

harmony acupuncture and wellness llc

Finding Your Inner Harmony: An In-Depth Look at Harmony Acupuncture and Wellness LLC

Are you feeling overwhelmed, stressed, or just plain out of balance? Are you searching for a holistic approach to wellness that goes beyond the typical doctor's visit? Then you've come to the right place. This in-depth look at Harmony Acupuncture and Wellness LLC will explore the services they offer, their philosophy, and why they might be the perfect fit for your wellness journey. We'll delve into what makes them unique and how they can help you achieve a more harmonious and healthy life. Prepare to discover the transformative power of acupuncture and holistic wellness.

Understanding Harmony Acupuncture and Wellness LLC's Holistic Approach

Harmony Acupuncture and Wellness LLC isn't just another acupuncture clinic; it's a sanctuary dedicated to restoring balance and well-being. Their philosophy centers on the interconnectedness of mind, body, and spirit. They believe that true health isn't just the absence of disease, but a vibrant state of equilibrium where all aspects of your being are working in harmony. This holistic approach guides their treatment plans, ensuring that they address the root cause of your discomfort, not just the symptoms.

This commitment to holistic wellness extends beyond acupuncture. They offer a range of services designed to complement and enhance the therapeutic benefits of acupuncture, creating a truly comprehensive wellness experience. This integrated approach is a key differentiator, setting them apart from clinics solely focused on acupuncture treatments.

The Services Offered by Harmony Acupuncture and Wellness LLC

Harmony Acupuncture and Wellness LLC offers a comprehensive suite of services tailored to individual needs. These often include, but are not limited to:

Traditional Acupuncture: This cornerstone treatment involves the insertion of thin needles at specific points on the body to stimulate energy flow and promote healing. They likely use various acupuncture techniques to address different conditions and individual needs.

Cupping Therapy: This ancient practice uses suction cups to create a vacuum on the skin, promoting blood flow and releasing muscle tension. It's often

used in conjunction with acupuncture for enhanced results.

Herbal Medicine: Harmony Acupuncture and Wellness LLC likely incorporates the use of traditional Chinese herbal remedies to support and enhance the effects of acupuncture treatments. Herbal consultations are usually part of their comprehensive approach.

Massage Therapy: Relaxation and pain relief are often achieved through massage, further promoting the body's natural healing processes. Different massage techniques are likely available to target specific needs.

Nutritional Counseling: Understanding the role of nutrition in overall health is crucial. Nutritional counseling helps clients make informed choices to support their wellness goals, complementing other therapies.

Stress Reduction Techniques: Techniques like meditation or guided imagery might be offered to help manage stress, a key contributor to many health imbalances.

What Makes Harmony Acupuncture and Wellness LLC Unique?

What sets Harmony Acupuncture and Wellness LLC apart is their personalized approach. They don't simply treat symptoms; they take the time to understand each client's unique needs, lifestyle, and health history. This thorough assessment allows them to develop a customized treatment plan designed to achieve optimal results. This individual attention fosters a strong therapist-patient relationship, crucial for successful healing.

Their commitment to ongoing education and the incorporation of the latest research and techniques ensures that they offer cutting-edge, effective treatments. They likely stay abreast of new developments in holistic medicine, constantly refining their practices to provide the best possible care.

The clinic's ambiance likely contributes to the overall healing experience. Creating a calm, relaxing environment is essential for optimal results, allowing clients to fully benefit from their treatments.

Finding Harmony: Your Journey to Wellness Begins Here

The journey to improved well-being can be challenging, but with the right support, it becomes achievable. Harmony Acupuncture and Wellness LLC provides that support, guiding you through a holistic approach to regaining balance and restoring your vitality. Their personalized care, comprehensive services, and commitment to excellence make them a leading choice for those seeking a more harmonious and healthy lifestyle. By addressing the root cause of your

imbalances, they empower you to take control of your health and live a life filled with energy, vitality, and well-being.

Conclusion

Choosing a holistic wellness provider is a significant step toward prioritizing your health. Harmony Acupuncture and Wellness LLC offers a comprehensive and personalized approach to wellness, combining the ancient wisdom of acupuncture with modern techniques. If you're ready to embark on a journey towards greater harmony and well-being, contact Harmony Acupuncture and Wellness LLC to schedule a consultation and discover the transformative power of their holistic approach.

Frequently Asked Questions (FAQs)

1. What insurance plans does Harmony Acupuncture and Wellness LLC accept? This varies by location and provider. Contact them directly for the most up-to-date information on their insurance coverage.
1. What should I expect during my first appointment? Your first appointment will likely involve a detailed consultation to discuss your health history, current concerns, and goals. This will be followed by a tailored treatment plan created specifically for your needs.
1. Is acupuncture painful? The sensation of acupuncture needles varies from person to person. Most describe it as a slight prick or pressure. The practitioners are highly skilled and strive to minimize any discomfort.
1. How many acupuncture treatments will I need? The number of treatments required depends on your individual needs and the nature of your condition. Your practitioner will help determine a treatment plan and timeline during your initial consultation.
1. What are the potential benefits of acupuncture? Acupuncture can help with a wide range of conditions, including pain management, stress reduction, improved sleep, and increased energy levels. Remember, individual results can vary.

harmony acupuncture and wellness llc: *Archetypal Acupuncture* Gary Dolowich M.D., 2011-09-20 The Chinese model of the Five Elements (wood, fire, metal, earth, and water) and the Twelve Officials (the organ systems that comprise the map of traditional Chinese medicine) has been applied as a system of medicine for three thousand years to balance chi, the vital force of the body. Archetypal Acupuncture explains to both acupuncturists and the general public how to work with these maps of energy and use them to diagnose physical illness, resolve emotional imbalances, and navigate the stages of life. Dr. Dolowich's goal is to revitalize these traditional teachings for the modern world—and in the process bring East and West together. Through an archetypal approach to Chinese medicine, he shows how we can gain fresh insights into the roots of illness while uncovering a positive vision of wellness and the healing process. The book draws on case histories, spiritual poetry (especially Rilke and Rumi), classic sources such as the I Ching, and examples from contemporary culture in order to bring the elements alive. Individual chapters explore the interface of Eastern and Western medicine, Chinese numerology, spiritual aspects of the elements, archetypal patterns in popular culture, and strategies for cultivating a life in harmony with the rhythms of nature.

harmony acupuncture and wellness llc: *Health and Wellness* Gordon Edlin, Eric Golanty, 2015-08-04 Preceded by Health and wellness / Gordon Edlin and Eric Golanty. c2014.

harmony acupuncture and wellness llc: *Extraordinary Vessels* Kiiko Matsumoto, Stephen Birch, 1986 The most detailed exposition of the vessels in the English language.

harmony acupuncture and wellness llc: *Earth Acupuncture* Gail Reichstein Rex, 2016-02-18 Applying the principles of Chinese medicine and Native American shamanism to answer the call of the Earth and heal its polluted landscapes • Explains how to build a healing relationship with the natural world by making offerings of thanks and listening to the Earth's responses • Details methods of diagnosis and several types of Earth acupuncture treatment, including building stone circles, planting crystals, and working with wooden and copper-rod needles • Shares the author's journey of healing a river with these methods After experiencing a powerful vision of the nuclear power plant near her home and its toxic effects on the Hudson River, acupuncturist Gail Rex was inspired to help heal the river and surrounding lands but was unsure how to begin. Soon after, at a workshop with Cherokee-wisdom teacher Venerable Dhyani Ywahoo, she discovered the answer: she could treat the landscape just as she treated her patients--by taking its pulses and treating the points of stagnant energy and pollution with acupuncture. Tracing her journey from initial vision and pulse taking to building a stone circle to open a major energy meridian of the Hudson, the author reveals how our rivers, valleys, and forests are capable of illness and healing just like a living being. She explains simple practices for attuning with the living landscape and responding appropriately to the messages and images received from the Earth's intelligence. By making offerings of thanks and asking the land's permission before every interaction, Gail Rex demonstrates the power of right relationship in action. Drawing upon the principles of Chinese medicine and her work with Native American shamanic traditions, Rex shows how the landscape itself reveals both its imbalances and the opportunities for treatment. Using a broad range of diagnostic tools--including direct observation, principles of feng shui, listening to pulses, and working with maps--she demonstrates ways of identifying the master points of the surrounding landscape. She then explores different methods of Earth acupuncture treatment, including building stone circles, planting crystals, and working with wooden and copper-rod needles to treat these specific points and restore energy balance. Offering not only a proactive method for healing the environment, Rex also reveals how to communicate with the rivers, mountains, trees, and rocks that surround us, allowing each of us to develop an authentic spiritual relationship with the living body of the Earth.

harmony acupuncture and wellness llc: *The Infertility Cure* Randine Lewis, 2008-12-14 In *The Infertility Cure*, Dr. Lewis outlines her simple guidelines involving diet, herbs, and acupressure

so that you can make use of her experience and expertise to create a nurturing, welcoming environment for a healthy baby. Dr. Randine Lewis offers you a natural way to support your efforts to get pregnant. The Infertility Cure addresses: Advanced maternal age Recurrent miscarriage Immunological fertility problems Male-factor infertility Hormonal imbalances and associated conditions Anovulation, luteal phase defect, amenorrhea, unexplained infertility Endometriosis, polycystic ovaries, tubal obstruction, uterine fibroids Improving the outcome of assisted reproductive techniques The Infertility Cure opens the door to new ideas about treating infertility that will dramatically increase your odds of getting pregnant -- the natural way.

harmony acupuncture and wellness llc: Complementary and Alternative Medicine in the United States Institute of Medicine, Board on Health Promotion and Disease Prevention, Committee on the Use of Complementary and Alternative Medicine by the American Public, 2005-04-13 Integration of complementary and alternative medicine therapies (CAM) with conventional medicine is occurring in hospitals and physicians offices, health maintenance organizations (HMOs) are covering CAM therapies, insurance coverage for CAM is increasing, and integrative medicine centers and clinics are being established, many with close ties to medical schools and teaching hospitals. In determining what care to provide, the goal should be comprehensive care that uses the best scientific evidence available regarding benefits and harm, encourages a focus on healing, recognizes the importance of compassion and caring, emphasizes the centrality of relationship-based care, encourages patients to share in decision making about therapeutic options, and promotes choices in care that can include complementary therapies where appropriate. Numerous approaches to delivering integrative medicine have evolved. Complementary and Alternative Medicine in the United States identifies an urgent need for health systems research that focuses on identifying the elements of these models, the outcomes of care delivered in these models, and whether these models are cost-effective when compared to conventional practice settings. It outlines areas of research in convention and CAM therapies, ways of integrating these therapies, development of curriculum that provides further education to health professionals, and an amendment of the Dietary Supplement Health and Education Act to improve quality, accurate labeling, research into use of supplements, incentives for privately funded research into their efficacy, and consumer protection against all potential hazards.

harmony acupuncture and wellness llc: Oakland County Telephone Directories , 2007

harmony acupuncture and wellness llc: Balance Your Hormones, Balance Your Life Claudia Welch, 2011-03-22 Deepak Chopra meets Christiane Northrup in this women's health guide, which uses Ayurvedic and traditional Chinese Medicine to achieve hormonal balance and optimal well-being.

harmony acupuncture and wellness llc: *The Way of the Fertile Soul* Randine Lewis, 2007-11-06 Being fertile and fruitful can mean giving birth to a child -- but to have a fertile soul means to give birth to the true self a woman wants to be: to live a life filled with passion, strength, joy, and adventure. In *The Way of the Fertile Soul*, Dr. Randine Lewis outlines ten ancient Chinese medical and Taoist secrets that hold the little-known key to successfully conceiving babies, new dreams, and a fulfilling life for women at any phase in their lives. *The Way of the Fertile Soul* encourages women to strive toward health, abundance, and a fruitful, joyous approach to life. By using diagnostic questionnaires, qi gong exercises, and guided meditations to help the reader understand how the elements of nature express themselves in her body, mind, and spirit, *The Way of the Fertile Soul* provides the tools to greatly increase a woman's chance of conceiving, identify imbalances, reduce stress, increase energy, and uncover her intrinsic creativity and express it fully.

harmony acupuncture and wellness llc: Asian Health Secrets Letha Hadady, D.Ac., 1998-01-27 Asian Way of Wellness is the first interactive guide to herbal medicine, presenting breakthrough guidelines for self-diagnoses that help readers understand how to evaluate their personal health needs and use readily available herbs to treat common maladies, boost the immune system, prevent illness, maintain wellness, and ensure longevity. The author is a herbalist and accupuncturist.

harmony acupuncture and wellness llc: A Comprehensive Guide to Chinese Medicine

Ping-Chung Leung, 2003 This invaluable book is aimed at those who are concerned about Chinese medicine ? how it works, what its current state is and, most important, how to make full use of it. The audience therefore includes clinicians who want to serve their patients better and patients who are eager to supplement their own conventional treatment. The authors of the book belong to three different fields, viz. clinical and basic sciences, Chinese medicine and pharmacology. They provide information from their areas of expertise and concern, attempting to make it comprehensive for users. The approach is macroscopic and philosophical; readers convinced of the philosophy are to seek specific assistance.

harmony acupuncture and wellness llc: Your Yin Yang Body Type Gary Wagman,

2014-12-29 Optimize your health by learning the inherent strengths and weaknesses of your body type • Explains the 4 major body types of Korean Sasang medicine; the best foods, exercises, and herbs for each; and what to avoid • Reveals how the Yin Yang energy balance of the bodily organs relates to the emotional balance and health of each body type • Provides 2 different self-tests to determine your type Deeply rooted in the classics of Oriental medicine, the ancient Korean art of Sasang medicine explains how we each are born with a specific body “type” that establishes our physical and emotional strengths and weaknesses. These traits have a direct influence on how we interact with others and react to stress, trauma, and illness. Discovering your type can empower you to make the best choices regarding your health and well-being. In this book, Dr. Gary Wagman explores the 4 major body types of Sasang medicine and 2 different self-tests to determine your type. He explains the balance of Yin and Yang energy within the organs for each type and how this underlies your emotional tendencies and health patterns. With a strong spleen and weaker kidneys, for example, the Yang type A person will be inclined to anger and susceptible to urinary complaints. Offering stories from his Sasang medical practice, as well as his own healing, the author shows how organ excesses and deficiencies are often the culprit in emotional and psychological issues and how addressing these energetic imbalances can bring about lasting change. Dr. Wagman provides an extensive look at the most beneficial foods for each type and those that could be harmful, as well as which forms of exercise are most effective. He shows which herbs are most compatible for you and which could exacerbate your inborn energetic imbalances. He offers Sasang approaches for a range of common conditions, from high blood pressure, aching joints, and allergies to common colds, inadequate sleep, and weight gain. He also introduces ways to enhance spiritual well-being by balancing your innate emotional strengths and weaknesses. Addressing the body, mind, and spirit, discovering your Yin Yang body type provides the key to optimizing physical, emotional, and spiritual health.

harmony acupuncture and wellness llc: Head to Tail Wellness Stacy Fuchino, 2010-03-04

Extend and enhance the quality of your pet's life Be proactive about your pet's wellness and let Dr. Stacy show you how a reasonable combination of proven Western veterinary know-how and time-tested Eastern therapies can promote health and vitality for your furry companion. Whether it's a matter of harnessing the healing properties of food, eliminating harmful elements from a pet's surroundings, restoring an animal's flow of energy, or treating bothersome symptoms, Dr. Stacy provides a revolutionary East-West approach, blending the best of both worlds to bring your pet's internal and external environments into perfect harmony. Written by a leading veterinarian schooled in both Western veterinary medicine and traditional Eastern medicine Packed with charts, quizzes, inspirational quotes, and more An appendix lists alternative veterinary practitioners around the U.S. Head to Tail Wellness will show you how to make positive changes in your pet's life that will reduce the need for drugs and invasive therapies and, most importantly, yield a happy, healthy pet.

harmony acupuncture and wellness llc: Fertility Wisdom Angela C. Wu, Katherine Anttila,

Betsy Brown, 2006-09-05 Introducing the only clinically proven program—steeped in ancient Chinese healing traditions—that has enabled hundreds of infertile couples to conceive. At Wu's Healing Center in San Francisco, miracles are happening. Women and their partners come to the clinic—often from across the country-- to fulfill a passionately held yet fragile dream: to conceive and

deliver the healthy baby that mainstream doctors have told them they cannot have. Using traditional Chinese medical techniques, sometimes integrated with Western fertility treatments, Dr. Angela Wu is helping these couples experience the miracle of birth. In this book, Dr. Wu details a proven 6-part self-care regimen that helps create the internal harmony and balance vital to conception. Her techniques not only enhance the results and reduce the side effects of in vitro and other Western fertility treatments, they also shorten labor and speed postpartum recovery. Babies benefit too, adopting regular sleep patterns more quickly and getting sick less frequently. At a time when one in five U.S. couples is struggling with fertility problems, this practical and uplifting volume, filled with the inspirational stories of Dr. Wu's grateful patients, will be a godsend.

harmony acupuncture and wellness llc: Health and Wellness Tourism Melanie K. Smith, László Puczkó, 2009 Health and Wellness Tourism takes an innovative look at this rapidly growing sector of today's thriving tourism industry. This book examines the range of motivations that drive this diverse sector of tourists, the products that are being developed to meet their needs and the management implications of these developments. A wide range of international case studies illustrate the multiple aspects of the industry and new and emerging trends including spas, medical wellness, life-coaching, meditation, festivals, pilgrimage and yoga retreats. The authors also evaluate marketing and promotional strategies and assess operational and management issues in the context of health and wellness tourism. This text includes a number of features to reinforce theory for advanced students of hospitality, leisure and tourism and related disciplines.

harmony acupuncture and wellness llc: *Wellness Culture* , 2021-07-15 Wellness culture promises a reprieve from the stress of long workdays, restrictive dieting, and punishing exercises through providing the alternative of a balanced lifestyle that simply focuses on feeling good. However, the reality of wellness culture is more complicated. While some assert that it successfully promotes well-being, others argue that it is simply a way of rebranding the dieting and exercise regimens that already existed, building an industry around the products and services that allegedly promote wellness. This volume clarifies the nebulous concept of wellness and explores how culture, business, and health intersect to create today's wellness culture.

harmony acupuncture and wellness llc: *Dragon Rises, Red Bird Flies* Leon Hammer, 2005 Behind the acupuncture, herbal remedies and sophisticated diagnostics of Chinese medicine lies a congenial system of healing that embodies unification of body and mind, spirit and matter, nature and man, philosophy and reality. In this comprehensive and ground-breaking presentation, based on long experience as physician, psychiatrist, and practitioner of Chinese medicine, Leon Hammer offers a new model for appreciating the traditional healer's effective and profound respect for individual integrity and energetic balance. Explaining, and moving beyond, the five phase (element) system, he shows that this Eastern practice is as much a spiritual science as a physical one. Accessible to the layman, yet a resource for the professional in any healing art, this book examines the natural energy functions of the human organism as a key to mental, emotional and spiritual health. It offers new insight into disease, showing how it is not merely an invasion from the outside, but rather a byproduct of a person's unsuccessful attempt to restore one's own balance.

harmony acupuncture and wellness llc: *Pediatric Chiropractic* Claudia A. Anrig, Gregory Plaugher, 2022-02-12 The long-awaited third edition of *Pediatric Chiropractic* takes the valuable second edition to a whole new level, offering new chapters, full-color photos, illustrations, and tables to provide the family wellness chiropractor and the student of chiropractic a valuable reference manual covering all aspects of care for the pediatric and prenatal populations. Internationally recognized authorities Claudia Anrig, DC and Gregory Plaugher, DC have invited the leaders in their fields to contribute to this precedent-setting textbook and now offer even more valuable information for the practitioner.

harmony acupuncture and wellness llc: Gut Wisdom Alyce M. Sorokie, 2004-05-13 "A positive mental attitude is everything, and this inspirational as well as informative guide to good tummy health is fairly brimming with it."—Booklist Are you eating a reasonable diet, getting enough exercise and still experiencing indigestion, bloat, or other "gut distress?" Do you experience

frequent knots, butterflies, tension, or more severe symptoms in your gut? That's because diet and exercise are only part of the equation—scientists are now proving what body/mind theorists have been saying all along: that the gut and brain are inextricably connected. Positive thoughts of joy, peace, and love contribute to a healthy gut. Negative thoughts of rage, resentment, and anxiety are like toxins in the gut. Gut Wisdom will help you learn how to listen to your gut to achieve total body health. Unlike other books on digestion, it is a friendly, readable, easy-to-understand guide that gives you specific procedures you can use to alleviate indigestion, irritable bowel syndrome, constipation, diarrhea, and many other common ailments. "Gut Wisdom can help you be a happy Buddha once again. Smart, well-written, and documented. I recommend it."—Ron Klatz, M.D., D.O., author of Grow Young with HGH "Gut Wisdom teaches how to listen to your gut's clues to bring your body, mind, and spirit into harmony."—Cynthia Helphingstine, Ph.D.

harmony acupuncture and wellness llc: Five Element Constitutional Acupuncture Angela Hicks, John Hicks, Peter Mole, 2010-10-18 This exciting new edition of Five Element Constitutional Acupuncture gives a clear, detailed, and accessible presentation of the main features of constitutional Five Element acupuncture. It covers the context and history of this form of acupuncture, as well as the relevant Chinese medicine theory. After examining the Elements themselves and the functions of the Organs, the book explores the basis of diagnosis in Five Element acupuncture, possible blocks to treatment and the treatment itself. It puts this style of treatment into the context of other styles of acupuncture treatment — especially Traditional Chinese Medicine (TCM) as it is used in the West today. Features - The Five Elements referred to in the title are Wood, Fire, Earth, Metal, and Water. - Gives a clear, detailed and accessible presentation of the main features of Five Element Constitutional Acupuncture treatment. - Covers the context and history of this form of acupuncture, as well as the relevant Chinese medicine theory. - Includes an unambiguous description of the principle aspects of diagnosis within a system, ironing out inconsistencies often present in discussions of these aspects. This edition has been thoroughly revised throughout and includes a new and improved colour page design. Quotes from the foreword to the first edition by Peter Eckman, San Francisco: ...the authors have shown how their approach can even integrate with TCM findings to treat patients more completely and rapidly. As the case histories illustrate, Five Element Constitutional Acupuncture is a style of practice that is second to none, and this innovative text is an excellent resource for learning it

harmony acupuncture and wellness llc: Practical Pain Management C. David Tollison, John R. Satterthwaite, Joseph W. Tollison, 2002 Thoroughly revised to reflect contemporary diagnostics and treatment, this Third Edition is a comprehensive and practical reference on the assessment and management of acute and chronic pain. This edition features 14 new chapters and is filled with new information on invasive procedures...pharmacologic interventions...neuraxial pharmacotherapy...physical and occupational therapies...diagnostic techniques...pain in terminally ill patients...cancer pain...visceral pain...rheumatologic disorders...managed care...and medicolegal issues. Reorganized with two new sections focusing on diagnostics and cancer pain. A Brandon-Hill recommended title.

harmony acupuncture and wellness llc: The Tui Na Manual Maria Mercati, 2018-06-12 A full-color, illustrated guide to Chinese tui na massage techniques for whole-body health • Demonstrates each of the 15 unique Tui Na techniques with rich full-color photos and step-by-step instructions • Explains how to use qi-points to treat conditions in close proximity to the points as well as enact healing in tender or injured regions through the use of distant points • Details how to use Tui Na in all ages to release stress, re-energize the body, invigorate the mind, and relieve pain, sciatica, headache, sports injuries, and other common ailments Tui Na, which means "grasp and push," is a Chinese system of therapy that uses massage and bodywork manipulation to relieve pain, release tension, and treat common ailments. Often practiced in conjunction with acupuncture and Chinese herbalism, Tui Na is also used as a treatment to address specific patterns of disharmony and stimulate the overall flow of qi, or vital energy, throughout the body. The leading authority on Tui Na in the West, with years of study in China, Indonesia, and Thailand, Maria Mercati combines the

individual techniques of Tui Na into an easy-to-use method for whole-body health. Providing rich full-color photos with step-by-step instructions, she demonstrates each of the 15 unique Tui Na techniques, showing clearly where to place your hands as well as offering clear diagrams of the meridian energy channels and more than 100 powerful qi-points, where qi energy can be directly affected to restore balance and harmony. She explains how to use the qi-points to treat conditions in close proximity as well as enact healing in tender or injured regions through the use of distant yet connected qi-points. The author details how to use Tui Na treatments to relieve neck, shoulder, and back pain, sciatica, headache, and many other common ailments, treat sports injuries, and improve athletic performance. She also shows how it can release stress, re-energize the body, and invigorate the mind, as well as provide healing massage for adolescents, the elderly, and babies. Offering a healing method that requires no special equipment and is simple enough to do at home or in a chair at work, this fully illustrated guide provides a hands-on program to help yourself and others find whole-body health.

harmony acupuncture and wellness llc: Natural Therapies for Overcoming Opioid Dependency Catherine Browne, 2018-11-13 With opioid dependency at epidemic levels, Catherine Browne, a doctor of acupuncture and Oriental medicine, provides an accessible and practical guide to the effective use of natural therapies in helping people wean off opioids, manage withdrawal symptoms, and address pain without opioids. Drawing on her extensive clinical experience, Dr. Browne explains how Chinese medicine, acupuncture and acupressure, herbs, essential oils, nutritional supplements, meditation, and exercise can be used to address addiction and restore the body to optimal functioning. Individuals and families who are struggling with addiction, as well as medical practitioners and holistic healthcare professionals, will find help and encouragement in Dr. Browne's detailed protocols and advice for integrating natural therapies with traditional medical treatment.

harmony acupuncture and wellness llc: Ignite Your Health and Wellness J. B. Owen, Alex Jarvis, Annie Lebrun, 2019-12-02 Enjoying good health and optimal wellness is becoming the ultimate dream. For many, living a holistic lifestyle has moved to the forefront of an ideal future. Become your own healthiest self while enjoying 36 inspiring stories from practitioners, health professionals, and coaches who, through their own journeys, have discovered the harmonious connection in healing the body, mind, heart and soul. Find out how they transformed their lives and reinvigorated their bodies using unique practices, alternative modalities and self-healing solutions. The stories speak to everything from stress and overexertion to depression and mental health. Some have written about conditions such as alopecia, eczema and inflamed bowels. Others have told of their improvements in cancer, epilepsy, multiple sclerosis and chronic back pain. All share solutions that addressed their 'dis'-ease and accessed their own healing potential. This book shows that you have the power to transform your health and wellness. Be Ignited and start experiencing a healthier and happier you!

harmony acupuncture and wellness llc: Visceral Manipulation J. P. Barral, Pierre Mercier, 2005 Osteopathy and other systems of manual medicine have developed a variety of models for understanding the mechanics of proper and improper motion of the musculoskeletal system. In this important and pioneering work, that same structural vision is applied to the visceral system. The central premise of 'Visceral Manipulation' is that the interrelationship of structure and function among the internal organs is at least as strong as that among the constituents of the musculoskeletal system; and that, like the musculoskeletal system, manipulation of the viscera can be beneficially used in the treatment of a wide variety of problems affecting any of the body's systems.--Publisher description.

harmony acupuncture and wellness llc: The Essential Teachings of Sasang Medicine Gary Wagman, 2016-08-18 Sasang Medicine, the only complete Korean medical system and philosophy, is made accessible in English for the first time through this annotated translation of Lee Je-ma's foundational text, the Dongeui Susei Bowon. Including a philosophical exploration of human emotions and constitutions, and comprehensive explanation of the Four Constitutions and their

effects on health, the Dongeui Susei Bowon offers a unique approach to any health concern. It also includes examples of specific cases and how to apply over one hundred herbal formulae for effective treatment according to the energetic requirements of each Sasang constitution. Rigorous translation, explanatory introduction explaining the relationship to and differences from Chinese medicine, detailed footnotes, and commentary by a practicing doctor of Korean medicine fully elucidates Lee Je-ma's text for a thorough understanding of Sasang Medicine.

harmony acupuncture and wellness llc: Sane Asylums Jerry M. Kantor, 2022-08-23 • Examines the success of homeopathic psychiatric asylums in the United States from the 1870s until 1920 • Focuses on New York's Middletown State Homeopathic Hospital for the Insane, which had a treatment regime with thousands of successful outcomes • Details a homeopathic blueprint for treating mental disorders based on Talcott's methods, including nutrition and side-effect-free homeopathic prescriptions In the late 1800s and early 1900s, homeopathy was popular across all classes of society. In the United States, there were more than 100 homeopathic hospitals, more than 1,000 homeopathic pharmacies, and 22 homeopathic medical schools. In particular, homeopathic psychiatry flourished from the 1870s to the 1930s, with thousands of documented successful outcomes in treating mental illness. Revealing the astonishing but suppressed history of homeopathic psychiatry, Jerry M. Kantor examines the success of homeopathic psychiatric asylums in America from the post-Civil War era until 1920, including how the madness of Mary Todd Lincoln was effectively treated with homeopathy at a "sane" asylum in Illinois. He focuses in particular on New York's Middletown State Homeopathic Hospital, where superintendent Selden Talcott oversaw a compassionate and holistic treatment regime that married Thomas Kirkbride's moral treatment principles to homeopathy. Kantor reveals how homeopathy was pushed aside by pharmaceuticals, which often caused more harm than good, as well as how the current critical attitude toward homeopathy has distorted the historical record. Offering a vision of mental health care for the future predicated on a model that flourished for half a century, Kantor shows how we can improve the care and treatment of the mentally ill and stop the exponential growth of terminal mental disorder diagnoses that are rampant today.

harmony acupuncture and wellness llc: Sage-ing While Age-ing Shirley MacLaine, 2008-07-08 The award-winning actress and best-selling author of *The Camino* and *Out on a Limb* evaluates the personal and professional milestones that have marked her spiritual journey, in an account that explores forefront issues in health, nutrition, and life after death. Reprint. 100,000 first printing.

harmony acupuncture and wellness llc: Unlocking the Heart of Healing Bridget Hughes, 2014-12-09 In *Unlocking the Heart of Healing*, Licensed Acupuncturist, Speaker, Qigong teacher, and National Board Certified Clinical Hypnotherapist Bridget Hughes M.Ac., L.Ac. NBCCH urges us to cultivate a state of heart that unlocks our Inner Molecules of Medicine and engages our HeartMindBody connection to heal. Using a meditation she calls a Feeling Mantra(r) as the tool, and the heart-touching stories of her students, patients, and recollections from her own journey from chronic illness to health to bring it all to life, Hughes unlocks a door to a place we can all come home to. As Hughes demonstrates, when we learn the skills for unlocking our own dormant resources for healing, our efforts ripple out and touch our families, our community, and the global community.

harmony acupuncture and wellness llc: Herbal Medicine Iris F. F. Benzie, Sissi Wachtel-Galor, 2011-03-28 The global popularity of herbal supplements and the promise they hold in treating various disease states has caused an unprecedented interest in understanding the molecular basis of the biological activity of traditional remedies. *Herbal Medicine: Biomolecular and Clinical Aspects* focuses on presenting current scientific evidence of biomolecular ef

harmony acupuncture and wellness llc: Nourishing Life the Yang Sheng Way Deirdre Courtney, 2019-07-18 Combining the wisdom of classical Chinese medicine with modern nutritional science, this book explores the concept of Yang Sheng, which means to nourish life by nurturing body, mind and spirit in harmony with the natural rhythms and universal laws, revealing the importance of nutrition within it and outlining how our modern lifestyle and environment challenges

our ability to do that. A perfect guide for practitioners and students of Chinese medicine, the book explains modern diets and Chinese nutritional theory with a focus on prevention of illness and the impact of lifestyle and environment on our health during each stage of life. Lifestyle and nutritional advice for prevention and treatment of a range of illnesses and conditions is given for both adults and children.

harmony acupuncture and wellness llc: Taiwan Azra Moiz, Janice Wu, Debbie Nevins, 2016-07-15 This book provides comprehensive information on the geography, history, wildlife, governmental structure, economy, cultural diversity, peoples, religion, and culture of Taiwan. All books of the critically-acclaimed Cultures of the World® series ensure an immersive experience by offering vibrant photographs with descriptive nonfiction narratives, and interactive activities such as creating an authentic traditional dish from an easy-to-follow recipe. Copious maps and detailed timelines present the past and present of the country, while exploration of the art and architecture help your readers to understand why diversity is the spice of Life.

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