

## Background

I am a master's of science acupuncture and oriental medicine degree graduate of

Bastyr University,  
a diplomats of the

National Commission for the Certification of  
Acupuncture and Oriental Medicine  
(NCCAOM),  
and CPR certified.

I have worked as a physical therapy aide doing  
heat, cold, electro, traction, ultrasound, exercise  
and massage therapies. I also taught Bujinkan  
martial arts for many years.

My training at Bastyr University includes five  
quarters of naturopathic manipulation, four  
quarters of tui na, three quarters CHINESE  
medical language, counseling, medical  
hypnotherapy, massage, many western medical  
science classes, guided imagery and  
visualizations,  
qi gong, and tai chi.



According to the

World Health Organization  
of the United Nations,

acupuncture is appropriate for a wide range of  
conditions, including:

### Dermatological

Acne, Eczema, Herpes

### Eye Ear Nose Throat

Allergy, Deafness, Dizziness, Earaches, Eyesight  
Problems, Hay Fever, Sinus Infection, Sore Throat,  
Tinnitus

### Genito-Urinary and Reproductive

Impotence, Infertility, Irregular Periods or Cramps,  
Menopausal Symptoms, Morning Sickness, Pre-  
Menstrual Syndrome (PMS), Pelvic Inflammatory  
Disease (PID), Vaginitis

### Infections

Bronchitis, Colds, Flu, Tonsillitis

### Internal

Abdominal Pain, Asthma, Colitis, Constipation,  
Diabetes, Diarrhea, Hemorrhoids, High Blood Pressure,  
Hyperacidity, Hypoglycemia, Indigestion, Ulcers.

### Mental Emotional

Anxiety, Depression, Insomnia, Stress

### Musculo-Skeletal And Neurological

Arthritis, Back Pain, Bell's Palsy, Bursitis, Cerebral Palsy,  
Headaches, Migraine, Muscle Cramping, Neuralgia,  
Post-Operative Pain, Sciatica, Sprains, Stiff Neck,  
Stroke, Tendinitis, Trigeminal Neuralgia

### Other Benefits:


Increased Vitality and Energy, Stress Reduction and  
Deep Relaxation, Skin Rejuvenation, Reduced Addictive  
Urges, Pain Control, Heart Rate and Blood Pressure  
Regulation, Immune System Stabilization,

. . . and many others.

# Acupuncture & Chinese Herbal Medicine



Health  
Growth  
Harmony



Tui Na  
Herbs

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## The Healing System of Acupuncture

The CHINESE began using acupuncture more than 5000 years ago, and it has been the subject of continuous study and clinical experience since that time.

Simply put, acupuncture is the use of very fine needles to stimulate specific points on the body to rebalance the patient's Qi (pronounced chee), or internal energy.

CHINESE medicine is holistic, treating the whole person rather than the symptoms. It is a complex system of examination, diagnosis, and treatment that seeks to relieve pain and distressful symptoms by assisting individuals to find balance in their lives. Preventive maintenance is central to the philosophy of CHINESE medicine, and this extends to diet, breathing, exercise, and emotional health.

The World Health Organization of the U.N. identifies more than 40 conditions that acupuncture successfully treats. A blue-ribbon panel of physicians and researchers at the National Institutes of Health recently issued a report concluding that acupuncture offers promising results in a variety of situations. Studies are released every month in professional journals from around the world proving new uses.

Unlike drugs and surgery, acupuncture is a safe, non-invasive type of medicine with virtually no side effects. Millions of people use acupuncture safely every year.

## How Does Acupuncture Work?

In traditional CHINESE medicine, physical illness and disorders are caused by imbalances or blockages in the flow of Qi, which flows through the body along meridians, or channels.

By stimulating appropriate points along these meridians, the energy is released and regulated, and health is restored.

In Western medical terms, studies indicate that acupuncture influences the central and peripheral nervous systems; sugar, cholesterol, and triglyceride levels in the blood; the functioning gastrointestinal system; and activity in the endocrine system.

The most extensively researched physiological reaction to acupuncture has been the release of substances in the brain known as endorphins, the body's natural painkillers. It is thought that acupuncture needles stimulate peripheral nerves in muscles that send messages to the brain to release endorphins, which then do their work of blocking pain messages from reaching the brain.

Studies show that acupuncture also releases serotonin, a different brain chemical that affects mood and emotions making it useful in treating depression plus a hormone called ACTH, which stimulates the adrenal glands and enhances anti-inflammatory responses in the body.

## What You Can Expect During Your Visit...

The first session begins with an interview that includes both your medical and personal history and continues with a physical examination and consultation. The first visit should help your practitioner understand your reasons for seeking acupuncture treatment and assess the underlying imbalance leading to your symptoms. Depending on your situation, you may or may not receive a treatment at the time of your visit.

Acupuncture needles are sterile, disposable stainless steel needles that are used once and then discarded in biohazard containers. The needles are very thin, about the thickness of two human hairs. Insertions are gentle and often barely perceptible, usually just below the skin's surface. The sensations vary from person to person, from no sensation at all to a momentary dull ache or tingling. Some people say being well hydrated helps reduce the sensation. Most patients find the treatment very relaxing and renewing.

The length and frequency of subsequent visits will vary according to the symptoms and the response to treatment. The benefits of acupuncture may take several treatments, although dramatic results can occur quickly. The treatments may also include related techniques such as moxibustion, gwa sha, tui na, or cupping. In some instances, herbal medicine may also be indicated.

The natural healing force within each one of us is the greatest force in getting well.  
-Hippocrates