
Health Results

The medical effectiveness of acupuncture has gained considerable attention and respect in western countries in recent years. At the same time, a new model for health is emerging with a greater awareness of the powerful connections between body, mind and spirit. According to Chinese medical theory, disturbances can occur at all these levels ... and treatment allows natural, integrated healing processes to unfold. Thus, even though acupuncture is an ancient tradition, it can address many of the illnesses in our modern society.

How It Works

Acupuncture is an inexpensive, non-intrusive, pre-modern form of medicine. It is one of the oldest continuously practiced healing systems. As a system of medicine, it is very effective in both restoring and maintaining health.

Acupuncture is based on laws of nature that describe the flow of life energy as it manifests in natural phenomena. The Chinese call this energy *qi* and mapped its flow through our bodies along specific pathways called meridians that connect the organs.

Normally, our *qi* is full and flowing and our organs are cleansed and nourished. We experience health and the natural ability to heal. When *qi* is obstructed or imbalanced, that ability can become compromised. Pain and illness can occur. The symptoms we experience are signals that we need to take measures to restore balance.

Acupuncture treatments help us return to balance and, when appropriate, can be combined with other medical treatments, therapies, and adjustments to lifestyle patterns for optimum benefits.

What Can It Help?

Acupuncture is widely known to relieve pain, but its range is much broader in alleviating both chronic and acute conditions.

My recent patients, ranging from children to seniors, have experienced positive results with problems including: allergies, anger, anxiety, arthritis, back & neck pain, bereavement / grief, chronic fatigue, cold hands & feet, common cold, constipation, depression, digestive disorders, edema, environmental sensitivity, fibromyalgia, gout, headaches, hot flashes, incontinence/enuresis, insomnia, knee / elbow pain, low energy, menstrual disorders, migraines, sciatica, shoulder pain, smoking cessation, stress, tension, trauma and vertigo.

However, one need not have a specific disease diagnosis to benefit from treatment. For example, acupuncture is very beneficial for those seeking personal growth and greater inner peace. This aspect of health is particular importance during major life transitions of all kinds.

Since acupuncture treatments affect the whole person, multiple improvements may be experienced at once.

Acupuncture Treatments

Acupuncture adjusts the flow of *qi* through the stimulation of particular points of energy along the meridians.

Prior to needle stimulation, heat may be delivered to a point by a cone of dried herb called *moxa*. Moxabustion nourishes and builds *qi*.

The needles are refined instruments used to contact the *qi*. They are barely thicker than a human hair, and are made of fine quality solid stainless steel, pre-sterilized, single-use, and disposed of safely.

During a treatment, needles are inserted below the surface of the skin in order to generate a *qi* sensation. While this varies from person to person, one may experience a dull heaviness or mild pulse that resolves after a short time.

Individualized Plan

The first visit lasts about 2 hrs. After gathering information about main concerns, medical history and care, routines, and physical conditions, a brief physical exam and a treatment will follow. Questions are addressed and a treatment plan is discussed.

Follow-up visits last about 1 hour. A typical course begins with 4-6 weekly visits, and two treatments/week may be needed at first. Total treatment time depends on the severity and history of illness and personal factors. For example, avoiding excesses speeds healing.

Each treatment moves energy in the direction of vitality, ease and balance. We work together to monitor response and evaluate progress.

As conditions improve and stabilize, treatments are scheduled less frequently. Once healthy, treatments every season help prevent illness.

*We possess an innate power to heal ourselves and follow a path of virtue.
Acupuncture treatments open access to the energy you need to change and adapt.*

Acupuncture Methods

Tao is the Chinese character which, loosely translated, means 'The Way'.

Following the Tao means adapting to nature's eternal rhythmic changes, honoring the essence or true spirit in all living things.

Chinese medical practitioners are trained to understand the laws of nature and diagnose in reference to them.

The most effective styles of acupuncture seek to harmonize the human being with the Tao.

- The Five Element method gives constant attention to the root causes of imbalances and disease.
- Traditional Chinese Medicine or TCM addresses specific physical symptoms of organ function.
- The Balance Method is particularly powerful for immediate relief from pain, numbness, or restricted movement.
- Auricular Acupuncture uses points mapped on the ear, imaged as an homunculus.
- Esoteric Acupuncture combines Chinese, Hindu, Sacred Geometry, and Qabalistic theory.

These are the systems I employ, but whatever methods are used, acupuncturists do not have the power to cure disease. At best, we can assist nature in the cure.

In so doing, the *qi* is able to resolve the cause of the disease. That allows the symptoms to disappear.

About the logo: The five circles refer to Water, Wood, Fire, Earth, and Metal - the energetic phases that represent nature's power in governing cyclical growth.



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Licensure & Certification:

- Licensed Acupuncturist, State of North Carolina Acupuncture Licensing Board (2007)
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Education:

- Master of Acupuncture, Academy for Five Element Acupuncture, 2002
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- Business and management