



## What Is Chinese Medicine?

Chinese medicine is a health care system that addresses the body as a whole through the use of five branches: Acupuncture, herbs, massage, nutrition and movement/exercise. The general theory is that proper function depends on free circulation of nutrients, hormones, electrical impulses and other substances which regulate the body. When circulation is impeded the body is able to compensate, yet the constant stress of compromising can lead to dysfunction. The aim of Chinese medicine is to treat the underlying cause and ultimately prevent disease.

As Designed Wellness is a Traditional Chinese Medicine clinic offering:

- Acupuncture
- Herbal Medicine
- Facial Rejuvenation/Non-Surgical Face Lift
- Massage Therapy
- Jin Shin Jyutsu
- Craniosacral therapy
- Nutritional Assessment



**Susan Jeffries, M.S., L.Ac.**

I have always taken an interest in the human body and health. Following a ten year neuro-muscular massage practice and a deep study of Jin Shin Jyutsu, I earned a masters of science from Pacific College of Oriental Medicine in San Diego, CA. Healing is a discovery, so I have refined a gentle approach to the body to ensure a profound experience while receiving acupuncture and body work. What you will find in my clinic is meticulous attention to comfort and thorough care.



## Informative Brochure on Chinese Medicine



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Insurance may cover treatment. Free consultations.

## Benefits of Traditional Chinese Medicine:

- Decrease Pain
- Decrease Recovery Time
- Improve Muscular Function
- Improve Digestive Function
- Improve Circulation
- Increase Energy
- Improve Sleep
- Reduce Stress
- Treat Anxiety
- Release Endorphins
- Increase Neurotransmitters
- Augment Immunity

# wellness

## How acupuncture works:

The World Health Organization (WHO) and the National Institute of Health (NIH) have performed clinical studies on the effects of acupuncture and have developed the following 5 theories of how it works, in modern scientific terms.

### **Brain Chemical Balance:**

Acupuncture effects higher brain areas, by way of sensory neurons, stimulating the secretion of endorphins in the brain and spinal cord. This helps regulate the hypothalamus, pituitary gland as well as brain chemicals.

### **Autonomic Nervous System Theory:**

Acupuncture stimulates the release of natural opioids, which normalizes the autonomic nervous system and reduces pain.

### **Gate Control Theory:**

Acupuncture activated receptors that inhibit the transmission of pain.

### **Vascular-Interstitial Theory:**

Acupuncture effects the electrical system by creating or enhancing transportation circuits in tissues; this speeds up healing by allowing transfer of material between normal and injured tissues.

### **Blood Chemistry Theory:**

Acupuncture effects the triglycerides, cholesterol and phospholipids suggesting that it can regulate the blood components, thereby regulating the body towards homeostasis.

