

SERVICES WE OFFER



ACUPUNCTURE



In Latin, *acus* means "needle", and the English word *acupuncture* was coined way back in the 17th century to describe a technique the Chinese had already been using for 2,000 years.

An *acupuncturist* may insert many extremely fine needles at a time.

The treatment may sometimes be uncomfortable but not truly painful.

In China today, even major surgery is often carried out using only acupuncture to kill the pain.

It is also used for many other conditions, including insomnia, depression, smoking, and overweight.

Acupuncture is based on ancient theories of bodily energy that few Western doctors have ever accepted; but even though attempts to explain its effects by Western science have been unsuccessful.

It's now widely recognized by doctors as effective for pain reduction.

Traditional Acupuncture

Involves needle insertion, moxibustion, and cupping therapy, and may be accompanied by other procedures such as feeling the pulse and other parts of the body and examining the tongue.

Involves the belief that a "Life Force" (Qi) circulates within the body in lines called Meridians.

Patients are advised to eat a good solid meal 1 to 2 hours before the session because the needles move and re-channel the internal energy.

EAR / AURICULAR ACUPUNCTURE

Also called Auriculotherapy

Both a diagnostic and an integrative treatment procedure

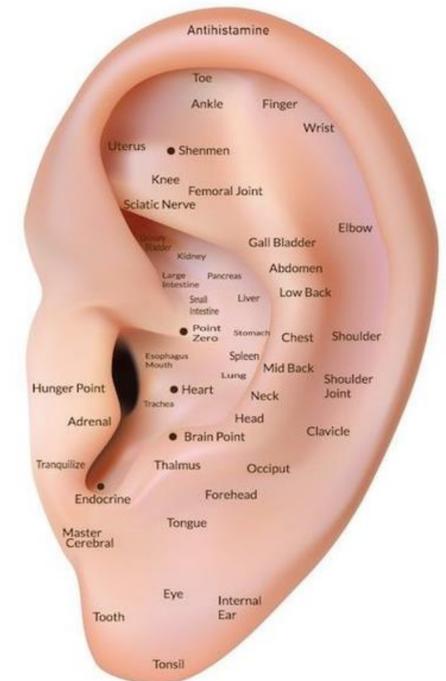
Used for pain relief and the alleviation of addictions

The principles are based both upon Acupuncture and Traditional Chinese Medicine and upon neurological reflex therapies that were discovered in Europe.

There are neurological reflexes and energetic correspondences between specific areas of the external ear, or auricle, and other parts of the body that are arranged in the pattern of an inverted fetus.

Treatment of these reactive ear reflex points can be achieved by Tactile (pellets/seeds), by the insertion of acupuncture needles, or by transcutaneous electrical stimulation.

Effectively utilized to reduce chronic pain and anxiety within a few minutes of treatment and can alleviate the aversive symptoms of opioid withdrawal or reduce the craving for opioid medications.



People use auricular acupuncture to tackle a range of health concerns, including:

Chronic pain especially low back pain

Migraine

Anxiety and Depression

Insomnia

Digestive issues

Cancer pain

Chemotherapy side effects

Substance use disorder

Allergies

Ear Pellets / Seeds:

Application of ear seeds or pellets to the patient's ears

The continuous stimulation offered by the seeds extends and boosts the treatment, even as the patient returns home, goes back to work, or retires for the night.

Results may be more pronounced, and improvement may occur more quickly.

Keep the pellets intact on the surface of the ears for 7 days.

Do not rub vigorously when taking a shower.

Needs to be replaced after a week for maximize results.

**Additional
\$15**

PEDIATRIC TUI NA



Includes what is popularly known as "acupressure," where practitioners use finger pressure instead of needles to stimulate the acupuncture points.

Aimed to promote the health and well-being of infant to young children age 12 years old. Through such massage, children's body constitution can be improved.

Also often used when acupuncture is inappropriate, such as with children, when it is referred to as "Chinese pediatric massage therapy."

Traditional Chinese Medicine practitioners will frequently encourage and instruct patients to do self massage and certain exercises at home.

Used to prevent and treat disease by employing various manipulative techniques on specific parts of the body, appropriate to the child's specific physiological and pathological characteristics.

Like acupuncture, TCM uses Tui na to harmonize yin and yang in the body by manipulating the Qi in the acupuncture channels.

Benefits:

Fever

Cough

Vomiting

Diarrhea

Asthma

Chickenpox

Constipation

Loss of appetite

Stunted growth

Whooping cough

Nocturnal enuresis

Infantile convulsions

Abdominal pain, colic

Congenital muscle torticollis

Sleep problems, Night terrors

Anal prolapse, Inguinal hernia

COSMETIC ACUPUNCTURE

A non-invasive treatment that involves using acupuncture to improve skin and fight the aging process.

Sometimes referred to as an "acupuncture facelift" or "facial rejuvenation," cosmetic acupuncture often is used as an alternative to surgical facelifts and other conventional procedures said to reverse signs of aging in the skin.

Similar to Traditional Chinese Medicine, Acupuncture, which is used to correct Qi or life force energy.

Strategically places small needles into the skin to cause micro-damage activating the body's healing response.

This so-called natural Botox is not as effective as an injection of botulinum toxin type A, however, it too stimulates elastin and collagen production and plumps skin with little to no risk of side effects.



Proponents claim that cosmetic acupuncture can help:

: Reduce wrinkles Diminish fine lines Remove age spots Lift droopy eyelids

THERAPEUTIC MASSAGE

The manual manipulation of the body's soft tissue.

It has been used in many world cultures for more than 4,000 years.

Because many diseases are exacerbated by stress, therapeutic massage can help a person become healthier and more resistant to disease.

Important benefits:

Stress Relief

Release of Tension

Anxiety Reduction of the Mind

Stimulates the body's
parasympathetic nervous system,
which is responsible for the
body's rest and recovery

Soft tissue manipulation activates
this system and reminds the body
that it doesn't need to remain in
a heightened state.

