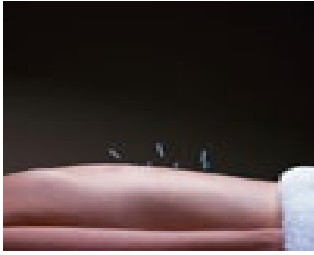


ACUPUNCTURE



Acupuncture is an ancient healing technique involving the use of fine needles inserted into the body to promote healing. It is a technique that has its roots in China and has been used at least 2500 years.

Traditional Chinese medicine explains this healing as a result of balancing the qi or energy of the body. It is believed obstructions in the flow of energy lead to pain and illness. It is the goal of acupuncture to reestablish proper flow of energy to enhance wellbeing.

Frequently Asked Questions:

How does acupuncture work?

Modern science has shown that acupuncture stimulates chemicals that decrease inflammation and pain, stimulating the body's natural healing.

What Can Acupuncture Treat?

Allergies
Arthritis
Back pain
Chronic Fatigue
Chronic Sinusitis
Constipation
Diarrhea
Fibromyalgia
Headaches
Nausea / Vomiting
Menstrual pain
Menopausal symptoms
Neck / Shoulder pain
Sprains
Stress/ Anxiety

Does it hurt?

People may experience a brief discomfort on insertion, often they feel no pain at all. Acupuncture needles are quite thin and solid unlike needles used for a blood draw. Therefore, there is less pain or bruising. Disposable needles are used so there is no risk of infection.

How many treatments are needed?

Depending on the nature of the problem and how chronic it is, the number of treatments can vary. For a longstanding issue once a week may be necessary initially. For maintenance care, every two-three months may be typical.

Who will be doing my treatments?

Dr. Aldebra Schroll MD is a family medicine physician who is also trained in medical acupuncture. Dr. Schroll completed her acupuncture training with the Helm's Medical Institute and Stanford School of Medicine Continuing Education Department. She is also a member of The American Academy Of Medical Acupuncture.