

## Common Uses for Acupuncture

*Acupuncture is recognized by the National Institute of Health (NIH) and the World Health Organization (WHO) to be effective in the treatment of a wide variety of medical problems. Here is a list of a few health concerns that acupuncture has been effective in treating:*

- Anxiety
- Arthritis
- Asthma
- Bronchitis
- Carpal Tunnel Syndrome
- Chronic Fatigue
- Colitis
- Common Cold
- Constipation
- Depression
- Digestive Trouble
- Dizziness
- Emotional Problems
- Facial Palsy/Tics
- Fatigue
- Fibromyalgia
- Headache
- Incontinence
- Irritable Bowl Syndrome
- Low Back Pain
- Menopause
- Menstrual Irregularities
- Migraine
- Morning Sickness
- Nausea
- Osteoarthritis
- Pain
- PMS
- Pneumonia
- Reproductive Problems
- Rhinitis
- Sciatica
- Seasonal Affective Disorder (SAD)
- Shoulder Pain
- Sinusitis
- Sleep Disturbances
- Sore Throat
- Stress
- Tennis Elbow
- Trigeminal Neuralgia
- Urinary Tract Infections
- Vomiting
- Wrist Pain



## Frequently Asked Questions....

### Why do they want to feel my pulses?

There are 3 pulse positions on each wrist that your acupuncturist will palpate. Each position corresponds to a specific meridian and organ. Your acupuncturist will be looking for 27 individual qualities that reflect overall health. If there are any problems, they may appear in the pulse.

### Why do they want to look at my tongue?

The tongue is a map of the body. It reflects the general health of the organs and meridians. Your acupuncturist will look at the color, shape, cracks and coating on your tongue.

### How many treatments will I need?

The number of treatments will vary from person to person. Some people experience immediate relief; other may take months or even years to achieve results. Chronic conditions usually take longer to resolve than acute ones. Plan on a minimum of a month to see significant changes.

### Do the needles hurt?

The sensation caused by an acupuncture needle varies. Some people feel a little pain as the needles are inserted, but most people feel no pain at all. The needles are tiny, just a little larger than a cat's whisker or a human hair.

### How many needles will the acupuncturist use?

The number of needles will vary depending on your chief complaint and your constitution. Ten to twelve needles are the average.

### How deep do they go?

The depth of the insertion varies. For example, your acupuncturist will use a needling technique that is different in fleshier areas, such as your buttocks. Typically, needles are inserted at depths ranging from 1/8" to 1 1/2".

### How safe is acupuncture?

Acupuncture is extremely safe. It is an all-natural, drug-free therapy, yielding so side effects except feelings of relaxation and well-being. There is little danger of infection from acupuncture needles because they are sterile, used once, and then discarded.

### What type of schooling do acupuncturists get?

Today, acupuncturists receive 3 to 4 years of extensive and comprehensive graduate training at nationally certified schools. All acupuncturists must pass a national exam and meet strict guidelines to practice in every state.

### Why did my acupuncturist recommend herbs?

Herbs can be a powerful adjunct to acupuncture care. They are used to strengthen, build and support the body or to clear it of excess problems like a cold, fever or acute pain. Your practitioner may suggest starting with herbs and then adding acupuncture to your treatment in the future. This is suggested to build up your internal strength so you can receive the full benefits of acupuncture has to offer.

### Does Harbor Bay Club accept insurance/worker's comp?

We do not accept either at this time.

## Traditional Chinese Medicine

*with Lisa Langlands & Thomas Siemann*

**Licensed Acupuncturists  
Diplomate in Acupuncture  
Masters Degree in Traditional  
Chinese Medicine**



## The Spa at Harbor Bay

200 Packet Landing Rd.  
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*For appointments  
Go to:  
[www.harborbayclub.com](http://www.harborbayclub.com)*

*Or call:  
(510) 521-5509*



# Acupuncture and Herbs



## Introduction to Acupuncture

Acupuncture has helped billions of people over the past 2,000 years. Acupuncture care helps relieve symptoms and signs of many health problems. It can also uncover the underlying root cause(s) of those symptoms.

The goal of this dynamic and integrated health care system is to activate the natural, self-healing abilities of the body. It can also strengthen and support the body to prevent future illness and disease. Acupuncture is *safe, natural, drug-free* and *effective*. The perfect way to get well and stay healthy.

Here's how it works....

Inside of you is an intelligent, energetic system that maintains health and balance. Einstein showed us that everything is made of, and radiates energy. This subtle form of energy supports, shapes and enlivens our physical body and activates our lives.

Meridians are like rivers inside the body. Wherever a river flows, it carries water that provides nourishment and sustenance for life on our planet. Similarly, meridians are the rivers where Qi flows inside of us. Qi flows through meridians as an invisible current, energizing, nourishing and supporting every cell, tissue, muscle, organ and gland.

Different stresses affect meridians and organs in different ways, disrupting or blocking Qi flow. If a garden hose is blocked, it can't provide an adequate supply of water to a plant. Eventually, the plant will be unable to thrive, grow and blossom. Likewise, a blockage in the meridians will restrict the supply of Qi required to nourish and support cells, tissues, muscles, organs and glands. This blockage can manifest into various signs and symptoms. Over time, the body as a whole becomes weakened, and its self-healing abilities compromised. Eventually, it becomes susceptible to pain, disease and ill health.

## Receiving Acupuncture

A health history form must be filled out prior to your first appointment. The acupuncturist will review your history and medications. Wear loose clothing that can be rolled up above the elbows or knees. The insertion of needles generally feels like a little pinch. Once the needles are in it is a very relaxing experience. The patient must have eaten within six hours of a treatment.

## Offerings

**Acupuncture** - Tiny, disposable, sterile needles placed gently into specific acupuncture points.

**Herbs** - Chinese herbal medicine draws from a pharmacopeia of thousands of herbs for specific conditions.

**Cupping** - Using glass or bamboo cups to create a vacuum in order to increase warmth and circulation.

**Moxibustion** - the dried leaf of mugwort is rolled into a stick or placed on the end of needles, then burned as a warming therapy during treatment. Lisa will be using a Moxa Patch for this treatment.

**TCM Nutrition** - Specific foods used to strengthen, rebuild and balance the body.

**Ear Seeds** - Ear acupuncture points may be stimulated for a longer period of time by using ear seeds. The seeds are held in place on the ear with a small piece of adhesive tape. Ear seeds may be left in the ear for a few days or up to two weeks.

**Seven Star** - Seven short stainless steel needles attached vertically to a handle. Superficial tapping is particularly suitable to treat disorders of the nervous system and skin disease.

**Liniment** - Blend of Chinese herbs applied topically to increase Qi and blood circulation.

**Electrostimulation** - Acupuncture points are stimulated using a safe, gentle, electrical current.

**Tui Na** - Soothing ancient bodywork technique breaks up tension and stagnation. Effective for specific medical conditions as well as for general relaxation.

### Our Acupuncturists



Lisa



Thomas

## Prices

		<u>HBC Members</u>	<u>Non-Members</u>
Acupuncture	1.5 hrs. (first appt)	\$105	\$120
Acupuncture	1 hr. (after first appt)	\$68	\$79
Acupuncture + Massage	1.5 hr.	\$100	\$116
Acupuncture + Tui Na	1.5 hr.	\$100	\$116
Acupuncture Facial Rejuvenation—(first appt)	1.5 hrs.	\$115	\$135
Acupuncture Facial Rejuvenation—(after first appt)	1 hr.	\$72	\$82
Herbal Consultation (first appt)	1 hr	\$55	\$63
Herbal Consultation (after first appt)	30 min.	\$40	\$47
Massage + Cupping	1 hr.	\$78	\$90
Massage + Cupping	1.5 hrs.	\$104	\$120
Community Acupuncture (done limited times in racquetball court)	1 hr.	\$30	\$40

## Series Cards

Acupuncture - 4 One hr.	\$245	\$280
Acupuncture - 10 One hr.	\$595	\$685
Acupuncture Facial Rejuvenation - 10 One hr.	\$645	\$735

## Add-Ons

Herbal Formulas - (prices vary)		
Liniment	\$5	\$5.60
Cupping	\$15	\$16.80
Moxa Patch	\$12	\$12
Ear Seeds	\$5	\$5.60
Seven Star	\$5	\$5.60
Electrostimulation	\$10	\$11.20
doTERRA Essential Oils	\$2	\$2