

Conditions & Treatment Plans

Using a combination of therapeutic modalities and education, we work with our patients to create a practical treatment plan to help bring relief, healing and progress toward your health goals. Below are some of the common conditions and health goals that we provide treatment for. If you have questions about whether our services can help you, please don't hesitate to contact us. Headaches, Migraines, Back Pain, Neck Pain, Shoulder Pain, Work and Sports Injuries, Osteoarthritis, Rheumatoid Arthritis, Tendonitis, Carpal Tunnel Syndrome, Fibromyalgia, Temporomandibular disorders (TMJ/TMD) Stress, Anxiety, Depression, Insomnia Allergies, Side Effects of Cancer Treatment, HIV Support, Chronic Fatigue Syndrome, Autoimmune Diseases, Multiple Sclerosis (MS), Lupus Acne, Eczema, Rosacea, Scleroderma, Vitiligo, Ulcers, Warts Prostate Dysfunction, Incontinence, Sexual Dysfunction, Fertility Fertility, PMS, Menopause Support including Hot Flashes and Night Sweats; Pregnancy Support for Morning Sickness, Nausea, Back Pain, Sciatica; and Gynecological Disorders including Endometriosis, Dysmenorrhea, Prolonged/Infrequent/Irregular Menstruation, Polycystic Ovary Syndrome, Uterine Fibroids Smoking Cessation, Alcohol and Chemical Dependency Heart Disease, High Cholesterol, Hyper/Hypotension Irritable Bowel Syndrome (IBS), Inflammatory Bowel Disease (IBD) including Crohn's Disease and Ulcerative Colitis, Indigestion, Constipation, Diarrhea, Nausea Diabetes, Thyroid Disease, Hormonal Imbalances Stroke, Numbness, Pain, Paralysis

Asthma, Bronchitis, Cold, Cough, Flu

Treatment plans are tailored to the specific circumstances and needs of each patient. Our acupuncturist will help you to create a treatment plan during your initial consultation. During this consultation, you and your acupuncturist will review your health history, health concerns, and treatment goals. S/he will ask you a number of questions, complete a

Chinese Medicine diagnosis, and recommend a tailored treatment plan that specifies the number and frequency of treatments, as well as treatment modalities.

The frequency and number of treatments recommended reflect the intensity and nature of your condition and health goals, and may be modified over the course of treatment as your condition, needs or preferences change.

A typical course of treatment may involve 6-18 visits over the course of a few weeks or months, and may include one or more therapeutic modalities. Dietary and lifestyle modifications, as well as simple exercises may also be prescribed. While your acupuncturist will recommend specific modalities, you are always free to choose whether or not to include each modality in your treatment plan.

Treatment plans may include a prescription of herbal medicine, which can be prescribed at your first visit or any return visit. Prescriptions are individualized and may be modified to reflect and promote progress. Powdered and tablet herbs from quality herb manufacturers are available for purchase at the clinic. We find that powdered and tablet herbs are safe, convenient and easy for patients to take. Some of the herbal formulas that we prescribe can only be obtained through a licensed acupuncturist, while others can be bought at retail stores without a license. For your convenience, we carry both types of herbs. For safety reasons, we can only sell herbs to patients who have received their herbal prescriptions from a licensed acupuncturist at our clinic.