

Traditional Acupuncture and East Asian Medicine help balance all bodily systems: skeletal muscular, circulation, respirator, cardiac, digestive, eliminatory, and sexual organ systems. It aids the endocrine system, it boosts metabolism and creates a high standard of wellness. *Acupuncture is a time tested tool for creating mental and emotional well-being, improved lifestyle, and increased happiness and productivity.*

How does Acupuncture do this? Acupuncture accomplishes physical, mental, and emotional well-being by balancing the body and mind which are inseparably linked together. Acupuncture not only alleviates symptoms such as headache, migraine, indigestion, and physical pains, but Acupuncture addresses the root cause of the problem by helping to restore the body's internal environment. In East Asian Medicine the organic function of the entire metabolism and individual organs and their systems play an integral part in one's total wellness. For example, adrenal exhaustion can lead to anxiety and emotional fragility.

Acupuncture is both a scientific system of diagnosis, and a treatment for acute and chronic disorders. It is also used as a form of anesthesia *But above all Acupuncture is an excellent therapy for the maintenance of good health!*

Very thin 38 gauged, sterile needles, the thickness not exceeding two strands of human hair, are placed in "empirical" points (acu points), along specific meridians called "energy channels", which relate to each organ of the body and their specific energetic and organic functions, at a very shallow depth of 1/32th of an inch. Needles remain in place from 15 to 20 minutes per area. Treatment protocols depend on presenting condition and constitution of the patient. Dr. Wah offers a "full body" treatment, in most cases, front and back are treated in the same session.

Benefits of Acupuncture

Promotes the Immune System
Maintains Levels of Good Health
Reduces Stress & Anxiety
Retards Aging, Promotes Longevity
Improves Metabolism
Reduces Chronic Fatigue
Supports Healing of Injuries
Decreases Effects of Jet Lag/Chemicals & Drug Usage
Removes Pain of Headaches/Migraines
Helps Female Hormonal Changes: PMS & Menopause
Aids Digestion/Reduce Acid Reflux
Improves Endocrine System
Improves Sleep/Reduces Insomnia
Useful for Addiction Cessation Issues
Aids Fertility/Pre/Post Natal Care
Increase Energy, Improves Mental Acuity
Promotes Self-Esteem
Creates a Calm Body/Mind, Stabilized Emotions