

Chinese Medicine

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"I want you to be everything that's you,
deep at the center of your being."

-Confucius



Stimulate your body's natural ability to heal



"Acupuncture makes me feel relaxed and balanced. The stress of life and tension in my shoulders melt away. I would recommend anyone to go see Kim who suffers from emotional or physical imbalance."

- Aryn, Buffalo Grove

What is Acupuncture?

Developed over 5000 years in China, acupuncture is based on restoring and maintaining harmony and balance. Acupuncture realigns the body's life force energy, known as Qi. Imbalance of the body's Qi may result in physical, emotional or stress related symptoms. With the use of filament-like needles inserted into special points along the body's meridians, the body's qi is able to restore harmony and balance. When adjustment is made to the body's energetic system, it is able to naturally heal.

Benefits of Acupuncture

- Stress reduction
- Increase libido and fertility
- Calm the mind
- Create harmony and emotional balance
- Improve digestion
- Pain management
- Increase energy
- Improve sleep
- Sharpen mental focus and stamina
- Reduction of cravings from cigarettes, alcohol and food
- Improve immunity
- Release of obsessive thought patterns

Description of Session

Plan an hour and fifteen minutes for your first treatment. Your practitioner will go through a detailed intake and then look at your tongue and feel your pulse to assess the meaning of your symptoms. Based on your symptoms 8-20 points are chosen. You may or may not feel a slight pinch as the process is known as painless and highly relaxing. The disposable needles are retained for approximately 30-40 minutes. Most people feel rejuvenated by sessions end.

Adjunct Modalities

Herbal Therapy: The use of herbal formulas can increase the efficacy of the acupuncture treatment and balance the underlying constitutional disharmony

Electro-Acupuncture: a low electrical current stimulates the circulation of qi and blood to the needles. This technique is primarily used for pain conditions.

Nutritional Therapy: Food is the first medicine. Dietary changes can speed the healing process by dramatically improving the quality of qi.

Cupping Therapy: Suction cups are used on congested areas of the body to relieve tension and move stagnation out of the meridians.

Guasha Therapy: A smooth edged tool is applied with pressure on lubricated skin to relieve tension in the body.

Acupressure: The practitioner uses their hands instead of needles to stimulate points and induce a state of relaxation and healing.

Sessions

Initial session: \$100

Follow up session: \$80

Package of 5: \$365

Package of 10: \$700