**Acupuncture**

Having evolved over thousands of years, acupuncture is one of the oldest continuously practiced medical modalities in the world. A treatment involves the insertion and manipulation of flexible, hair-thin needles at specific points along the body's meridian pathways, which are channels through which the body’s energy is thought to flow. Acupuncture is a safe, effective, chemical-free way to promote the body's remarkable self-healing abilities. It is used to prevent and treat disease, relieve pain, balance mood, enhance athletic performance, increase fertility, and improve overall health and wellness.

**What Can Acupuncture Treat?**

Acupuncture works by activating the body's own healing powers, so it can be beneficial for many health conditions. The World Health Organization (WHO) has documented many symptoms, diseases, and conditions that have been shown in controlled clinical trials to be effectively treated with acupuncture.

Below are some common conditions I can treat, but please feel free to contact me about your specific health condition…

* Acupuncture and Oriental Medicine
* Pain
* Sports injuries
* Muscle pain
* Back, neck and shoulder pain
* Leg, ankle and foot pain
* Arm, wrist and hand pain
* Knee pain
* Hip pain
* Carpal tunnel syndrome
* Tennis Elbow
* Repetitive strain injuries
* Jaw pain (TMJ)
* Dental pain
* Sciatica
* Arthritis
* Tendonitis
* Myofascial pain syndrome
* Headaches and migraines
* Postoperative pain
* Digestive Issues & Nausea
* Heartburn, Acid Reflux
* Irritable Bowel Syndrome (IBS)
* Chronic indigestion
* Chronic loose stools or constipation
* Peptic ulcer
* Acute and chronic gastritis
* Morning sickness
* Nausea and vomiting
* Mental and Emotional Wellbeing
* Stress
* Anxiety
* Insomnia
* Depression
* Respiratory Complaints
* Sinusitis
* Allergies
* Reproductive Issues
* Infertility
* Increased efficacy of In Vitro Fertilization (IVF)

**Modalities**

**Moxibustion**

Moxibustion involves the heating of acupuncture points with smoldering mugwort herb (known as *moxa*). Moxibustion stimulates circulation, counteracts cold and dampness in the body, and promotes the smooth flow of blood and *qi*. This safe, non-invasive technique may be used alone, but it is generally used in conjunction with acupuncture treatment.

**Tui Na**

*Tui na* means "pushing grasping," and is a powerful form of Chinese medical bodywork. Based on the same Oriental medical principles as acupuncture, *tui na* seeks to improve the flow of *qi* through the meridian channels. *Tui na* is particularly effective for conditions involving muscles, tendons and joints, such as structural misalignment, orthopedic problems and sports injuries. It can also be used to treat internal diseases.

**Cupping**

Cupping is an ancient technique, used in many cultures, in which a special cup is applied to the skin and held in place by suction. The suction draws superficial tissue into the cup, which may either be left in place or moved along the body. Cupping brings fresh blood to the area and helps improve circulation. Traditional cupping, sometimes referred to as “fire cupping," uses heat to create a vacuum-like suction inside of glass cups. In modern times, cups that use a small pump to create suction have also been introduced.

**Essential Oils Aromatherapy**

Aromatherapy is the practice of using essential oils for therapeutic benefit. Aromatherapy has been used for centuries. When inhaled, the scent molecules in essential oils travel from the olfactory nerves directly to the brain and especially impact the amygdala, the emotional center of the brain.