

sunrise acupuncture and wellness

Sunrise Acupuncture and Wellness: Your Path to Holistic Healing

Are you feeling overwhelmed, stressed, or just plain out of sorts? Do you crave a more natural, holistic approach to wellness? At Sunrise Acupuncture and Wellness, we believe that true health comes from within, a harmonious balance of mind, body, and spirit. This comprehensive guide dives deep into the world of Sunrise Acupuncture and Wellness, exploring our unique approach, the benefits of acupuncture, and how we can help you achieve your optimal health goals. We'll uncover the secrets behind our success and answer your burning questions about this transformative wellness journey.

What is Sunrise Acupuncture and Wellness?

Sunrise Acupuncture and Wellness isn't just another acupuncture clinic; it's a sanctuary dedicated to empowering you to take control of your health. We offer a personalized approach to wellness, integrating traditional acupuncture techniques with modern holistic therapies. Our highly skilled and compassionate practitioners work collaboratively with you to understand your unique needs and create a customized treatment plan designed to address your specific concerns and promote long-term well-being. We believe in nurturing your body's natural healing capabilities, guiding you towards a vibrant and fulfilling life.

The Power of Acupuncture: Unlocking Your Body's Potential

Acupuncture, a cornerstone of Traditional Chinese Medicine (TCM), involves the insertion of thin, sterile needles into specific points on the body. These points, known as acupoints, are believed to stimulate the flow of Qi (vital energy) and blood, promoting balance and healing throughout the entire system. Contrary to popular belief, acupuncture needles are incredibly fine and the procedure is generally painless.

At Sunrise Acupuncture and Wellness, we utilize a variety of acupuncture techniques tailored to individual needs. These may include:

Traditional Acupuncture: Addressing imbalances in Qi flow to relieve pain, reduce inflammation, and improve overall health.

Electro-Acupuncture: Using mild electrical stimulation to enhance the therapeutic effects of acupuncture.

Scalp Acupuncture: Focusing on specific points on the scalp to address neurological and mental health conditions.

Auricular Acupuncture (Ear Acupuncture): Stimulating points on the ear to relieve pain and address various health issues.

Beyond Acupuncture: A Holistic Approach to Wellness

While acupuncture forms the heart of our practice, at Sunrise Acupuncture and Wellness, we embrace a truly holistic approach. We understand that your physical health is intricately linked to your mental and emotional well-being. That's why we offer a range of complementary therapies to enhance your healing journey, including:

Cupping: Using suction cups to increase blood flow and relieve muscle tension.

Gua Sha: Using a smooth instrument to scrape the skin, promoting circulation and releasing toxins.

Moxibustion: Applying heat to specific acupoints to stimulate Qi and promote healing.

Nutritional Counseling: Providing guidance on dietary choices to support your overall health and well-being.

Stress Management Techniques: Offering tools and techniques to manage stress and promote relaxation.

Conditions We Treat at Sunrise Acupuncture and Wellness

Our skilled practitioners have extensive experience in treating a wide range of conditions, including:

Pain Management: Back pain, neck pain, headaches, arthritis, sciatica.

Stress and Anxiety: Reducing stress levels, improving sleep quality, and promoting mental clarity.

Digestive Issues: Improving digestion, reducing bloating, and addressing irritable bowel syndrome (IBS).

Women's Health: Menstrual irregularities, menopause symptoms, infertility.

Sleep Disorders: Insomnia, restless legs syndrome.

Immune System Support: Strengthening the immune system and promoting overall well-being.

The Sunrise Acupuncture and Wellness Experience: Personalized Care for Optimal Results

From the moment you walk through our doors, you'll experience a calming and nurturing environment designed to promote relaxation and healing. Our dedicated team takes the time to listen carefully to your concerns, conduct a thorough assessment, and develop a personalized treatment plan specifically tailored to your individual needs. We believe in open communication and collaboration, ensuring you feel informed and empowered throughout your entire journey.

Our Commitment to Excellence

At Sunrise Acupuncture and Wellness, we are committed to providing the highest quality of care. Our practitioners are highly qualified and experienced, dedicated to staying abreast of the latest advancements in

acupuncture and holistic medicine. We maintain the strictest standards of hygiene and safety, ensuring a comfortable and secure environment for all our patients.

Conclusion:

Sunrise Acupuncture and Wellness offers a transformative path to achieving optimal health and well-being. By integrating the power of acupuncture with a holistic approach to wellness, we empower you to take control of your health and live a more vibrant, fulfilling life. Schedule your consultation today and embark on your journey towards a healthier, happier you.

Frequently Asked Questions (FAQs):

1. Is acupuncture painful? Most patients report feeling minimal discomfort, often described as a slight pinch or pressure. Our practitioners use extremely fine needles, and we prioritize your comfort throughout the procedure.
1. How many acupuncture treatments will I need? The number of treatments varies depending on the individual and the condition being treated. Your practitioner will discuss a treatment plan with you during your initial consultation.
1. What should I expect during my first appointment? Your first appointment will involve a detailed consultation to discuss your health history and concerns. A comprehensive assessment will be performed to determine the best course of treatment.
1. Is acupuncture covered by insurance? Insurance coverage for acupuncture varies depending on your plan. We recommend checking with your insurance provider to determine your coverage.
1. What should I wear to my acupuncture appointment? Comfortable, loose-fitting clothing is recommended. You may want to wear clothing that allows easy access to the areas being treated.

sunrise acupuncture and wellness: *How to Heal with Singing Bowls* Suren Shrestha, 2009 Book & CD. Over the centuries many people have found relief from pain, stress, negative energy, and a variety of physical ailments through the sound and vibrations of Tibetan singing bowls, whose use has become increasingly popular in the West. This book offers step-by-step techniques for using the bowls for meditation, relaxation, and healing ailments such as insomnia, headache, stress-related intestinal disorders, and high blood pressure. A CD demonstrating the methods accompanies the book.

sunrise acupuncture and wellness: *Drunk Yoga* Eli Walker, 2019-01-15 The OFFICIAL Drunk Yoga book by the rebel behind the viral phenomenon! The Drunk Yoga craze is taking over... not even your bookshelf is safe! The official Drunk Yoga book includes 50 fun (and funny!) variations on traditional yoga poses including: Merlot-sana Vino-yasa WERK-Sasana Shot-a-runga Sip-da-Vino-sana Malbec-asana Bottle-konasana and so much more! In addition, you'll learn the Drunk Yoga rules (so you don't make any pour decisions), partner activities (so you won't have to drink alone), hilarious fun facts, crazy stories from real Drunk Yoga classes, poems, drawings, and other fun surprises! Full of wine, yoga, jokes, and joy, Drunk Yoga is for the experienced yogi, the average barfly, the social butterfly, and the wallflower who needs a few sips of liquid courage. It's about wine. And yoga. And not taking yourself too seriously. Already a huge hit for bachelor and bachelorette parties, birthday celebrations, and even office and team-building activities, this official book is founder Eli Walker's newest way to bring Drunk Yoga to you, wherever you are. Drink wine. Do yoga. Be happy.

sunrise acupuncture and wellness: *Tapestry of Health* Daniel A Monti, Anthony J Bazzan, 2020-09-09 Tapestry of Health artfully synthesizes the complex world of healthy living into a set of clear principles in guiding you to feel your best and thrive at your highest potential through evidence-based integrative medicine treatment of body, mind and spirit. Living a healthy lifestyle is not always easy. The conflicting health advice can feel overwhelming. Tapestry of Health takes the complex world of healthy living and gives you a set of clear, uncomplicated health principles that will show you how to feel your best and thrive, no matter your starting point. The book shares practical and easy-to-implement health plans that will help you: ? transform your health and weight ? improve your nutrition ? optimize your sleep ? manage your stress Doctor Monti and Doctor Bazzan are clinical and academic pioneers in the emerging medical specialty of integrative medicine. They having started the first-ever department of integrative medicine at a US medical school. In their book they share the principles and health plans they have used with their own patients over the last two decades to create transformative results. Their approach to health integrates all aspects of well-being, including the physical, emotional, intellectual, spiritual, social, and nutritional. They present here evidence-based restorative approaches and emerging cutting-edge strategies. They also offer a new perspective on how we view wellness in a way that reflects the shift from seeking medical care only when we are sick to one when we mindfully take responsibility for maintaining a healthy lifestyle. All this makes Tapestry of Health your partner on your path to optimal wellness.

sunrise acupuncture and wellness: *Dry Needling for Manual Therapists* Giles Gyer, Jimmy Michael, Ben Tolson, 2016-01-21 Designed to be a go-to reference for assessment and treatment planning in the clinic, this is a clear and concise handbook for students and practitioners of dry needling, or medical acupuncture. It includes: · Comprehensive medical illustrations demonstrating trigger point locations and associated pain referral patterns · Easy-to-follow instructions and photographs demonstrating musculoskeletal dry needling points and electroacupuncture techniques · Dedicated section on the acupuncture treatment of tendinopathy · Vital information on palpation and correct needling techniques · Practical guidance on best practice, safety and treatment planning · Overviews of the history and key principles of Traditional Chinese medicine and acupuncture · Up-to-date research on the effect of acupuncture in the treatment of MSK conditions, myofascial pain, trigger points (MTrPS), fascia and pain. The book will be an essential aid for osteopaths, physiotherapists, sports rehabilitators, chiropractors, massage therapists, as well as traditional acupuncturists wishing to understand a Western approach on acupuncture. Other health

professionals incorporating, or looking to incorporate dry needling into their treatment programme, will also find this book an invaluable resource.

sunrise acupuncture and wellness: Foot Reflexology & Acupressure Zha Wei, 2020-06-02 This book succinctly introduces the benefits of foot reflexology and acupressure, the required tools and the theory behind the science. With 77 reflex zones and 66 acupressure points, the soles of the feet are essentially a map to the human body—each one corresponds to an organ, muscle or other potential problem area. By implementing reflexology and acupressure techniques, you may be able to alleviate pain and discomfort, fatigue, stress and symptoms of chronic disease. These techniques can be done anytime and anywhere, and require just a few minutes a day. With easy-to-understand language and more than 200 color photos and diagrams—including computer-generated maps to help you locate the points on your own feet—this book is a comprehensive introduction to reflexology and acupressure for beginners (or for those who don't have time to go to reflexology or acupuncture appointments). Can be used in conjunction with Hand Reflexology & Acupressure.

sunrise acupuncture and wellness: Classical Chinese Medicine Liu Lihong, 2019-04-19 The English edition of Liu Lihong's milestone work is a sublime beacon for the profession of Chinese medicine in the 21st century. Classical Chinese Medicine delivers a straightforward critique of the politically motivated "integration" of traditional Chinese wisdom with Western science during the last sixty years, and represents an ardent appeal for the recognition of Chinese medicine as a science in its own right. Professor Liu's candid presentation has made this book a bestseller in China, treasured not only by medical students and doctors, but by vast numbers of non-professionals who long for a state of health and well-being that is founded in a deeper sense of cultural identity. Oriental medicine education has made great strides in the West since the 1970s, but clear guidelines regarding the "traditional" nature of Traditional Chinese Medicine (TCM) remain undefined. Classical Chinese Medicine not only delineates the educational and clinical problems faced by the profession in both East and West, but transmits concrete and inspiring guidance on how to effectively engage with ancient texts and designs in the postmodern age. Using the example of the Shanghanlun (Treatise on Cold Damage), one of the most important Chinese medicine classics, Liu Lihong develops a compelling roadmap for holistic medical thinking that links the human body to nature and the universe at large.

sunrise acupuncture and wellness: Spa , 2003

sunrise acupuncture and wellness: 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

sunrise acupuncture and wellness: Herbal Medic Sam Coffman, 2021-08-17 With a focus on herbal medicine and first-aid essentials, former Green Beret medic and clinical herbalist Sam

Coffman presents this comprehensive home reference on medical emergency preparedness for times when professional medical care is unavailable. *Herbal Medic* covers first-aid essentials, such how to assess a situation and a person in need of treatment and distinguish between illness and injury, as well as how to prepare and use herbs when there is no access to conventional medical treatment. In addition, the book provides a basic introduction to herbal medicine, with detailed entries on the best herbs to use in treatment; information on disease in the body and how herbs work against it; instructions for making herbal preparations; a list of those herbs the author has found most useful in his clinical experience; and a wide array of specific herbal care protocols for a multitude of acute health issues. This publication conforms to the EPUB Accessibility specification at WCAG 2.0 Level AA.

sunrise acupuncture and wellness: Fertility, Pregnancy, and Wellness Diana Vaamonde, Anthony C. Hackney, Juan Manuel Garcia-Manso, 2022-02-09 *Fertility, Pregnancy, and Wellness* is designed to bridge science and a more holistic approach to health and wellness, in particular, dealing with female-male fertility and the gestational process. Couples seeking to solve fertility issues for different reasons, whether failed assisted reproductive techniques or the emotional impact they entail, economic or moral reasons, are demanding more natural ways of improving fertility. This book explores the shift in paradigm from just using medications which, in the reproductive field, can be very expensive and not accessible to the entire population, to using lifestyle modifications and emotional support as adjunctive medicine therapies. This must-have reference brings together the current knowledge - highlighting the gaps - and delivers an important resource for various specialists and practitioners. - Offers insights from scientific and holistic methods, providing the available scientific evidence for (or against) different holistic approaches, aimed at improving fertility, health and wellness - Bridges the more 'peripheral', yet critical and multidisciplinary, considerations in fertility, infertility, pregnancy and wellness - Includes clear, concise and meaningful summary conclusion sections within each chapter

sunrise acupuncture and wellness: Stone Medicine Leslie J. Franks, 2016-02-13 A comprehensive manual for using crystals, gems, and stones to address physical, emotional, and spiritual health conditions • Includes an extensive *Materia Medica* detailing the healing and spiritual properties of 200 crystals and stones based on Classical Chinese Medicine • Explores the role played by the color of each stone, its Yin and Yang qualities, crystalline structure, chemical composition, and topical and internal applications • Explains how to make stone and crystal elixirs, wear stones as healing jewelry, use them in massage and energy work, and cleanse and recharge them • Based on the oral teachings of Dr. Jeffrey C. Yuen, a Taoist priest from the ancient lineage of the Jade Purity School (88th generation) masters In addition to herbalism and acupuncture, Chinese Medicine has a rich tradition of using stones as medicine, passed from generation to generation for thousands of years. In this comprehensive guide and extensive *Materia Medica*, Leslie J. Franks presents the Stone Medicine teachings of Dr. Jeffrey C. Yuen, an 88th generation Taoist priest from the ancient lineage of the Jade Purity School, which dates to the Han dynasty, 206 BCE. Detailing the therapeutic properties of 200 gems, stones, minerals, and crystals, Franks begins with an extensive look at 15 different forms of quartz, followed by chapters on transformative stones, protective stones, nourishing stones, source energy stones, and alchemical stones. She explains the physical, emotional, and spiritual conditions each stone can treat and how their color, form, hardness, and energetic qualities affect us according to Chinese Medicine. She discusses how to make stone and crystal elixirs for internal and topical use, how to charge quartz with the healing properties of other stones, how to cleanse and recharge a stone after use, and how to combine stones to create healing formulas for individual conditions. She explains different techniques of wearing stones as healing jewelry and how to use them in massage and energy work. She examines the chemistry and sacred geometry of crystal structure, revealing how the minerals contained in the stones affect our physiology by supporting our Jing (Essence); by nourishing Qi (energy), blood, and fluids; and by clearing Wind, Cold, Damp, and Heat conditions that can lead to disease. Including a thorough primer on Traditional Chinese Medicine and backed by modern scientific research, this

book explains how stones access our deepest layers, vibrating ever so slowly, to initiate deep lasting change.

sunrise acupuncture and wellness: *You Are Not Your Pain* Vidyamala Burch, Danny Penman, 2015-01-06 Developed by two authors, Vidyamala Burch and Danny Penman who themselves have struggled with severe pain after sustaining serious injuries, *You Are Not Your Pain* reveals a simple eight-week program of mindfulness-based practices that will melt away your suffering. Accompanied by audio to guide you, the eight meditations in this book take just ten to twenty minutes per day and have been shown to be as effective as prescription painkillers to soothe some of the most common causes of pain. These mindfulness-based practices soothe the brain's pain networks, while also significantly reducing the anxiety, stress, exhaustion, irritability, and depression that often accompanies chronic pain and illness. Whether you experience back pain, arthritis, or migraines, are suffering from fibromyalgia, celiac disease, or undergoing chemotherapy, you will quickly learn to manage your pain and live life fully once again. Note: Audio meditations are embedded within the ebook. If your device cannot play the audio, you will be redirected to the same content online

sunrise acupuncture and wellness: Spiritual Fertility Dr. Julie Von, 2019-07-16 "The dynamic spark that is responsible for creating each new human being cannot be reduced to a mass of cells and biochemical processes. There is a deeper mystery at play that women who are struggling with fertility can tap into." This book explains how to use the tools of spirituality and psychology to relax the endocrine system, change your perspective, and get pregnant. Everyone is fertile; however, our common standards for measuring fertility are faulty. Today, our currently accepted narratives around fertility offer much in the way of diagnosis, but little in the way of customized care and consideration of a woman's entire mind, body, and spirit. The dynamic spark responsible for creating each new human being cannot be reduced to a mass of cells and biochemical processes. There is a deeper mystery at play, one that women struggling with fertility can tap into. In this ground-breaking book, holistic fertility doctor Dr. Julie Von shows women a new way to approach fertility so that the entire experience of becoming pregnant is energetically uplifting. She shares tools and techniques that help nourish and build women's receptive energy to connect to the spiritual and unseen aspects of creating life. Dr. Von helps readers understand that principles of cosmic timing can be applied to all processes having to do with fertility and child-rearing, from freezing eggs, to conceiving, to choosing to adopt. With close to 20 years of clinical experience, Dr. Von has witnessed firsthand the power of the spiritual within fertility to balance the hormonal system and promote a healthy pregnancy.

sunrise acupuncture and wellness: Chinese Auricular Acupuncture Skya Abbate, 2003-10-16 In classical Chinese medicine, the ear is considered an extraordinarily powerful nexus of energy through which the entire body can be treated. Unlike numerous texts that apply Western approaches to Eastern medicine, *Chinese Auricular Acupuncture* explains ear acupuncture within the framework of traditional Oriental energetics consistent with the use

sunrise acupuncture and wellness: 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.

sunrise acupuncture and wellness: Ignite Your Light Jolene Hart, 2020-04-07 Light up your life—and your self—with this joy-filled guide to beauty, healing, and personal energy that includes delicious recipes, immune-strengthening wellness rituals, and practical steps for building a better world. Each page of this book is packed with inspiration and insights on the central role of energy in

the way you look, feel, and experience life. Ignite Your Light guides you to seek more of what lights you up, to grow the resilience of your mind, body, emotions, and spirit, and to refresh your routine from sunrise to moonlight, featuring: Delicious recipes that support glowing skin and optimal health Fresh takes on self-care rituals, from yoga nidra to skin care as energy release Inspiration-packed profiles of the 13 leading factors that power your inner light Simple shifts that improve your long-term health and happiness via your mindset, actions, environment, and relationships Filled with colorful illustrations and photos, Ignite Your Light is both a beautiful and practical guide for anyone who wants to positively influence their own energy, grow the beauty in their daily life, and shine their light on the world around them.

sunrise acupuncture and wellness: *Palm Beach Life* , 2007-01 Since 1906, Palm Beach Life has been the premier showcase of island living at its finest — fashion, interiors, landscapes, personality profiles, society news and much more.

sunrise acupuncture and wellness: *Auriculotherapy Manual* Terry Oleson, 2003 Health professionals from a wide range of backgrounds apply auriculotherapy to successfully relieve chronic pain and treat addictions. The most popular book on the subject, this practical handbook combines information on Chinese and French systems of ear acupuncture to offer treatment plans for over 250 medical conditions. Presenting the ear reflex points based on extensive research conducted at the UCLA Pain Management Center, it provides a standardized auricular nomenclature system for designating different anatomical zones of the ear, and it represents each ear reflex point with both a number and an auricular zone location.

sunrise acupuncture and wellness: *Energy Medicine* Jill Blakeway, 2019-04-02 The first comprehensive look at the groundbreaking field of energy medicine and how it can be used to diagnose and treat illness, from one of the world's foremost practitioners of Traditional Chinese Medicine. Today, more of us than ever are discovering the curative powers of energy medicine. Scientific studies continue to confirm its validity, and medical doctors are regularly prescribing treatments such as acupuncture to their patients. But even for those of us who have benefitted from such treatments, the question remains: what exactly is energy medicine, and how does it work? Acupuncturist and Traditional Chinese Medicine (TCM) scholar Jill Blakeway has been treating patients for more than twenty-five years. For Jill, the term "energy medicine" refers to the wide range of healing modalities used to diagnose and treat illness by manipulating the energy—the vital life force referred to as "qi" in TCM—that pulses through the cells of our bodies. But even this seasoned practitioner admits she doesn't truly understand how some of her patients are healed under her care, and retains a healthy skepticism about her own abilities as well those of her peers. In *Energy Medicine*, Jill invites us on her global journey to better understand, apply, and explain this powerful healing force. Moving from her own clinic to the halls of academia, she talks to top healers, researchers, and practitioners—from the Stanford and Princeton professors researching the physics behind energy medicine and healing; to a Chinese Qi Gong master who manifests healing herbs directly from her palm; to a team of skeptical scientists who use "hands on" healing to repeatedly cure mammary cancer in mice. She also tells the story of how she discovered energy medicine and became one of the most sought-after healers in the world. Lively, entertaining, and informative, told in Jill's funny, relatable, and wholly grounded voice, *Energy Medicine* bridges the gap between science and spirituality and offers a persuasive, evidence-based case that advances this ancient healing practice.

sunrise acupuncture and wellness: *Vegetarian Times* , 2000-06

sunrise acupuncture and wellness: *Mental Wellness* DK, Neal's Yard Remedies, 2021-05-04 An authoritative guide on natural approaches to boost everyday mental wellness and provide extra support when you need it the most. This mental wellness book helps you manage stressful periods as well as other biological factors that impact your mental wellbeing. You'll learn how to boost and holistically balance your mental state using natural remedies. Neal's Yard Remedies: Mental Wellness is filled with holistic techniques, herbal remedies, essential oils, foods, exercise, lifestyle strategies, and therapies to empower you. This book offers:

- The most comprehensive compendium

of natural remedies for mental wellness on the market • Chapters on herbal remedies, aromatherapy, foods (including supplements), movement, and alternative therapies • A Symptom Checker which you can explore symptoms and access solutions in the book, based on your current need – jitteriness; anxiety attacks; acute stress; grief; low mood, etc • Approaches and information endorsed by Neal's Yard Remedies, world leaders in natural, organic, holistic health. Learn techniques and mantras for uplifting your mood This beautiful, enlightening book explores how things like the environment, the seasons, hormonal shifts, sleep quality, and gut health can influence your mental health. Delve into how lifestyle choices can inhibit your mental health such as caffeine, alcohol, smoking, pollution, screen time, and isolation from the community. This wellness guide offers uplifting and informed information on why you may experience stress and anxiety, providing you with reassurance and strategies to combat these feelings. Explore the science behind natural remedies and use this book as a reliable resource for advice on mindfulness, yoga, breathing exercises, acupuncture, herbal remedies, and reiki. Expand your wellness collection This series of wellness books explore natural, holistic remedies to boost physical and psychological health and help you find the best solutions for yourself! Other titles in this series include Neals Yard Remedies Essential Oils and Neal's Yard Remedies Complete Wellness.

sunrise acupuncture and wellness: Floral Acupuncture Deborah Craydon, Warren Bellows, 2012-07-11 Certified flower essence practitioner Deborah Craydon and licensed acupuncturist Warren Bellows combine their expertise to present an innovative and highly effective holistic method to treat body, mind, and spirit. By applying flower essences (in place of needles) to acupuncture points, it is possible to stimulate the movement of energy (chi), starting a powerful healing process. Filled with full-color photography, this practical manual, suitable for both professional and home use, includes treatments for common ailments, such as depression, anxiety, and loneliness. The authors also explain the theory behind this technique and provide general instructions for application of flower essence tinctures, creating a comprehensive view of this exciting new form of alternative healing. The first guidebook to show how to apply the flower essences of Dr. Bach to acupuncture points for treatment of emotional and physical conditions, such as depression, anxiety, neck and shoulder pain, and headaches—without the use of needles. Bach flower essences can be purchased in most health food stores and homeopathic pharmacies and are safe for use on children, pregnant women, the elderly, and pets. Includes more than 50 full-color instructional photographs.

sunrise acupuncture and wellness: Matrix Energetics Richard Bartlett, 2009-07-07 Drawing on fundamental principles embraced by the field of quantum physics, this paradigm-busting program can teach readers how to access their own power to heal and transform their lives.

sunrise acupuncture and wellness: Fair Play Eve Rodsky, 2021-01-05 AN INSTANT NEW YORK TIMES BESTSELLER • A REESE'S BOOK CLUB PICK Tired, stressed, and in need of more help from your partner? Imagine running your household (and life!) in a new way... It started with the Sh*t I Do List. Tired of being the “shefault” parent responsible for all aspects of her busy household, Eve Rodsky counted up all the unpaid, invisible work she was doing for her family—and then sent that list to her husband, asking for things to change. His response was...underwhelming. Rodsky realized that simply identifying the issue of unequal labor on the home front wasn't enough: She needed a solution to this universal problem. Her sanity, identity, career, and marriage depended on it. The result is Fair Play: a time- and anxiety-saving system that offers couples a completely new way to divvy up domestic responsibilities. Rodsky interviewed more than five hundred men and women from all walks of life to figure out what the invisible work in a family actually entails and how to get it all done efficiently. With 4 easy-to-follow rules, 100 household tasks, and a series of conversation starters for you and your partner, Fair Play helps you prioritize what's important to your family and who should take the lead on every chore, from laundry to homework to dinner. “Winning” this game means rebalancing your home life, reigniting your relationship with your significant other, and reclaiming your Unicorn Space—the time to develop the skills and passions that keep you interested and interesting. Stop drowning in to-dos and lose some of that invisible workload that's pulling you down. Are you ready to try Fair Play? Let's deal you in.

sunrise acupuncture and wellness: Preventing Lyme & Other Tick-Borne Diseases Alexis Chesney, 2020-03-03 Disease-carrying ticks are found in all 50 states in the U.S. and, as their numbers rise and their ranges increase, so, too, do cases of tick-borne illnesses. Alexis Chesney, a naturopathic physician specializing in the treatment of diseases transmitted through tick bites, offers a comprehensive strategy for reducing exposure to disease-causing organisms and boosting the effectiveness of standard treatment protocols. With an overview of the tick species present in the U.S. and profiles of Lyme and other top diagnosed tick-borne diseases, including anaplasmosis and babesiosis, this guide gives concerned readers and medical professionals alike a deeper understanding of how tick populations — and associated illnesses — spread, and how to combat them naturally. In addition to covering landscape-management methods for dramatically reducing tick populations around the home, Chesney outlines prophylactic herbal tinctures that provide an additional layer of protection against tick-borne illnesses — an important strategy for those living in high-risk regions, especially in the event of an undetected bite. Chesney also provides options for treating acute tick-borne diseases, if symptoms develop, as well as herbs that can be used in combination with antibiotics to augment their efficacy.

sunrise acupuncture and wellness: Vegetarian Times , 1995-05 To do what no other magazine does: Deliver simple, delicious food, plus expert health and lifestyle information, that's exclusively vegetarian but wrapped in a fresh, stylish mainstream package that's inviting to all. Because while vegetarians are a great, vital, passionate niche, their healthy way of eating and the earth-friendly values it inspires appeals to an increasingly large group of Americans. VT's goal: To embrace both.

sunrise acupuncture and wellness: Vegetarian Times , 2000-07 To do what no other magazine does: Deliver simple, delicious food, plus expert health and lifestyle information, that's exclusively vegetarian but wrapped in a fresh, stylish mainstream package that's inviting to all. Because while vegetarians are a great, vital, passionate niche, their healthy way of eating and the earth-friendly values it inspires appeals to an increasingly large group of Americans. VT's goal: To embrace both.

sunrise acupuncture and wellness: Cultivating Your Microbiome Bridgette Shea, 2020-09-01 A holistic guide to improving your gut flora for better physical and emotional health • Explores the influence of the gut microbiome and the mesentery on all other bodily systems, especially the brain and immune system • Explains the central role of the digestive system in Ayurveda and traditional Chinese medicine and how these systems treat the microbiome • Presents herbal remedies, acupuncture and acupressure techniques, and dietary methods to restore balance to your gut flora, including a microbiome reset In traditional medicine, such as Indian Ayurveda and Chinese medicine, the digestive system and microbiome are recognized as the foundation for good health. Our internal flora influences our immune system, brain function, hormonal balance, cravings, sleep, mood, inflammatory response, digestion, nutrient assimilation, and elimination. In this holistic guide to cultivating a healthy microbiome and managing gut health naturally, Bridgette Shea explores digestive functioning from the perspectives of both Western science and traditional medicine. She examines Ayurvedic and Chinese medicine principles on digestion and constitution types. She reveals how, in addition to describing what we now call the microbiome, traditional Chinese medicine also has long recognized the importance of an abdominal organ that modern science has only recently acknowledged: the mesentery, the tissues that connect and support the internal organs. Going beyond probiotics and prebiotics, the author presents practices from Ayurveda and Chinese medicine to reestablish balance in your internal microbiome, support the mesentery, improve digestion and elimination, and restore a clear mind and strong immune system. She explains how to read your symptoms, from brain fog and fatigue to congestion and stool quality, and offers herbal remedies, acupuncture and acupressure techniques, and dietary methods to improve your internal health, including a microbiome dietary reset. Revealing the diverse role that our inner microbial colonies play in keeping us happy and healthy, this book shows that by changing your microbiome, you can greatly improve your physical, emotional, and mental health.

sunrise acupuncture and wellness: Inner Power Colleen Deatsman, 2005 You have the power to transform your stressful life by yourself. You can actualize your choice to heal and change

your life through dedicated application of the time-tested techniques in this book. Learn to identify the dreadful results of continued energy loss on your health, and then learn breakthrough techniques to regain the health and vitality that is your birth right! You were not born to be sick and tired! Healing is something you have to learn and apply yourself. You can do it! The power comes from within. You need only discover its source and learn how to use it. This book not only teaches you how, it guides you step-by-step through the process.

sunrise acupuncture and wellness: Yoga Sequencing Mark Stephens, 2012-09-18 The yoga teacher's guide to planning and sequencing yoga classes—with over 2,000 instructional photos and 67 yoga pose sequences for students of all skill levels. Also features additional resources, including yoga class planning worksheets, comprehensive glossaries, and much more! Addressing one of the most popular topics in the yoga profession, this book offers 67 model sequences of yoga poses (asanas) that cover the broad range of yoga student experience. Inside, established and aspiring yoga teachers will find:

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- Yoga classes designed for relieving depression and anxiety
- Sequences for each of the major chakras and ayurvedic constitutions
- Guidance for teaching breathing (pranayama) and meditation techniques
- Glossary of terms and alphabetical asana index with thumbnail photographs
- Yoga class planning worksheets
- Representative sequences from several popular styles of hatha yoga
- And many more resources for further reading!

Drawing on ancient yoga philosophy and contemporary insights into functional anatomy, biomechanics, and kinesiology, *Yoga Sequencing* is the ultimate guide teachers looking to bring the transformative power of yoga into their practice and classes.

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- How to read signals from your body
- Prompts for the schedule of daily life
- Tips for choosing appropriate beverages and food
- Simple ways of massaging acupuncture points

By establishing habits that conform to the rhythm of life, you will see notable and long-lasting effects. So start listening to Mother Nature and your own body and get on track towards achieving good health.

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acupoints—is a natural therapy that has been handed down from generation to generation for several thousands of years. This volume details everything readers need to know to get started enjoying the benefits of moxibustion for both health and beauty. Useful as either a handbook for quick reference or as a guide to in-depth study, *The Illustrated Moxibustion Therapy* covers: The basic theory of moxibustion Essential materials, tools, and methods Operative skills and important points The ten major health-care acupoints of traditional Chinese medicine and their respective moxibustion methods The moxibustion therapies of nearly 100 common diseases, demonstrated by real people and described with illustrated texts Daily maintenance suggestions and auxiliary therapies The therapeutic burning of moxa sticks or moxa fibers made of Chinese mugwort soothes and dredges the meridians, improves the circulation of vital energy and blood, and regulates the function of internal organs, thus aiding in the treatment of specific diseases and maintaining general health. Characterized by organic materials, simple techniques, and soothing feelings, moxibustion is a practice whose popularity in the west is growing by leaps and bounds.

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