

Topic of the Month

"Habits are cobwebs at first; cables at last." -Chinese Proverb

WHY CHOOSE ACUPUNCTURE

Acupuncture is part of **Traditional Chinese Medicine (TCM)** and is practiced in many different forms which include herbal remedies, cupping, and massage, which have all been used for thousands of years. The basis of TCM is the idea of qi, the body's vital energy.

TCM holds a very **unique set of diagnostic techniques** that have been **used for thousands of years** to help patients identify and treat many conditions. TCM treatments promote the movement of qi throughout the body to help bring balance back to the body. The goal of acupuncture is to correct this imbalance, thereby protecting the body from a variety of ailments and conditions before more invasive treatment is deemed necessary.

Acupuncture is safe, natural, and effective, why wait?



Ask me how
acupuncture can help!

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