

Menu of Services

Initial appointment- The first appointment will include an extended intake in which the TCM traditional ten questions are asked, a health history is taken, pulse and tongue are taken and a treatment is given. An acupuncture treatment includes needles and adjunct techniques* that the practitioner deems necessary according to the individual presentation. There will be lifestyle, diet, and herbal recommendations as well as a proposed treatment plan provided at the end. Patients should plan for 90 mins for the first appointment. \$250

Follow up appointments- Acupuncture appointments include a brief intake, needles, any adjunct techniques* the practitioner deems necessary, lifestyle, diet and herbal recommendations, as well as a review of treatment plan and progress. Patients should plan for a 1-hour appointment. \$180

Herbal Consultation- Herbal consultations include an intake and health history, looking at the tongue, reading the pulse, and creation of an herbal formulation. The cost of herbs is not included and will be shipped to you via a virtual pharmacy. Patient should allow 1 hour for the consultation and 5-7 business days for the raw herb formula. \$180

Body Work- Body work sessions are for individuals who need physical tension and stress relief and prefer no needles. Sessions are individually tailored based on a brief intake, and pulse and tongue reading. Treatments can include cupping, gua sha, acupressure and Chinese medical massage techniques to help soothe aches and pains or melt away stress. Appointments are 1 hour. \$200

Chinese Food Therapy-

** Disclaimer * Chinese Dietary Therapy is based on the principles of Chinese Medicine and is used to explore with and coach individuals on how to engage in balanced eating for their specific needs. This is a specialized form of therapy that may look different from traditional Western dietary therapies and serves a unique purpose that is structured for individuals who are not in active Eating Disorder or Re-feeding forms of medical and therapeutic treatment. Those who are interested and present with serious medical conditions are strongly encouraged to always consult their primary care physician and/or treatment team before making any changes to their diet or supplement regimes. If it is suspected at any point during our work together that an individual needs to be assessed for a higher level or different form of care, the appropriate referrals will be clearly communicated.*

What is a balanced diet? Is there a one size fits all answer? In Chinese Medicine, there's not! During a food therapy consultation, patients will receive a brief intake in which the practitioner will evaluate your pulse and tongue, current dietary habits, and discuss your specific wellness goals. Together, the practitioner and patient will explore and review specific foods and recipes to co-create an individualized plan targeted at supporting the patient to meet and eat their way to feeling their best! Suggestions provided by the practitioner will include educational components to help the patient understand how and what it means to "Eat with the Seasons", gain awareness of the patient's individual constitution, and learn about their unique Chinese Medicine diagnosis. Patients should expect to leave with a list of specific foods, recipes, and preparation ideas that will serve as a guide as they learn to incorporate these Chinese Principles into every plate! Appointments will last for 1 hour. \$180.

***Adjunct techniques** refer to modalities that include cupping, gua sha, moxibustion, acupressure, tui na, auricular acupuncture, ear seeds, electric stimulation, qi gong, food therapy, herbal medicine, stone medicine, and essential oil application for acupuncture points and will be used as needed during initial and follow up acupuncture appointments. Appointments for cupping, gua sha, acupressure and tui na only can be booked under "Body Work."