Insurance Costs

from chemo side effects to smoking cessation to sciatica, there’s anecdotal evidence that acupuncture is like a one stop shop for complementary and adjunctive therapies. Everything.

And after thousands of years of practice, there’s really not much it hasn’t been used to treat.

Acupuncture is frequently used to treat pain. Pretty much any kind of pain. Nerve pain,
regulate the body’s own intelligent internal processes.”

think of the acupuncture points as internal communication points to help balance and
thrive. Similar to our blood circulation, the energy flow in the acupuncture meridians is
universe.” That flow of energy, or qi, is the basis of acupuncture.

philosophy behind acupuncture is rooted in the Daoist tradition which goes back over 8000
years. Would you let someone stick needles in your face? Better yet, would you pay someone to stick
injections into your body? In a word: no. And in the case of acupuncture, why would you want to?

Acupuncture is a form of medicine that had been around for thousands of years? Skeptical? You shouldn’t be.

An acupuncturist will insert needles into precise locations along the meridians to relieve the
blockage and allow your qi to flow freely, restoring balance. “Each acupuncture point has
a role in differentiating disease and in facilitating the natural course of recovery. This is why
people with diabetes, cancer, and other health conditions receive acupuncture treatment.”

One study even showed that acupuncture is an effective treatment for reducing the pain
and discomfort associated with labor.

An acupuncture session starts by finding your acupuncture points and then inserting
needles. The needles are very thin and can be felt by many patients as a slight tingling or
sting. Sometimes the needles are left in place for 10 to 15 minutes, depending on the
condition being treated.

Classes in Tai Chi & Chi Gong

Master your body’s inner energy.