



A Holistic Family-Based, Wellness Center.

Our goal is to provide you and your family with complete, comprehensive, natural health care at an affordable price.

Treatments are provided in a peaceful, healing environment. Health plans are tailored to your specific needs, unique physical make up and medical history.

Traditional Chinese Medicine (TCM) is an ancient health care system consisting of five synergistic therapies.

Acupuncture and Chinese Herbology are the most popular in the United States.

Other therapies include Qi gong, Tui na & Food Therapy.

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Traditional Chinese Medicine

Traditional Chinese Medicine (TCM) is a complete medical system which has been used for thousands of years to enhance the body's own natural healing abilities. The purpose of acupuncture, Chinese herbs and other TCM modalities is to restore the flow of blood back to normal and to promote maximum organ system function. If detected early, organ system impairment and blood stagnation may respond well to TCM with an excellent chance of complete recovery.

Commonly Treated Conditions

- Allergies/Asthma
 - Anxiety/Depression
 - Arthritis/Joint Problems
 - Autoimmune Disorders
 - Back Pain
 - Bladder/Kidney problems
 - Conjunctivitis
 - Constipation/Diarrhea
 - Colds/Flu
 - Dizziness
 - Drug Addiction/Smoking
 - Fatigue
 - Frozen Shoulder
 - Gastrointestinal Disorders
 - Headache/Migraine
 - Heart Problems/Palpitations
 - High Blood Pressure
 - Immune System Deficiency
 - Insomnia
 - Knee Pain
 - Menopausal Discomfort
 - Neck Pain/Stiffness
 - Pre Menstrual Syndrome
 - Peripheral Neuropathy
 - Rhinitis
 - Sciatica
 - Sinusitis
 - Skin Problems
 - Stress/Tension
 - Tendonitis
 - Vision Problems
 - Weight Loss
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Acupuncture

Extremely fine, hair-thin, disposable needles are placed at specific points on the body. Acupuncture points are chosen based on a Chinese medical pattern diagnosis. As few as two or as many as twelve or more needles may be used. When the needles are inserted, a sensation of tingling, heaviness or warmth is often experienced at the needle site. Most people discover that treatments are actually quite relaxing. The needles are usually retained for 20 to 30 minutes, providing a pleasant, calming experience and an opportunity to unwind and release stress and tension.

Acupuncture is a safe medical procedure when administered by a qualified practitioner. We use only pre-packaged, sterilized, disposable needles.

Chinese Herbology

Chinese herbal formulas have been in use for over 2,000 years. The Chinese pharmacopoeia lists over 6,000 medicinal substances of which there are about 600 in common use today.

Chinese Herbs are considered a safe and effective treatment for a variety of symptoms. Most formulas consist of two to eighteen different types of herbs based on time tested, clinically proven herbal combinations. These classic combinations work synergistically to stimulate the body's own healing process. In addition, each classic formula used can be customized to treat each patient's unique symptoms and organ imbalances.

With the advent of modern techniques, Chinese herbal formulas may be taken in the form of pills, capsules, granules or tinctures to make them easier and more convenient to ingest.

Qi Gong

Qi gong is an ancient movement therapy, which has been in existence for thousands of years. Qi gong is a very powerful self-healing discipline that is effective for many conditions. Qi gong is an amazing tool in that it gives you the ability to keep your body and mind balanced and functioning optimally. Once you have made this ancient therapy a part of your daily repertoire, you alone will have tremendous control over your own health and well-being.

Food Therapy

In TCM, food is used therapeutically for its healing properties. In ancient China, dieticians (Shi yi) were considered the most significant healers, even above internists and surgeons. Their primary task was the prevention of disease, along with the therapeutic use of foods for both acute and chronic diseases. Myriad foods, most of which you are already familiar with, have healing properties that can assist in regulating your body's functions for maximum health and wellness. Each food has a specific thermal nature, flavor and direction which can be used to promote digestive wellness. As you change your diet to include healing foods and eliminate foods which are unhealthy and taxing to your digestive system, you will begin to awaken your body's innate ability to desire foods which are not only healthy, but which are delicious and satisfying.

Your First Treatment...

During your first treatment, a thorough examination will be conducted which will include a detailed medical history, pulse and tongue diagnosis.

Adjunctive therapies may also be used such as moxabustion (heat), Gua Sha (scraping), Cupping (suction), Auricular Therapy (ear acupuncture) as well as electrical stimulation. An herbal formula may also be recommended.

I look forward to assisting you on your journey to vibrant health and wellness!

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