

Chinese Medicine.. What can it treat?

Acupuncture supports your whole being by increasing circulation and decreasing inflammation in muscle tissue, tendons, ligaments, and joints. It can ease your nervous system and nourish your reserves to help your body thrive in your active lifestyle.

The following is an incomplete list of complaints that lend themselves to treatment by acupuncture:

- Infections (colds and flus, coughs)
- Internal medicine (high blood pressure, asthma, digestive problems, diabetes)
- Musculoskeletal and neurological (arthritis, sciatica, back pain, headache, stroke, sprains and strains)
- Eyes, ears, nose and throat (ear ringing, poor eyesight, allergies)
- Dermatological (eczema, acne)
- Genitourinary and reproductive (infertility, PMS, post partum, impotence)
- Mental-emotional (anxiety, depression, stress, insomnia)

The World Health Organization (WHO), the National Center for Complementary and Alternative Medicine (NCCAM) of the National Institutes of Health (NIH), the American Medical Association (AMA), the American Academy of Medical Acupuncture, and various government reports have studied and agree on the efficacy of acupuncture.

There is also general agreement that acupuncture is safe when administered by well-trained practitioners. The needles used are the size of a human hair, and are felt minimally by the patient.

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**Partnering with you for your
ultimate vitality, balance, and
well being**

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What is Chinese Medicine?

Chinese Medicine is an overarching term including 5 branches—acupuncture, herbal therapies, bodywork, the meditative internal arts (tai chi and qigong), and nutrition. It has been used for over 3000 years to treat chronic and acute illnesses and injuries, as well as for preventative healthcare.

From a western point of view, acupuncture and herbs influence the endocrine, nervous, circulatory, and immune systems of the body to restore balance, vitality and well-being.

Within the Chinese medicine system the body is viewed like an individual eco-system, wherein balance is essential for health. If the balance is disrupted, vitality is impaired and sustainability is compromised.

In treatment we strive to identify the imbalances at hand, nourish what is depleted, disperse what is excessive, and support that which is thriving and balanced.

The Chinese system has its own comprehensive model of human anatomy which often illuminates connections and patterns that may be overlooked by standard medicine. Often, while treating one complaint, we find that other issues resolve as well. Treatment is most successful when it goes beyond what happens in the treatment room, including lifestyle changes and self-care.

Our Services

- Acupuncture—individual and community treatment formats
- Herbal medicine
- Nutritional counseling
- Massage (Shiatsu and Tuina)
- Qigong

We offer treatments at the YMCA, Sherwood Senior Center, and our home office. Please call for directions and appointment times

Treatment Choices:

Individual/Private Treatments

Your first visit can take one hour and thirty minutes. We begin by talking. We'll have a detailed dialogue about you, your health, and your goals for treatment. You will also receive a full assessment and treatment on your first visit.

Our style of acupuncture is cooperative and precise, and we select the therapies that will best suit your condition. Your treatment may include any of the following therapies: acupuncture, Chinese herbs, cupping, electro-stimulation, moxabustion or a TDP heat lamp, dietary and lifestyle recommendations.

We work in close communication with patients to ensure comfort and ease during treatments. Patients regularly report enjoying their treatments and often leave the clinic feeling relaxed, grounded, and invigorated.

Community Acupuncture Treatments

Patients enter a group setting where 5-9 reclining chairs are situated for maximum comfort. Once you are settled, one of us comes to greet you and check on your condition. We collect some diagnostic data, and apply acupuncture to your arms, legs, feet, hands, and head as indicated by your condition. Patients relax in the recliner while we treat other patients, most of the time falling asleep for a good catnap. Once you awaken, your needles are removed and you are ready to go on with your day, refreshed and relaxed.

A Course of Therapy

Chinese medicine is a therapy, so usually a course of treatment is recommended. There is a wide range of how long it takes to improve or resolve different conditions. Some people experience instant relief or change, others feel different the next day. In general, chronic conditions require a longer course of treatment, while acute conditions are most often quick to respond.



About us...

Each of us has a master's degree from the Oregon College of Oriental Medicine. Adam has an undergraduate degree from UC Santa Barbara, and Michelle, from the University of Texas at Austin.

We bring to our work a fascination with internal medicine, a lifelong love of health and movement, and deep belief in the importance of eating healthy nutritious foods.

We enjoy treating a wide range of complaints and working with patients of all ages. We have a particular interest in working with women and seniors.

We see patients in a group setting in several locations around our area, and maintain a small private practice for patients requiring individualized care, or would like to work with herbal medicine and nutrition.

On a personal note, we find joy in spending our time in the woods, in our large garden and orchard, and with our family—our infant son--and our extended family and friends to whom we are blessed to be close enough to share many a laugh and a good meal.

We look forward to treating you..
AOM Oriental Health