

## *Don't wait*

Receiving treatment now can prevent symptoms later.

- If you have *any* symptoms, no matter how minor or severe;
- If your daily activities place great demand on your self *or* your body;
- If you can imagine being healthier, more balanced, and free from sickness or pain;
- If you are committed to improving your quality of life

## *Acupuncture can serve you*

Acupuncture is often effective with a wide range of chronic and acute conditions. It provides superb preventative care.

Some of the *many* conditions that may benefit include:

Headaches	Allergies	Depression
Back Pain	Joint Pain	Infertility
Asthma	Stress	Addictions
Digestive Disorders	Menstrual Disorders	
Sleeping Problems	Chronic Fatigue	
Weight Loss	Addiction	Smoking

## *About your Physician*

JoAnne Lehrfeld is a board certified, licensed acupuncturist. Her holistic approach to healthcare is used in each treatment. Each individual's body, mind, and spirit are considered in order to formulate your optimal plan. Respect and compassion are at the core of all treatments. You may call her to discuss your unique concerns. Should you feel the need to discuss treatment in person, we offer a complimentary 20 minute consultation.

## *Our commitment to you*

Everyone in our office is committed to bringing you the highest quality care. Being in the presence of this group of people committed to your well being is a very special experience.

# *Alternative Therapy Center*

## *Traditional Chinese Medicine*



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## *Traditional Acupuncture*

Acupuncture originated in ancient China over 3000 years ago. As a healing art, acupuncture has been used all over the world for centuries and is the primary source of health care for approximately one third the world's population.

Acupuncture is becoming widely accepted in the U.S. and has been endorsed by the World Health Organization and the National Institute of Health.

Traditional acupuncture is also known as 5 element acupuncture. It functions on the levels of the body, mind, and spirit.

### *Qi*

According to Chinese medicine, universal laws of nature govern the human structure as well as the earth's structure. Our bodies contain pathways called meridians. In these pathways flows our life essence called Qi (Chi). Much like streams, rivers, and oceans, when the Qi is flowing smoothly there is wellness, balance and harmony. Our bodies respond to the *disruption* in the flow of Qi with "symptoms". Acupuncture revives the body's innate wisdom to heal itself.

- Acupuncture points have been verified electromagnetically through light and sound.
- There are over 450 points in the body and additional 300 in each ear.
- The Qi sent to the organs boost's their function and increases health.

## *The needles*

Acupuncture needles are extremely thin (about the thickness of a human hair). The needles are sterilized, individually packaged, and disposed of after each use. During treatment most needles are inserted just beneath the skin. Although sensations vary from person to person, most patients report little to no discomfort. The insertion of needles into acupuncture points stimulates the flow of Qi.

### *Goals*

The goal of acupuncture is to work with the patient to treat root causes of disease. As the root causes are addressed, many symptoms are alleviated.

### *what about my regular doctor?*

Acupuncture is complementary to western medicine. People who are under a physicians care should continue, as long as they and their physician deem it necessary. You should continue to take medication that has been prescribed.

### *your first visit*

In order to enhance your treatment, your practitioner may request that you avoid caffeinated beverages, tobacco, alcohol, strenuous exercise, or heavy meals both before & after treatment.

Your practitioner will spend about 2 hours with you for the initial visit. During this time the reasons for receiving acupuncture & what benefits you wish to attain will be discussed. You will have the opportunity to speak at length about all of your health concerns. A physical exam will be conducted, and you will receive the first treatment. The frequency of subsequent treatments varies with each individual's health, physical concerns, & the length of time a particular imbalance has been in place.

### *Seasonal Treatments*

Each of the seasons has its own particular qualities to it. By receiving a seasonal acupuncture treatment during each of the 5 seasons, the patient is aligning/connecting themselves to specific energies of that season.

### *Detox Treatments*

Detox treatments work quickly & effectively to restore internal balance while eliminating cravings & withdrawal symptoms. These treatments provide a safe powerful alternative to drugs and their side effects.