

## **East Asian Medicine Modalities**

The modalities used in this office are all focused around the same goal: getting you well as soon as possible with the fewest possible side effects. In some cases that is an alternative medicine treatment, and in other instances it is a western medicine treatment. All of our services are researched and science based, including acupuncture and herbal medicine. We don't adopt any treatment modality without fully evaluating it for safety and efficacy.

### **Acupuncture**

Acupuncture involves the insertion of fine acupuncture needles into specific locations on the surface of the body. There are over 400 recognized acupuncture "points" on the skin and they each stimulate specific functions in the body. The set of points used on one patient is as unique as the person and the choice of the correct points requires careful evaluation of both your current complaint as well as your underlying constitution.

These appointments may include a complete medical history evaluation, physical assessment, Chinese Medicine diagnosis, and comprehensive treatment plan. Initial acupuncture appointments are 90 minutes in length, while follow-up visits are 45-60 minutes.

### **Manual Therapy**

For musculoskeletal pain, upper respiratory conditions, and inflammatory diseases, manual therapy, such as cupping or Gua Sha may be beneficial. Cupping is a technique where sterilized glass or plastic suction cups are placed on specific areas of the body to reduce inflammation and increase blood circulation. Gua Sha is similar to cupping in its effect, but entails using a rounded edge tool in a unidirectional press-stroking motion to promote normal circulation to muscles, tissues, and organs.

These techniques last anywhere from 8-15 minutes and can be incorporated into your regular acupuncture visit if your practitioner deems it appropriate for your condition. Cupping & Gua Sha can both enhance the effects of your acupuncture treatment.

### **Auricular Medicine**

In Chinese Medicine the ear is a reflection of the whole body. Auricular therapy uses the ear as a map to both diagnose & treat illness and pain. Using acupuncture needles, press tacks, and/or ear seeds we may select specific points on the ear to extend the effects of your acupuncture treatment and help reduce pain in targeted areas of the body.

Ear seeds – which are medicinal seeds attached to the back of a piece of surgical tape - are often applied to a patient's ear after a treatment and are intended to be kept on for 3-4 days following an office visit. These seeds are self-therapeutic & can be pressed by the patient to stimulate specific ear acupuncture points & reduce symptoms between treatments.

### **Herbal Medicine**

In Chinese Medicine, herbs are combined into synergetic formulas that have been safely used by Chinese Medicine doctors for several thousand years on innumerable patients. When used by a skilled herbalist they are very safe, and in many cases have far fewer side effects than pharmaceutical drugs. We source most of our herbs from a company in Taiwan with an exemplary safety record.

We don't incorporate herbs into your treatment plan until you have had a few acupuncture visits and we have been able to see how your body responds to treatment. Because these herbs are slowly correcting constitutional imbalances the formulas may need to be altered over time to reflect your improving state of health. The formula you received one week may not be appropriate for you in the following month. Herbal consultations take about 30 minutes.

### **Dietary Consultation**

We prescribe foods and diets based on both Chinese Dietetics and reflecting the newest research in biochemistry and nutritional science. It is our fundamental belief that food is medicine – and that every body is different – so we help you distinguish between foods that are helpful and those that are harmful.

Your dietary appointment is also separate from your acupuncture appointment. This appointment usually takes about 30 minutes. We recommend doing this appointment once your treatment plan has started then scheduling another one after about 4 weeks to re-evaluate and answer any questions that have come up.

### **Nutritional Supplements**

Supplements are different from Chinese herbs in that they usually contain fewer ingredients and are often prescribed for nutritional deficiencies, metabolic imbalances and detoxification regimens. Sometimes these are important therapeutic agents when a clear western diagnosis exists or when we seek to expedite the healing process. All supplements are intended to improve the functioning of specific organs & tissues and may be taken on a short or long-term basis.

### **Therapeutic Movement**

For many pain-related, digestive, and immune disorders therapeutic movement can be helpful to promote healing. We may recommend daily exercises & specific movements as part of your treatment plan based upon the principles of Qi Gong (pronounced “chee gong”, Tai Chi (pronounced “tie chee”), and/or Yoga. Often, such practices are recommended once the healing process is well underway as a means to both correct body imbalances and promote overall well-being.