
FREEDOM: THE SERVICE Qi ACUPUNCTURE AND WELLNESS PROVIDES



(1)Traditional Chinese Medicine (TCM)

Traditional Chinese medicine (TCM) is a comprehensive medicine system which incorporates, acupuncture, herbs, dietary considerations, exercise and other adjunct therapies. These tools have been practically applied for thousands of years on human being.

WHY YOU SHOULD TRY TCM?

You are a unique whole being. You have a unique combination of concerns, and you will be given a treatment protocol that is uniquely yours. There is no such thing as one treatment fits all in TCM and customization is a trademark of this type of medicine.

According to the World Health Organization (WHO) conditions such as osteoarthritis of the knee, neck/low back pain, incontinence, PMS, Menopause problems, sciatica, shoulder pain, arthritis, tendonitis, sinusitis, Lupus, fibromyalgia, trigeminal neuralgia, and more have been successfully treated with acupuncture and Chinese medicine.

For more info see Intro to TCM in the Article section of Resources

(2)Acupuncture

When pain killers and powerful muscle relaxers fail, acupuncture is often the treatment that will work for you. A study conducted by the National Institute of Health indicated that acupuncture treatment for pain (i.e. migraines, arthritis) is effective in about 60 percent of cases and The World Health Organization (WHO) has identified over 40 conditions treatable with acupuncture.

WHY YOU SHOULD TRY ACUPUNCTURE?

Most people have the wrong idea about acupuncture. Fifty percent of people who try acupuncture are initially afraid, but one session is all that is required to abate those fears. We even offer a Soothe the Qi session to address those fears.

Acupuncture is a gentle & natural treatment protocol that treats you as a whole being, not just parts. It is clinically proven safe and effective, lacks the harsh side effects of pharmaceutical, and in clinical trial (for certain conditions) proven more effective than pharmaceutical drugs.

When you make an appointment with Qi Acupuncture & Wellness, we provide herbal &/or nutritional recommendations at no extra charge.



(3)Chinese Herbs

In the west, acupuncture receives most of the notoriety. However, herbs reign supreme in China. Chinese herbs & supplements can be recommended as needed to enhance your acupuncture treatment or used alone. They can be used to create decoctions, tinctures, teas, granular powders, pills, ointments, etc. *For more info read Chinese herbs 101 in Article section of Resources at www.balancetheqi.com*

WHY YOU SHOULD TRY HERBS?

Fewer side effect because whole constituents are used and the “active ingredient” is not isolated from other helpful plant compounds that ameliorate side effects.

Chinese herb formulation are tailored to individual needs instead of a one pill fits all paradigm, thereby providing a more holistic rationale behind supplementation.

(4)Asian Massage

Tui Na is one form of Asian massage which is therapeutic in nature. Although tui na shares a few techniques with Western massage, there are major differences. One immediately noticeable difference is the techniques are done thru clothing or a sheet. There is minimal hand to skin contact. Other differences include order of application and the stimulation of acupuncture points during treatment. To learn about the other forms of eastern & western massage available visit www.Balancetheqi.com

WHY YOU SHOULD TRY TUI NA?

1. It really works the area of concern and provides relief in a way western massage does not. A 30 minute treatment of Tui na can provide more therapeutic benefits than a 60 minute full body massage.
2. If you have unresolved body image issues, no worries.
3. To try something new

(5)Food Therapy

Food therapy is the consumption of food in a manner that promotes, sustains, tonifies, or restores healthy functioning of the body. Most Americans consume food in a nutritionally void way. Read any article on obesity and this statement is confirmed.

Food therapy can also come in the form of detoxification. Detoxification can be simply explained as a system flush of lingering old debris. Chinese Food therapy and detox plans can be designed independent of each other, but often these two services are combined to design a program based on specific needs.

WHY YOU SHOULD TRY CHINESE FOOD THERAPY?

You already have to eat. Chinese food therapy calls for you to eat in an instructed way that is beneficial to your underlying constitution.

It can greatly compliment your treatment plan and add another element toward improved clinical outcomes.

WHY YOU SHOULD TRY A DETOX?

Sometimes “debris” can cause discomfort in the form of pain, poor digestion, fatigue or even flatulence. Our bodies endure food abuses daily, known and unknown, and sometimes it needs a break.

(6) Other Qi Services Available

- Electro-Acupuncture
- Auricular Acupuncture
- Five Element Acupuncture
- Smoking Seccession
- Drug Detox
- Qi Testing
- Cupping
- Moxibustion
- Strengthening Exercises
- Life coaching
- Colon Hydrotherapy*
- Psychotherapy/Counseling

Note: Colon Hydrotherapy is performed at a different location by Rosalind Akins of Body N Balance. Counseling offered at same location with a different provider. Please see Qi Wellness Partners.

(7)

Integrative Care Launch Date Information Coming Soon...

Qi Acupuncture & Wellness is affiliated with Phoenix Professional Practice Associates (PPPA). PPPA houses a variety of independent businesses dedicated to improving quality of life and relieving the human suffering of Phoenix residents. Collectively these businesses have decided to pilot a collaborative approach to meet patient needs. After all, treating disease & illness rarely lies solely in taking a prescription. Further, people are already starting to create “make-shift” integrative plans.

We believe optimal health care can be achieved by addressing an individual in a “rounded” approach. Plan integration allows for the highest level of improved clinical outcomes.

WHY YOU SHOULD TRY OUR INTERGRATIVE HEALTH PLAN

1. Health providers with different specialties can converge to create a collective, multi-faceted treatment plan specific to YOUR health condition(s)/goal(s)

2. You receive a “rounded” picture of health with proper counsel regarding appropriate CAM services, preventive care, and acute and chronic disease management
3. All the providers are in one location