

ACUPUNCTURE

& TRADITIONAL CHINESE MEDICINE (TCM)

HOW DOES IT WORK?

Acupuncture is the insertion of fine, sterile needles into *acu*-points found throughout the body. Applying pressure, heat, or electrical stimulation may further enhance the effects. Other *acu*-point stimulation techniques include: manual massage, moxibustion or heat therapy, cupping, and the application of topical herbal medicines and liniments.

A 100% natural form of therapy that has been proven effective over 2,500 years. Modern research has shown acupuncture's positive effects on the nervous system, immune system, cardiovascular system, endocrine and digestive systems. By stimulating the body's various systems, acupuncture can help to resolve pain, improve sleep, digestive function, and promote a sense of well-being.

HOW CAN IT HELP?

Proven safe and effective in treating conditions such as musculoskeletal problems (back, neck, shoulder pain, sciatica, post-op pain, & numbness, nausea, migraines, headache, fatigue, anxiety, depression, insomnia, digestive disorders (IBS, Crohn's, constipation, diarrhea), peri-menopause symptoms, irregular periods, and infertility.



DOES IT HURT?

The needles are extremely thin causing little to no discomfort. Once in, you do not feel them and are able to rest comfortably during the treatment.

IS IT COVERED BY INSURANCE?

Acupuncture is covered by some health insurance plans, but not all. If your plan covers acupuncture, our staff will bill your insurance company for the service and you will be responsible for any co-payments required. If your plan does not cover acupuncture, you may still receive the service for a reduced cash fee.

Packages are also available. Cash, checks, HSA and all major credit cards are accepted.

Acupuncture & TCM Services

ACUPUNCTURE INITIAL 90MIN | \$150

At your initial appointment, your physician will get all the necessary details about your case in order to formulate a customized Treatment Plan for you. This appointment generally lasts 60 – 90 minutes. If you are opting for acupuncture, you will receive your first treatment at this visit. Your printed treatment plan will detail exact recommendations made for you by the physician including the number of visits appropriate for your case, nutritional supplements, herbal medications and dietary/lifestyle adjustments. After this session, we encourage you to pre-book future appointments as our schedule fills up very quickly.

ACUPUNCTURE FOLLOW UP 30MIN | \$85

The follow-up visits are designed to give ongoing support to your therapeutic goals. The physician will monitor your progress and make any necessary adjustments to your treatment plan. As you progress through the treatments and improvements stabilize, your follow-up visits will become less frequent until you no longer need them.

CUPPING 30MIN | \$65

This treatment involves placing cups on the skin to create suction. The suction facilitates a release in the connective tissue surrounding the muscles allowing for improved circulation and pain reduction.

AURICULAR THERAPY 30MIN | \$85

Auricular therapy is the stimulation of the external ear for the diagnosis and treatment of health conditions. These health conditions may be taking place anywhere throughout the body. The stimulation of these acupuncture points can be done manually, with an acupuncture needle, a laser, magnets or ear seeds. Regardless of the means of stimulation, auricular acupuncture can be a very powerful addition to regular acupuncture treatments or used as a stand alone treatment.

GUA SHA (SCRAPING THERAPY) 30MIN | \$65

A traditional healing technique used to breakdown restriction in the connective tissue helping address issues like chronic pain, inflammation, scar tissue formation, lymphatic stagnation, and poor circulation.

HERBAL/ HOMEOPATHIC CONSULTATION 45MIN | \$85

Using 5-element Taoist principals, traditional herbal remedies and homeopathic remedies are skillfully prescribed to gently enhance your body's inherent restorative functions.

CONTACT US

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