

SPECIALTIES

SCHEDULE AN APPOINTMENT



Orthopedic
Pain



Women's
Health



Emotional & Hormonal
Imbalances

Depending on the procedure, passive and active therapies are incorporated for a speedy recovery.



Headaches
& Migraines



Gut-Related
& Imbalances



Cosmetic
Acupuncture



Insomnia

Orthopedic

Almost everyone has experienced some level of pain throughout their life, whether acute or chronic, sports related, or post-surgical recoveries. Tackling pain is something Burdock & Clove loves to do. Acupuncture is incredibly effective in assisting soft tissue recovery. We assess by evaluating range of motion, palpation, and manual muscle testing.

Acupuncture balances opposing muscle groups by needling specific motor and trigger points, as well as surrounding local points. When we insert a needle into a specific point, the circulatory and neurological systems are engaged. Together, with manual techniques and mobilizations within the musculature, the body can begin to heal and realign itself appropriately. Often we will use Tui Na (gentle massage techniques) and prescribe therapeutic exercises to empower the patient to take a more active role in their progress. Treatment may also include important nutritional and herbal remedies, as well as cupping or gua sha, to speed up the recovery process of the injury.



Women's Health

Traditional Chinese gynecology has many benefits for women. It's quite exciting to see how it is gaining popularity as an alternative approach in the West. While there is no denying the value of Western intervention – like surgical and pharmaceutical intervention – for more serious conditions, there are many non life threatening disorders, such as irregular periods, PCOS, endometriosis, menopause, habitual miscarriages, infertility, and pre/post natal support that can be effectively treated with traditional methods. That said, these conditions and their symptoms can be seriously debilitating for the patient, both physically and emotionally. More research in the form of double-blinded studies have been and continue to be conducted, which prove traditional methods to be very helpful in creating balance and relief.

Experiencing some of the above mentioned conditions as well as being a mother myself, have made practicing gynecology a bit of a specialty at Burdock & Clove. Because every women is unique, so is the treatment protocol and plan. We take a customized approach in treatment based on the type of condition, length of cycle, hormones, and symptoms experienced. Acupuncture, herbal interventions, dietary considerations, and vitamin supplements are part of the process and often change throughout the treatment plan based on hormone fluctuations that occur throughout the cycle. We have a full herbal pharmacy in-house and access to online supplements to enhance your acupuncture treatment. This process can be very arduous and it is very important that you are heard, seen, and supported in all of your goals. We believe this relationship to be more of a partnership so that you can have full autonomy throughout your journey.

