

Many conditions can be effectively treated with acupuncture and nutritional therapy:

Neurological-

headaches, migraines, Bell's Palsy, Trigeminal neuralgia, neuropathies

Musculoskeletal-

fibromyalgia, chronic fatigue, arthritis, sciatica, neck & back pain, carpal tunnel, sports injuries

Gynecological-

PMS, menopause, difficult periods, morning sickness in pregnancy, irregular periods, infertility

Digestive-

abdominal pain, acid reflux, chronic diarrhea, constipation, indigestion

Respiratory-

sinusitis, allergies/hayfever, asthma, common cold, bronchitis

Emotional-

stress, insomnia, depression, anxiety, addictions

Other Benefits-

increased energy, pain control, boosts immunity, stop smoking, weight control, enhanced athletic performance

Visit Us Soon

ACUPUNCTURE HOURS:

Monday & Wednesday 9am-4pm
Thursday Noon-5:30pm
By Appointment Only 503-668-7631

MASSAGE: Tues/Thurs/Fri/Sat

Renee Rodden LMT 503.810.6517

AROMATHERAPY/REIKI: Wed eve, Fri and Sat

Heather Michet 503-913-1310
www.irishealingarts.com

Images:

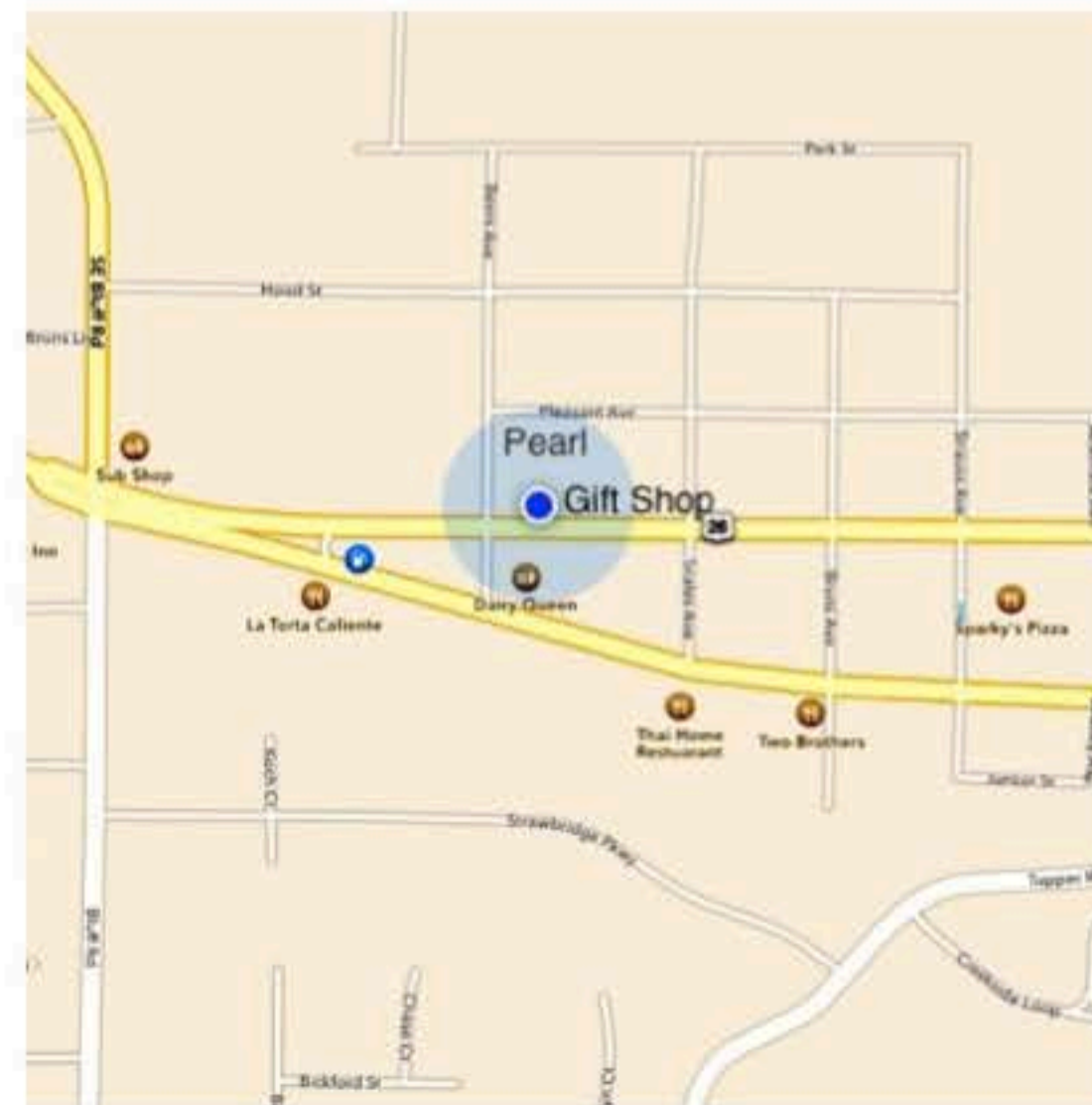
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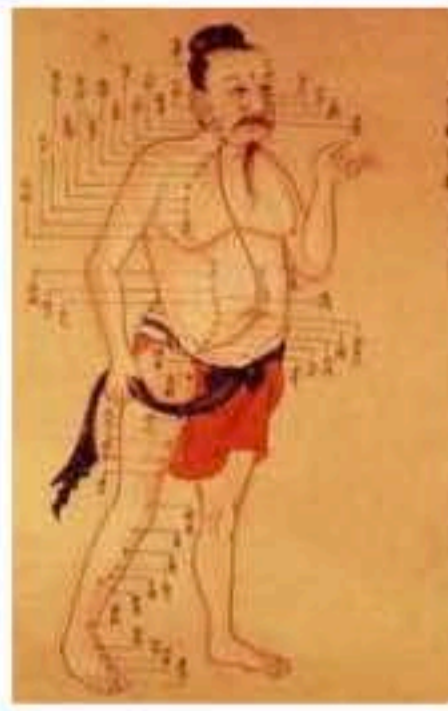
Pearl Acupuncture

Excellence in Traditional Chinese Medicine and Western Nutritional Therapy

www.pearlacupuncture.com



Acupuncture and Traditional Chinese Medicine



According to Chinese medical theory, energy flows through the channels between the surface of the body and internal organs. Pain and disease are caused by an imbalance or a blockage of that flow. The placement of acupuncture needles at specific points restores this balance, returning the body to a healthy state.

Western Medicine and Acupuncture

The strategic points used by acupuncturists release endorphins, the body's natural painkillers, along with neurotransmitters and neurohormones in the brain. Research has shown that glucose and other biochemicals within our body become elevated following treatment.

Nutritional balancing is a key component of Oriental Medicine, and is crucial in attaining optimal health. The foods we consume, how we prepare them, and when we eat them have a profound effect on individual health and susceptibility to disease.

Acupuncture is the ancient Chinese practice of inserting very fine needles into the skin at strategic points to relieve pain and treat disease. Only disposable, pre-sterilized and pre-packaged needles are used in accordance with national clean needle technique methods.

Acupuncture is part of a complete medical system (Traditional Oriental Medicine or TCM) which originated in China over 3,000 years ago. This medical system is composed of five avenues to maintain health; acupuncture, herbal medicine, massage, exercise, diet therapy and meditation.

The beauty of acupuncture is its safety and effectiveness without side effects. And it's extremely comfortable and relaxing. Many people even find themselves napping during a treatment!

What does this mean for me as a patient?

The blending of these approaches means that Anna can coach you in finding the diet and supplements that work for you. It is estimated that what we eat has a 70% determination factor on the quality of health we experience. While there are common needs all bodies have, such as for adequate hydration, the concept of bio-individuality is honored. The diet or supplement that works for you, may not work well for your friend.

Does this mean I will have to take a bunch of pills?

The goal of TCM and nutritional therapy is to identify the imbalances present in your body and correct them. You can then maintain balance with a healthy diet and lifestyle. We work together to find a plan you can sustain.

Usually people have come to their current state of un-health by many years of less than ideal choices. We work in stages to recover health.



It doesn't have to hurt to work!

How quickly will I see results?

This in large part depends on you. Initially you will need to be seen frequently as your body goes through healing changes and you get accustomed to new habits. Some people adopt exercises and dietary changes more quickly than others. Also important to healing is the amount of stress in your life and how much control you have to shift it.



Anna Zell LAc., MAOM

Anna graduated from Oregon College of Oriental Medicine in 2002. She has been in private practice since early 2003.

She continued her studies after OCOM by becoming a certified Nutritional Therapy Practitioner.

Prior to moving to Oregon for acupuncture school, Anna lived in Minneapolis, MN and was a Shiatsu massage therapist.

She now lives on 13 acres with her husband and raises heritage Jacob sheep.