

ALTERNATIVE HEALTH & REHAB. CENTRE, PLLC
Alternative, Complimentary and Preventive Health Care Services
A Treatment Centre with a Holistic Personal Approach.

Open: 8am-8pm Monday-Friday, 9am-6pm Saturday.

2284 S. Ballenger Hwy, Suite F, Flint, MI. 48503.

Ph: (810) 235-5181. Web: www.ahrc.us

ACUPUNCTURE/ORIENTAL MEDICINE - by Appointment only

Pain and soreness of muscles, tendons, and joints is the most universal of all diagnoses, affecting almost everyone at some time or another. These conditions can be from a variety of factors, including the invasion of pathogenic factors, wind, cold, dampness, excessive work or exercise, accident, or as a result of internal health related conditions. Symptoms can include pain, numbness, weakness, atrophy, changes in reflexes and others.

Acupuncture and Oriental Medicine is effective in treating the following painful conditions:

- Sciatica, back pain, neck pain, Rotator cuff injuries, knee pain, Arthritis - Rheumatoid and Osteoarthritis,
- Pain resulting from Injury, Muscle Stiffness and Nerve Dysfunction along with other conditions.

Acupuncture is used also to treat acute and chronic problems:

- Insomnia, fatigue, anxiety, and depression.
- Gastrointestinal Disorders: Acid Reflux, diarrhea, constipation, stomachaches, gas.
- Respiratory Disorders: Allergies, colds, asthma, and sinus conditions.
- Addictions: Smoking and drug.
- Autoimmune Disorders: Chronic fatigue, lupus, fibromyalgia, and rheumatoid arthritis.
- Neurological Disorders: Headaches, multiple sclerosis, and Bell's palsy.
- Treatment for the nausea side effects of cancer therapy.
- Infertility, morning sickness and weight management.

Frequently-Asked Questions about Acupuncture

1. **What does acupuncture do?**
 - a. Helps to mobilizes and regulate the energy of the body, invigorates proper function of the muscles, nerves, vessels, glands, and organs.
2. **Are the needles sterile?**
 - a. All needles are sterile, disposable and used only one time. They are discarded in a biohazard container.
3. **Does acupuncture hurt?**
 - a. At insertion, the patient may feel some cramping, heaviness, distention, tingling or an electric sensation, either around the needles or traveling up or down the affected meridian. Most patients barely notice the needles at all. Most often the patient feels relaxed and may even fall asleep.
4. **How many treatments will I need?**
 - a. That varies on the type of condition being treated. Usually, within 6 treatments, we can tell if you are receiving some positive benefits or not, and determine further treatment recommendations.

Is there anything I can do to improve my acupuncture experience?

Yes, Relax. Ask questions. If you are uncomfortable, let us know immediately. Some adjustments to the procedures can be made.

Your Consultation, Initial Visit and Follow-up treatment visits.

The purpose of the initial visit is to explore your past health history and to uncover any current health concerns, along with your first treatment. This will take about 60-80 minutes, during which questions of your physical health, the problem you are experiencing, life style, etc as well as your expected goals and commitment to recommendations, will be discussed. Cost is: \$80. After your data has been reviewed with you, a personalized treatment plan is created and recommended. Normal treatment time is 50 minutes. Cost \$60 per session.

Our Acupuncturist is currently only available Thursday, by appointment.