

## Holistic Wellness

Acupuncture is an effective form of medical treatment that has evolved into a complete holistic health care system. Practitioners of acupuncture and Chinese medicine have used this noninvasive treatment method to help millions of people become well and stay well.

Acupuncture promotes natural healing. It can enhance recuperative power and immunity, support physical and emotional health, and improve overall function and well-being. It is safe, painless and effective way to treat a wide variety of medical problems.

Acupuncture is recognized by well-known and leading national and international health organizations to be effective in the treatment of a wide variety of medical problems.<sup>1</sup>

Chinese herbal medicine and acupuncture are complementary therapeutic modalities that are often used together in the treatment of a variety of medical conditions.

Over the past 5,000 years, Chinese herbology has evolved into an art form of its own. Ancient herbal information was gathered, compiled, formulated, tested, and handed down from generation to generation. Today, practitioners of Chinese medicine continue to prescribe herbal formulas because they are a powerful therapeutic method.

Individual herbs are combined in order to enhance their actions and effects upon the body. When combined, a unique, synergistic formula is created. This combination increases the benefits of a particular formula, and minimizes any harmful side effects.

Formulas can be prescribed as raw herbs boiled into tea, liquid extracts, pills, and powders.

Modern Western medicine relies too heavily on over-powered chemical compounds that often carry detrimental side-effects as well as invasive surgical techniques that can leave scarring, permanent damage.

Traditional Chinese medicine works to alevate and treat illnesses by focusing on the imbalances of the body and letting the natural healing system work more effectively.

1. National Institutes of Health (NIH), World Health Organization (WHO), National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM), American Association of Acupuncture and Oriental Medicine (AAAOM)