

WHAT ARE MASSAGE BENEFITS?

Therapeutic Massage is well suited for the treatment of headaches, specific musculoskeletal disorders (stiffness, spasm, cramp, inflammation, pains, numbness, and tingling), allergies and sinusitis, chronic stress-related emotional disorders, digestive disorders, respiratory conditions, and reproductive dysfunctions. It can generally improve poor blood circulation and related symptoms. It can help to improve muscle and skin tone for women after childbirth, age-related changes in men and women, and patients who have suffered prolonged illnesses.

Examples:

- Pains and Stiffness (back pain, headaches, migraine, 'frozen shoulder syndrome', arthritis, repetitive strain injury, trapped nerves, sports injuries, etc.)
- Stress (tiredness, weakness, anxiety, depression, insomnia, weak immune system, hypertension, etc.)
- Digestion Disorder (constipation, diarrhea, indigestion, etc.)
- Women's problems (PMT, painful or irregular periods, etc.)
- Paralysis (stroke, facial paralysis, numbness, etc.)

OUR QUALIFICATIONS

Jonathan Fang, MS., Lic.Ac. is an acupuncturist and Chinese herbal practitioner. He holds a Master's degree in Acupuncture from the New England School of Acupuncture, diplomas in Acupuncture and Chinese herbology from National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM), and licenses granted by Commonwealth of Massachusetts Board of Medicine in acupuncture and herbology.

William Tang, LMT. graduated from Shanghai University of Traditional Chinese Medicine in China. He has more than 17 years experience in Therapeutic Massage (Manipulation Therapy, Tui Na). He holds Massage Therapist License granted by Commonwealth of Massachusetts Board of Massage Therapy.

OUR HOURS:

Acupuncture hours:

Monday and Friday 1:00PM-5:00PM

Massage hours:

William Tang, LMT

Monday and Friday 8:30AM-12:00PM

Wednesday 8:30 AM – 5:30 PM

INFORMATION BROCHURE ABOUT ACUPUNCTURE & THERAPEUTIC MASSAGE



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This brochure has been designed to acquaint you with our alternative medicine practice.

WHAT IS ACUPUNCTURE?

Acupuncture is a complete healthcare system with a wide range of benefits. With its origins from China over 2,500 years ago, acupuncture is now gaining recognition as an important complement to western medicine. The World Health Organization (WHO) and National Institutes of Health (NIH) have endorsed acupuncture as an effective and safe form of therapy for a variety of diseases.

HOW DOES ACUPUNCTURE WORK?

Acupuncture started in China over 2,500 years ago. It is a natural therapy that helps the body to heal itself. Just like streams and rivers ebb and flow across of the earth, Qi (the body's vital energy) courses through channels in the body. Every organ network has a corresponding set of channels. The acupuncture points are located in small depressions in the skin called "gates" where the channels come closest to the surface. There are as many as hundreds acupuncture points on the human body. By the insertion of hair-thin needles into certain points of the body, the gates of the body are opened and closed to regulate circulation in the channels and expel noxious influences from them. As a result, acupuncture mobilizes Qi and blood, and invigorates proper functions of the body.

IS ACUPUNCTURE SAFE?

Yes. We use only pre-packaged, sterilized and disposable acupuncture needles made of surgical stainless steel.

DOES ACUPUNCTURE HURT?

You can be assured that acupuncture needles are not at all like the needles you are familiar with from the doctor's office. The needles are thin (like human hair, one quarter of the size of the smallest injection needle). They cause almost no tissue damage. Even the most needle-shy people typically find an acupuncture treatment to be a pleasurable and relaxing experience

WHAT ARE ACUPUNCTURE BENEFITS?

GI: abdominal pain, constipation, diarrhea, indigestion, other GI problems.

EMOTIONAL: anxiety, depression, insomnia, nervousness, neurosis.

EYE-EAR-NOSE-THROAT: cataracts, poor vision, toothache, gingivitis, tinnitus, throat problems.

GYNECOLOGICAL: premenstrual syndrome, menopausal symptoms, infertility, irregular menstrual cycle.

MISCELLANEOUS: addiction control, athletic performance, blood pressure regulation, chronic fatigue, immune system toning, stress reduction.

RESPIRATORY: asthma bronchitis, common cold sinusitis, smoking cessation, tonsillitis, allergies.

MUSCULO-SKELETAL: arthritis, back pain, neck pain, muscle pain, muscle weakness, muscle cramping, sciatica, stroke rehab, paralysis.

NEUROLOGICAL: headaches, migraines, neurogenic bladder dysfunction, Parkinson's disease, post-operative pain.

WHAT IS THERAPEUTIC MASSAGE (MANIPULATION THERAPY, "TUI NA")?

Originating in China 15,000 years ago, Therapeutic Massage (Manipulation Therapy, "Tui Na") is the oldest known system of massage and physical therapy in the world.

HOW DOES THE THERAPEUTIC MASSAGE WORK?

Therapeutic Massage uses the Traditional Chinese Medicine theory of channels and collaterals (meridians or pathways) and the flow of the Qi energy, as its basic therapeutic orientation. Through the application of massage and manipulation techniques, Tui Na seeks to establish a more harmonious Qi energy through the system of channels and collaterals, allowing the body to naturally heal itself. Massage methods include the use of hand and arm techniques to massage the soft tissue, stimulate acupressure points to directly affect the flow of Qi energy through the system of channels and collaterals, and manipulate alignment of muscular-skeletal and ligament. External herbal poultices, compresses, liniments and salves are sometime used to enhance the other therapeutic methods.