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Tiny Needles With Big Results: Bluesky Acupuncture

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If you are currently feeling off-kilter, whether you are suffering from migraine, back pain, fatigue, menstrual or menopausal issues, or your skin is not in as good condition as you would like, Elif Aran Kayra of Bluesky Acupuncture may be able to help.

Elif Aran Kayra has a story about how a year after the birth of her first child, she still felt off-kilter. Her energy was low and she was emotional. She was not depressed, but something clearly wasn't right. So when a friend recommended acupuncture, she never looked back.

Originally from Turkey, Elif is now the mother of two. The former software engineer has reinvented herself in the Netherlands as an acupuncturist, and currently practices in her office, Bluesky Acupuncture, in Amsterdam's Keizersgracht. A visit to Bluesky could be the answer to many problems women experience, including migraine, back pain, fatigue, menstrual or menopausal issues, and even skin care.



Alternative Medicine

"I've always been interested in alternative medicine, with whatever works," Elif said. She became so interested in it after her visits to the acupuncturist helped relieve her postpartum funk, that she enrolled at the Chinese Medical Center for a three-year English language training course in acupuncture to see if she liked it. At the time she was investigating it as a hobby because she was still working her regular job in IT.

In addition to Chinese medicine, her studies included western medicine, anatomy, and physiology. "It became clear I was going to do this. I liked it and was good at it, so after completing my studies, I opened my own practice. At first, I had two jobs, but now I practice exclusively," Elif said.

“*My typical patient is young to middle-aged with kids.*”

She describes her clients as mostly women aged thirty to fifty years old. She sees a lot of hormonal and digestive issues, and she believes acupuncture can be specialized for women's health to help mitigate a myriad of issues. "My typical patient is young to middle-aged with kids. Women tell me the same things, they have issues with their energetic and hormonal balance, their digestion is off and they are bloated. They have trouble sleeping, and they are just not feeling one hundred percent. These are the women I treat."

Elif also treats children, her own and others, in the clinic. She treats adults with needles, but not kids. "For children, I use the laser. Kids have receptive bodies with a quicker response to stimulation. In Chinese medicine, the child phase is age 0 through 12, when a subject is quick to respond. Patients over age 12 have entered the adult phase and will respond more slowly. "Kids come in with headaches, they come to increase their immunity, and to improve their digestion. It's quite effective," she said.

What You Can Expect At The Acupuncturist

Elif's clinic in the Keizersgracht is a calm oasis in the city, and she begins with a consultation to see why you are there and what you need. Next, she makes an evaluation and explains a potential course of treatment to address your issues. "If the issue is acute and recent, it heals faster. Chronic issues can take longer. It's medicine, not magic. Sometimes for chronic issues, the body is out of balance and stagnant so healing stops. Acupuncture can stimulate the nervous and circulatory systems by triggering points close to the nerve bundles to induce self-healing because the body is always trying to heal itself," she said.

“*It's medicine, not magic.*”

After a consultation and prescribed course, Elif evaluates the results of the initial treatment to get a better idea of where the healing process is going. This is the part where the very fine needles come in to stimulate certain acupuncture points. These points play an important role in the stimulation of the Neuroendocrine system. Hormone stimulation is triggered and digestion organs work more efficiently, working with the circulatory system to send hormones throughout the body, where they can be received by various organs and cells and put to use through bodily functions.

In practice, patients lay on the table, as Elif inserts needles, lightly at first because some patients are highly responsive. "It's a tiny prick. You can think of it in terms of dosage. It starts light and is adjusted in the following treatments. Some people are sensitive, so I also work with breathing for relaxation. It lasts 20 to 30 minutes, and in the end, the needles come out. Then we discuss diet and lifestyle for a completely holistic approach," she said.

Patients begin with twice-weekly treatments to built up the body and then proceed to weekly. "In the first weeks, it's crucial to have at least two regular treatments to maintain it. The therapy course averages 8 treatments, it could be more or less. When the patient stabilizes, we go on to maintenance care for 4 to 6 weeks to keep the balance," she said.

More Than Pain Relief

On top of her regular treatment, Elif also offers acupuncture facials. These are done with needles, LED red light therapy, gua sha facial massage, and facial cupping. In November she is going to add microcurrent treatment for the electric stimulation of muscles. Facial treatments can be done weekly for 10 to 12 weeks, or just once. "It goes deep into the skin. Needles and other methods stimulate collagen growth. Added to the body needles, it makes a holistic treatment," she said.

“ I know this from myself, with kids, and a job. It is important to take care of yourself.

Elif describes the effects of acupuncture on many levels. "It makes patients more relaxed and reduces stress no matter what you're coming in for. It helps alleviate burnouts, anxiety, and chronic conditions. It is effective for migraines related to hormones, and it builds up immunity in the colder months by stimulating and increasing the numbers of T cells and antibodies in the system. Maintenance is important. I know this from myself, with kids, and a job. It is important to take care of yourself," she said.

To find out more about Bluesky Acupuncture, see their website (<https://www.blueskyacupuncture.org/>) and Facebook page (<https://www.facebook.com/blueskyacupuncture/>).

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*Mary Petiet (<https://www.facebook.com/MaryPetiet/>) is a reporter, writer, and story teller. Her work is frequently inspired by her native Cape Cod, where she covers the local farm beat for Edible Cape Cod magazine. Mary is the author of *Minerva's Owls* (https://www.amazon.com/Minervas-Owls-Remembering-Feminine-Reenvision/dp/1938846915/ref=sr_1_1?ie=UTF8&qid=1509363461&sr=8-1&keywords=minerva%27s+owls) (Homebound Publications, April 2017), a book remembering the divine feminine to reenvision the world. She is currently headquartered in The Netherlands.*

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