

Acupuncture is a **Safe, Natural, Effective and Drug-Free** treatment to help the body regain and maintain health and well-being.

Do You Suffer From:

- Acute or Chronic Pain
- Headache / Migraine
- Insomnia / Sleep Disturbances
- Stiff Neck / Shoulder
- Joint Pain – Back / Knee / Elbow
- Stress / Anxiety / Depression / Irritability
- Fatigue
- Sciatica
- Neuralgia
- Allergies / Asthma
- GI Problems – Gas / Bloating / Nausea
- PMS / Menopause / Hormone Issues
- Weight Gain
- Diabetes or Blood Sugar Problems

For a complete list of conditions we treat refer to treeoflife-acupuncture.com

Acupuncture can help resolve your symptoms & restore balance within the body.

Questions:

Is Acupuncture Safe?

In the hands of a licensed practitioner, acupuncture is a very safe, pain-free, effective treatment for many acute and chronic conditions.

Is Acupuncture Painful?

Acupuncture treatments are not painful. Acupuncture is performed with hair-thin, sterile, disposable, one-time use needles. Patients often fall asleep and are in deep relaxation on the table.

Chinese Medicine uses a wide variety of Non-Needle Techniques treatments such as:

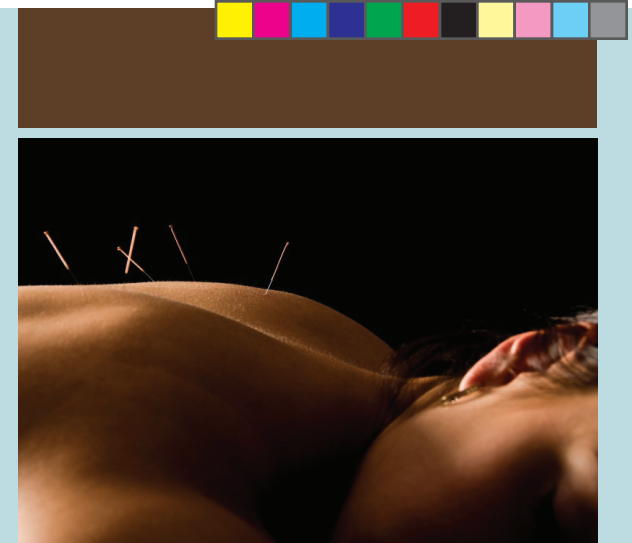
- Chinese Herbal Medicine
- Cupping
- Diet Therapy
- Chinese Massage
- TDP Lamp

Chinese Herbal Medicine:

Chinese herbal medicine takes a natural and holistic approach to understanding normal body function and disease processes. It focuses as much on the prevention of illness as on the treatment.

A qualified practitioner is able to prescribe a Chinese herbal formula that specifically matches and treats your individual health problem.

As your condition changes and improves with treatment, the Chinese herbal treatment is also adjusted and modified until the desired health outcome is achieved.



Fee Schedule:

We are preferred providers for most major insurance companies. We offer a cash discount for patients who pay at the time of service:

Acupuncture treatments

Initial consultation	\$105 - \$150
Follow-up visit(s)	\$85 - \$105
Herbal Consultation	\$45
Package (6 treatments)	\$450

**Prices may vary depending on treatment length

Fertility / Pregnancy Package

6 treatments	\$450
12 treatments	\$780
24 treatments	\$1,200

Membership Package: 1 year contract

1 tx/week for a month	\$150 monthly**
2 tx/week for a month	\$250 monthly**

**for those who qualify

Acupuncture is recognized by the National Institute of Health (NIH) and the World Health Organization (WHO) to be effective in the treatment of many acute and chronic health issues.

Research has shown many scientific theories on mechanism of acupuncture, some of them are:

- **Neurotransmitter Theory:** Acupuncture affects the higher brain areas, stimulating the secretion of beta-endorphins and enkephalins which influence the immune and other systems in the body. ^{1,2}
- **Autonomic Nervous System Theory:** Acupuncture stimulates the release of norepinephrine and several types of opioids normalizing the autonomic nervous system, and reducing pain. ³
- **Gate Control Theory:** Acupuncture activates non-nociceptive receptors that inhibit the transmission of signals in the dorsal horn, decreasing the painful stimuli. ⁴
- **Vascular-interstitial Theory:** Acupuncture manipulates the electrical system of the body enhancing the closed circuit transport between the body tissues. This facilitates healing by allowing the transfer of material and electrical energy between normal and injured tissues. ^{5,6}
- **Blood Chemistry:** Acupuncture affects the blood concentrations suggesting that acupuncture can raise and diminish the peripheral blood components regulating the body toward homeostasis. ⁵

1 Neuro-acupuncture – A scientific appraisal, Ernst, E., White, A., 1999, page 74

2 Melzack R. Anaesthetist. 1976 May;25(5) 204-7

3 Manni et al (2005) *Reprod Biol Endocrinol* 3(1): 21

4 Neuro-acupuncture, Scientific evidence of acupuncture revealed, Cho, Zh., et al., page 116

5 Acupuncture Energetics – A clinical approach for Physicians, Helms, Dr. J., 1997

6 Ahn A C, Wu J, Badger G J et al 2005 Electrical impedance along connective tissue planes associated with acupuncture meridians. *BMC Complementary Alternative Medicine* 5(1):10

7 Lin RT, Tzeng CY, Lee YC. *BMC Complement Altern Med*. 2009 Aug1;9:26.



Office Hours

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Tree of Life Acupuncture & Chinese Medicine