

What would a treatment be like?



Before your initial treatment, you will be given a health history questionnaire to fill out. After completion, you will be interviewed by your licensed Acupuncturist. At the end of the interview, the Acupuncturist will examine your tongue, take your pulse to determine a diagnosis. Once a diagnosis is determined, your Acupuncturist will decide what points to place the needles on your body to begin treating the disorder. During the treatment you will also receive CranioSacral Therapy.

Does Acupuncture hurt?

Everyone reacts differently to acupuncture. Some people report minor discomfort. Some report nothing at all while others feel various sensations, such as a dull ache, itching, or heat. These various sensations are normal and indicate that your Qi is being stimulated. However, if you are having great discomfort, notify your acupuncturist immediately. The needles can be easily adjusted for your comfort. Acupuncture is a safe, drug-free and known effective therapy that can help address a wide variety of common ailments.

Enjoy the benefits of
Acupuncture and
CranioSacral Therapy!

**Refer a friend
Get a FREE tincture!**
**Refer 3 friends
Get a FREE treatment!**

Located at :

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Suite 100A
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What Is Acupuncture & CranioSacral Therapy?



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What is Acupuncture?



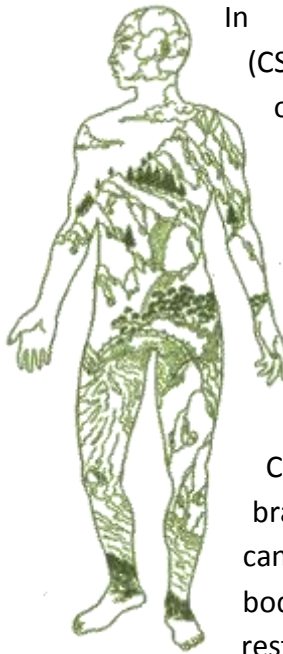
Acupuncture is a 5000 year old healing system developed in China. It is one of the four branches of Traditional Chinese Medicine (TCM) and is based on the belief that all living beings

have Qi (Chi), or vital energy that circulates throughout the body along meridians; also known as energy channels. Meridians run along the course of your body, connecting to each organ system providing pathways for our Qi to travel. Our Qi must flow freely in order to provide essential nutrients to all our organs and tissues. When our Qi becomes imbalanced or obstructed, symptoms often arise. Acupuncture uses thin sterile needles to activate specific points along the meridians. This promotes our body's natural healing ability. The focus of acupuncture is to treat each person as a whole, in mind, body and spirit to determine the root cause of an illness or disease. The theory is that by treating the root cause, the person will be brought back into balance.

How does Qi become imbalanced or obstructed?

Our Qi can become imbalanced and obstructed for several reasons. Some common reasons that influence the quality and quantity of our Qi are physical trauma, emotional trauma, stress, lack of exercise, poor diet, and over-exertion.

What is CranioSacral Therapy?



In CranioSacral Therapy (CST) the hands are placed on various parts of the head and body and are used to feel for the subtle movements of the CranioSacral Rhythm. The Cranio-Sacral Rhythm is created by the flow of Cerebrospinal fluid in the brain and spinal cord and can be felt throughout the body. When areas of restrictions are felt in this

rhythm the practitioner will assist the body in releasing the restrictions. The emphasis of this treatment is to encourage and enhance the body's self healing and self regulating abilities.

Why combine Acupuncture with CST?

Acupuncture and CST are similar in that they both promote the body's natural ability to heal itself. CST is a hands on therapy that allows the practitioner to locate and release areas of restrictions in the body. This works well with Acupuncture because it helps the Qi to flow more freely through our meridians and enhances the therapeutic effects. Both of these modalities are powerful on their own, but we believe that the potential to heal is multiplied when the two are combined.

Acupuncture & CST can help alleviate symptoms from:

- Addictions
- Anxiety
- Chronic Fatigue
- Digestive Disorders
- Emotional Trauma
- Immune Support
- Insomnia
- Menopause Symptoms
- Migraines
- Pain
- Sports Injuries
- Stress & Tension
- Weight Control & more