

ACUPUNCTURE

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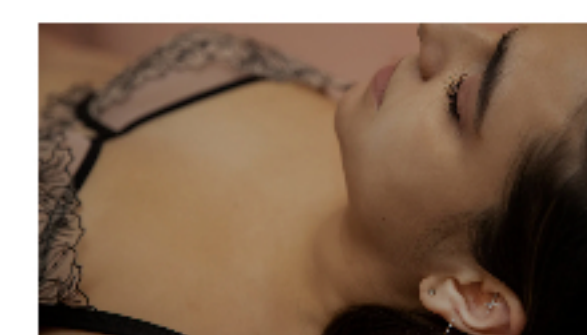
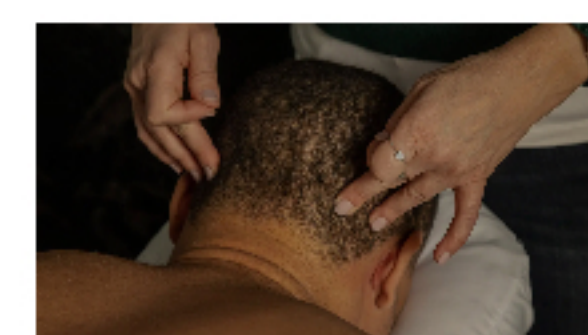
What to Expect

The insertion of tiny whisker-like needles into specific points within the body. These points are determined by each individual's specific symptom presentation, as well as other observable diagnostics. The aim is to treat the root cause of symptoms.

Placement of the needles will be customized for each individual and will often change throughout your specific treatment plan as you progress along the way. Once the needles are inserted, patients will retain them for a determined amount of time.

Additional modalities may be incorporated to accentuate the acupuncture treatment such as, dry needling, electrical stimulation, moxibustion, cupping, gua sha, herbal formulas, and analgesic topicals.

Essentially, we are engaging the circulatory system and neurological systems thereby increasing blood flow as well as releasing neurotransmitters that help to calm and relax you during your treatment. Both are important in speeding up the healing process. Acupuncture is cumulative, so sticking to the treatment plan will have optimal results.



SPECIALTIES

ALL SPECIALTIES

ORTHOPEDIC

WOMEN'S HEALTH

MODALITIES

ACUPUNCTURE

CUPPING & GUA SHA

MOXIBUSTION

HERBAL MEDICINE

HOURS

TUES 12 AM – 8 PM

WED 12 AM – 8 PM

THURS 12 AM – 8 PM

FRI 12 AM – 6 PM

CUPPING AND GUA SHA

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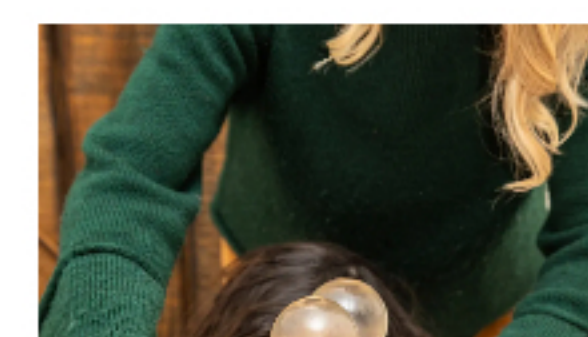
What to Expect

An old-world therapeutic approach used by many cultures around the world that is primarily used and effective in soft tissue pain relief in combination with acupuncture.

Using small glass jars or pneumatic glass cups, a suction or vacuum seal is created on the skin via a pneumatic device or with fire. We are targeting the fascia layer which is the “plastic wrap” that encases all of our muscles. Part of what creates the feeling of pain in a muscle or other soft tissue is a reduction in blood circulation or what we refer to as stagnation. The suction aims to pull the fascia up and away thereby increasing blood circulation into the muscle, relieving tension and discomfort, and increasing range of motion as well as improving the metabolic process.

Cupping can also be used to treat other illnesses such as asthma, common cold, chronic cough, indigestion, and some skin conditions.

Gua Sha is similar to cupping only it is used for less severe pain and doesn’t go as deep as cupping – it is used more superficially to combat pain or stiffness. It can help to open of the pores to release the beginning stages of a common cold or virus by applying pressured strokes at the back of the nape. It is common to have markings on the body post cupping or gua sha treatment, however they will range in size, color and duration.



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HERBAL MEDICINE

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Using ancient Chinese theory and following the practice of medicine in treating the body as a whole, you may receive herbal formulas that will be prescribed as part of your treatment.

Chinese herbs can be beneficial for a wide array of conditions. Amongst a few are seasonal cold/flu, insomnia, gastrointestinal disruptions as well as fertility cases that require regular tweaking to follow or enhance the flow of the reproductive cycle.



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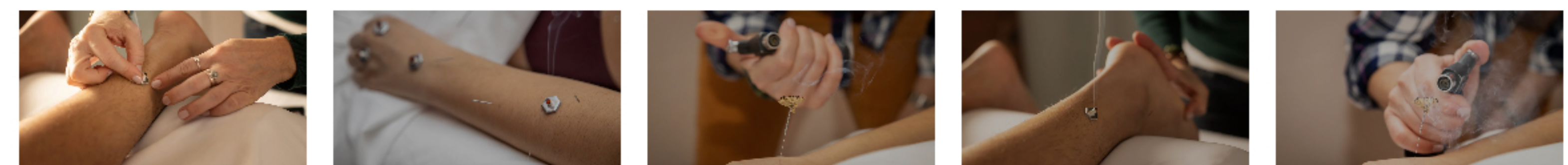
MOXIBUSTION

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What to Expect

Otherwise known as Ai Ye or Mugwort, is topically applied or very closely hovered over a targeted area of the body and typically used in conjunction with acupuncture.

Mugwort has a wide range of uses and aids in the prevention of disease and keeping one healthy. It can stimulate and heat up an area of the body to reduce pain, and keep the smooth flow of qi (what we refer to as the life force energy) as well as assist in treating other more complex conditions.



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