary Club and contributes time to community volunteering and charitable causes.

"Acupuncture at Foster Chiropractic complements chiropractic adjustments by targeting specific points to support pain relief and overall balance," said Karl L. Foster, D.C., founder of Foster Chiropractic. "This combination provides patients with additional tools for managing conditions without reliance on certain medications."

The clinic applies acupuncture within a broader context of musculoskeletal and wellness care. Patients experiencing upper back pain, lower back pain, extremity pain, headaches, sciatica, and joint issues may find the integrated approach beneficial. Adjustments and acupuncture together aim to relieve discomfort, reduce inflammation, improve mobility, and encourage the body's natural healing processes. Patient education on posture, ergonomics, and lifestyle habits forms part of the care to help minimize recurrence of issues.

"Integration of acupuncture allows the clinic to address patient needs through multiple modalities," said

Mason Foster, D.C., chiropractor at Foster Chiropractic. "The focus remains on root causes and supporting each individual's path to wellness."

Acupuncture has gained wider acceptance as a medical practice. Many insurance plans now offer coverage for the treatment, though patients should verify details with their providers. While generally safe, individuals with certain blood clotting disorders or those taking blood thinners should consult professionals before proceeding.

Foster Chiropractic operates as a family-oriented practice that combines the extensive experience of Dr. Karl L. Foster with the perspectives of Dr. Mason Foster. This structure supports continuity in care standards and tailored treatment plans. The clinic encourages prompt evaluation for those considering acupuncture to determine suitability and develop appropriate protocols.

Reports from patients describe outcomes such as reduced headache frequency, decreased joint discomfort, and improved management of chronic pain conditions through combined chiropractic and acupuncture sessions. Regular visits, accommodated by the clinic's schedule, often contribute to sustained results. The approach emphasizes conservative, non-invasive methods for conditions that might otherwise involve medication or more aggressive interventions.

The educational resource on acupuncture at the clinic provides foundational information to dispel myths and clarify expectations. Many individuals initially view the procedure as radical but gain comfort upon learning its principles and applications. This understanding expands potential treatment options for pain management and wellness.

Dr. Karl L. Foster's certification in meridian therapy allows incorporation of Eastern medicine concepts with Western chiropractic practices. This blend offers holistic options that address both symptoms and underlying imbalances. Meridian therapy principles complement spinal adjustments by promoting relaxation of tissues and supporting energy flow in affected areas.

The clinic assists patients seeking non-invasive options for managing symptoms related to headaches, back pain, sciatica, osteoarthritis, and other listed conditions. Outcomes from acupuncture vary by individual and depend on factors such as the specific condition, overall health, and consistency of care. Acupuncture serves as one component within comprehensive health management and is not a substitute for medical treatment. Patients should consult qualified health professionals regarding their circumstances.

Foster Chiropractic maintains a commitment to treatment, education, and patient satisfaction. The clinic's

integration of acupuncture reflects accumulated expertise in providing multifaceted care for individuals in Flower Mound and surrounding areas. This approach supports patients in addressing pain and pursuing improved wellness through established and complementary methods.

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For more information about Foster Chiropractic, contact the company here: Foster Chiropractic Karl L Foster, D.C. (972) 724-4357 [foster@fosterchiropractic.net](mailto:foster@fosterchiropractic.net) 2921 Long Prairie Rd, Flower Mound, TX 75022

## **Foster Chiropractic**

*Karl Foster, D.C. has over 30 years of experience adjusting patients. With our chiropractic adjustments, we commonly treat a wide variety of conditions.*

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