

## What is Acupuncture?

Acupuncture is an ancient medicine that originated in China about 5,000 years ago.

Acupuncture is a way of treating the imbalance of energy called Qi by using needles.

Qi is the substance that nourishes our bodies and provides us with energy.

## What does it feel like?

Most people feel a painless pinch, tingling, and a little ache upon insertion.

This feeling lasts only for a few seconds.

Many people report movement of the Qi during the treatment.

## What to expect?

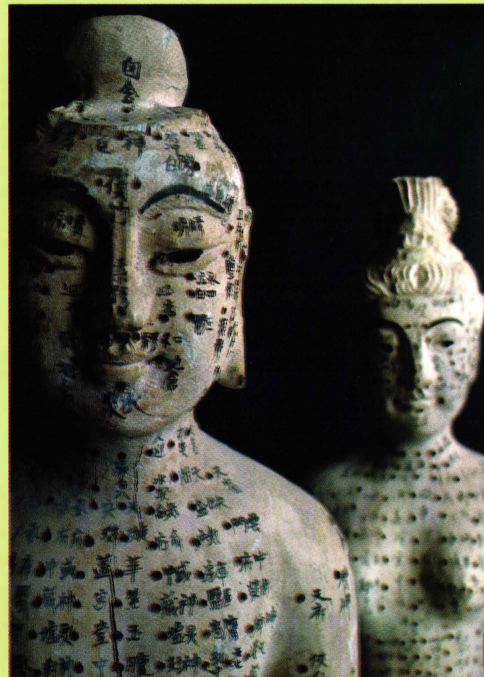
A detailed interview will be performed covering the lifestyle, personal and social life, and medical history.

An examination of the tongue and pulse, which is a major diagnostic tool of medicine, will be performed.

Visit may occur once or twice a week for several weeks.

## About Your Acupuncturist

- Licensed Acupuncturist in NY & NJ.
- Nationally certified in Oriental Medicine and Acupuncture.
- Graduate of Pacific College of Oriental Medicine w/ a Master of Science in Traditional Oriental Medicine.
- Acupuncture Detoxification Specialist.
- Sujoke Therapist.
- Motor point release
- Rock Pod Rock Tape Therapy



## Other modalities

**Cupping:** It involves the placement of glasses or plastic cups for the suction of the affected area of the body.

**Gua sha:** It involves gentle scraping of the affected body using tools like jade, stone, or horn to release toxin heat or stagnation.

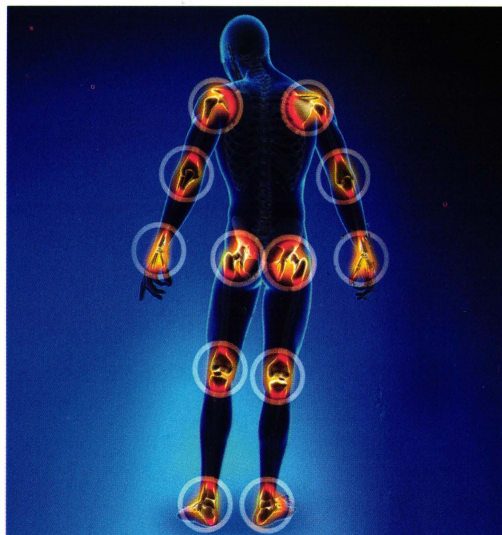
**Sujoke Therapy:** Korean acupuncture which uses the palm and sole to treat the whole body as a microsystem.

**Tui Na:** Medical massage combining acupressure and massage techniques to invigorate the body and relax muscles.

**Electrical Stimulation:** A device is used to transmit small electrical currents through the needles into the local tissue to relieve pain and muscle atrophy.

## What can it treat?

- Pain
- Headache
- Menstrual disorders
- Bell's Palsy
- Infertility
- Pregnancy related issues
- Arthritis
- Carpal tunnel  
(Asthma, sinusitis)
- Stress, anxiety, depression
- Muscle and joint pain
- Smoking cessation
- Addiction
- Digestive problems
- Insomnia
- Common Cold
- Trigeminal neuralgia
- and many more.....



## Insurance Coverage

Acupuncture is covered by many insurance plans including Horizon Blue Cross Blue Shield, Empire Blue Cross Blue Shield, Aetna, Cigna and many others. Please check with your insurance carrier for more details.



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