

WHAT TO EXPECT

At the initial visit the practitioner will take the history of the complaint, take your pulses, and look at your tongue. From this an Eastern disease diagnosis is made and an appropriate treatment is administered.

Many times herbs are needed to boost the effectiveness and longevity of a treatment – this does not matter if the disease is acute or chronic. In this clinic all herbs needed to continue a successful treatment are at no extra cost the day of the visit.

Both our raw and pill-form herbs are of the highest quality in the industry with no additives or preservatives, and are high potency for affectedness.



WHAT CAN HERBS HELP TO TREAT?

This is a small list of typical problems treated through acupuncture and herbs:

Sinusitis
Sore Throat
Allergies
Earache
Ringing in the Ears
Dizziness
Poor Eyesight
High Blood Pressure
Irritable Bowel Syndrome
Spastic colon
Colitis
Constipation/ Diarrhea
Ulcers
Hemorrhoids
Premenstrual Syndrome (PMS)
Irregular, Heavy or Painful Menstruation
Endometriosis
Menopause
Morning Sickness
Kidney Stones
Impotence
Infertility in Men and Women
Smoking Cessation
Anxiety
Insomnia
Depression
Colds and Flus
Weight Control

PREPARING A TEA

If you are given raw herbs, you will have a bag for each day. Because of the potency of the herbs, you may want to boil them twice a day. (Store the used herbs in the refrigerator between morning and evening boiling.)

Step 1: Pour one bag of herbs into 4-5 cups of water.

Step 2: Slow boil the herbs bringing the pot to a light boil in 45 minutes.

Step 3: Drain the tea from the herbs and drink a large coffee cup full. Put the remainder in the refrigerator or throw used herbs out.

