



Group Acupuncture

WHY IT'S BENEFICIAL

This ancient science helps activate the body's natural capacity to heal itself and fight infection. If an employee has an aversion to needles, ear seeds and/or acupressure can also be utilized to achieve similar results, including:

- Allergy relief
- Improved digestion
- Reduced craving for cigarettes and alcohol
- Relief of muscle pains and headaches
- Increased focus

HOW IT WORKS

Group Acupuncture is acupuncture done in a communal setting – anywhere from 2 to 12 individuals, but ideally around 8. Patients are fully clothed and can either sit on a chair or lay on a yoga mat, and acupuncture needles are placed on the ear (these auricular points can be used to treat the entire body) based on individual concerns and health history.

Depending on the patient's condition, additional acupuncture points in other places on the body may be used as well. Group Acupuncture is an easy introduction to acupuncture and Chinese Medicine, and a good way to experience the treatment for the first time. Group Acupuncture sessions can also be organized by intention – for example, Stress Relief, Fertility, Weight Loss, etc.

INSURANCE & LIABILITY

Participants will be asked to provide a brief health history and informed consent form prior to treatment. All information is confidential and HIPAA standards will be maintained when handling this information. The practitioners have and will maintain current their liability and malpractice insurance.

Chiropractic Adjustment

WHY IT'S BENEFICIAL

A chiropractic spinal adjustment improves health by returning proper function to the spine and correcting misalignments (known as subluxations). Once restored, normal nerve transmission is resumed, which enables the body to recuperate on its own. An adjustment can:

- Ease back and neck pain
- Provide relief from headaches
- Lower blood pressure
- Alleviate sciatica
- Increase energy

HOW IT WORKS

Our practitioner arrives with a portable table and, time permitting, an e-stim (electrical stimulation) kit. We offer chiropractic adjustments booked in 20-minute intervals, which allows time for intake and assessment.

INSURANCE & LIABILITY

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