

OUR QUALIFICATIONS

Victoria Tu, MPH, Lic. Ac. is an acupuncturist and Herbal practitioner. She holds a master degree in Oriental Medicine from American College of Acupuncture & Oriental Medicine; a diploma in Acupuncture and Chinese Herbology from National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM), and a license granted by Commonwealth of Massachusetts Board of Medicine in Acupuncture and certified in Chinese Herbology.

OUR HOURS:

Acupuncture hours:

Monday and Friday 1:00PM-6:00PM

INFORMATIONAL BROCHURE ABOUT ACUPUNCTURE



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(Next to AMF Town & Country Bowl Build)

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 and irregular menstrual cycle.

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