

Acupuncture Services

Acupuncture

Acupuncture is an ancient healing method whereby the practitioner inserts finely gauged needles into specific points on a patient's body. The needles affect the flow of Qi in the body. Qi means life force. The Chinese people noticed that Qi moves through all living beings in predictable patterns. When a person experiences pain or discomfort in any way - physical, mental, or spiritual - it is due to a disruption in the appropriate flow of Qi. Effective treatment of most conditions requires 12 weekly appointments, followed by a regular maintenance plan of 1 appointment every 3 to 8 weeks. Patients with more serious or difficult conditions may require weekly treatment for an extended period of time, and/or more frequent treatments - especially in the beginning. Acupuncture is ideally suited to preventative maintenance of health. The acupuncturist teaches the patient how they can control their symptoms, helps them understand the message their symptoms are sending them, and partners with them as they continue their health journey. The acupuncturist helps the patient create wellness, and then helps them to stay well.

Auriculotherapy

Auriculotherapy and Ear Seeds are techniques that the acupuncturist may choose to perform during the course of a treatment program. Auriculotherapy uses the ear as a micro system of the entire body. Treating points on the ears can alleviate suffering from many health conditions including, but not limited to addiction, anxiety, insomnia, high blood pressure, diabetes, and poor memory.

Ear Seeds are tiny seeds that can be placed on acupuncture points and left on for 3 days at a time. The patient is instructed in acupressure so that they can get continuing support for certain symptoms. After 3 days, the seeds must be removed and the patient must check in with the acupuncturist to have the point evaluated, and to receive new seeds if desired.

Moxibustion

A healing technique employing dried mugwort, also known as moxa. The mugwort/moxa is burned on specific acupuncture points on the body, or a moxa stick is waved over a larger area of the body. This technique facilitates the healing process for many conditions. The patient may be instructed in how to use a moxa stick at home if daily treatment is required. There are times when Moxibustion is not appropriate.

Gua Sha

Gua Sha is a healing method whereby a Gua Sha tool is rubbed repetitively over certain areas of the body. It is used to treat many health conditions, including but not limited to, the common cold, arthritis, fevers, and painful conditions.

The Acupuncturist can instruct parents in the use of Gua Sha for children, who often prefer Gua Sha and acupressure to acupuncture. It is a useful and comforting technique for ill or asthmatic children.

Cupping

Cupping is a therapy involving the placement of glass cups on the skin and applying suction. This promotes blood flow and the release of pathogenic factors. Cupping is useful for many health conditions, including but not limited to, releasing tense muscles, promoting healthy digestion, and strengthening the immune system. Be aware that the suction may create local bruising.

Acupressure

Acupressure is an ancient healing practice whereby the practitioner gradually presses her fingers on select pressure points in order to stimulate the body's natural healing process. It is gentle. Acupressure requires more frequent office visits than acupuncture for the treatment of most conditions.

Cold Laser Therapy

Low Level Cold Laser is a modern treatment technique whereby the practitioner uses a low frequency hand held laser to stimulate acupuncture points. This is a painless method of treatment.

Five Element Nutritional Counseling

The practitioner evaluates your diet and provides insights into how your diet and eating habits may be promoting or detracting from your life experience. All insights are grounded in 5 Element Theory. The practitioner will suggest modifications and will support you as you make changes in your diet and behavior.

Addiction/Weight Loss Treatment/NADA Protocol

-Sliding scale and extended payment options available. Call to discuss your options and circumstances with the practitioner. The maximum cost is \$850 per week. Daily treatment is essential.

NADA is an auricular acupuncture technique that calms the Central Nervous System and aids in overcoming addictions. This protocol is very useful for addiction treatment, in conjunction with traditional western methodologies.

Reiki

Reiki is a healing technique that supplements a patient's energy level. It is a relaxing, fully, clothed, non touch form of medicine that supports a patient's ability to heal them selves.

Distance Reiki is when Reiki is 'sent' to a patient at a particular time in order to give added strength in a particular moment and/or place.