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BIOGRAPHICAL SKETCH OF JAY SORDEAN

Medical Background: Jay Sordean is a Licensed Acupuncturist (L.Ac.), Oriental Medical Doctor (O.M.D.), Certified Traditional Naturopath (C.T.N.), Qualified Medical Examiner (Q.M.E.), homeopath, and herbalist. Originally from Indiana, Dr. Sordean began his study of medicine at an early age; in 1971 he began his focus on Oriental Medical studies with the practice of Tai Qi Chuan, Shiatsu, and dedicated study of Japanese. His formal training in acupuncture and herbology began in 1973 during his first trip to Japan and has continued thereafter with study in Taiwan, Hong Kong, Japan, and other areas of Asia, Europe, the United States, and Canada. He was also a senior information analyst for the National Cancer Institute for five years, where he was responsible for translating documents on Western treatments of cancer from the Japanese medical literature. His training in Homeopathy began in the late 70's and includes residential clinical study in Calcutta, India and Practitioner of Classical Homeopathy status from the Dynamis School of Advanced Homeopathic Studies in England. Between July 2004 - February 2005, Dr. Sordean was the in-house acupuncturist for the Kaiser Occupational Health Department in Oakland, CA.

Consumer Advocacy: In supporting the wider acceptance of acupuncture in mainstream medicine, Dr. Sordean has served on the Board of Directors of the California Acupuncture Association. In addition, he represented the C.A.A. in legislative hearings and meetings with other leaders in the medical community. He also served as the California Regional Representative to the Oriental Medicine and Chiropractic Quality Management Committee of Landmark HealthCare, a leading acupuncture and chiropractic IPA and HMO which is working to get acupuncture integrated into all HMOs, PPOs, and other third party plans.

In addition, he was also a founding member of the Body-Mind Wellness Institute, promoting an integration of a variety of alternative approaches to health and healing. At the national level, Dr. Sordean has been active in making acupuncture practice safer and more accessible to the public. Furthermore, he is nationally certified by the National Commission for the Certification of Acupuncturists as a diplomate and a Diplomate of the National Board of Acupuncture Orthopedics. In 2005, he achieved a Medical Provider Certification in the First Line Therapy program, which puts patients on the path to optimal health and ideal body composition through a combination of balanced eating, exercise, reduction of stress, appropriate testing, and effective supplementation.

*Less than 1% of the acupuncturists in California have achieved
this level of advanced training.*

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Public Service: Dr. Jay Sordean has been a resident and active participant in Northern California affairs since his move here in 1983 from Philadelphia. He is a participating member of the Berkeley and Richmond Chambers of Commerce and has given educational lectures to Rotary, Kiwanis, Optimist, Soroptimist, Curves, YMCA, hospitals, yoga centers, senior citizens, police, and other service groups. *Should you want a special presentation for your group or workplace, please call the office.* In addition, he supports groups promoting health, peace, social justice, and meeting human needs, such as Physicians for Social Responsibility and the People's Life Fund. Having been fortunate enough to be able to travel to many countries around the world, Jay effectively uses his multicultural skills to promote health and understanding in this culturally diverse community.

Patient Satisfaction: Clients find that Dr. Sordean's warmth, sensitivity, and experience are valuable assets to help meet their individual needs, whether in treating acute illness, chronic disease, work or personal injury, infant and pediatric conditions, or for life-long health promotion and disease prevention. Clients also appreciate his ability to communicate effectively with their primary care physicians and his dedication to advocate a holistic and preventative approach treatment.

Breadth of Knowledge: As former Director of Programs for the Japanese-American Acupuncture Foundation, he was instrumental in bringing the top Japanese Acupuncture and Herbal Masters to California in the 1980s to help improve the level of acupuncture and herbal medicine practiced here. Because of his extensive studies and fluency in Japanese, he is in a unique position to treat patients by implementing the refined techniques which are taught and known to very few. Dr. Sordean represents a new type of family practitioner, as he is able to treat a diverse range of health-related issues. In addition, other acupuncturists refer patients to him because he is known to have specialty training in pediatrics, immunology, orthopedic and neurological acupuncture, homeopathy, as well as herbology.

Further information: Other questions you may have can be answered by calling Dr. Sordean at The Redwood Clinic at 510-849-1176. Comprehensive evaluation and treatment is available by appointment.

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HEALTH REPORT

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VOLUME 9

ISSUE 117

SAFE, DRUGLESS ALLERGY RELIEF PROVEN TO BE AVAILABLE, COURTESY OF TRADITIONAL CHINESE MEDICINE STUDY

To be comfortable, a person with allergies unfortunately must either avoid the materials to which they are allergic, no matter how pervasive they are, or resort to medications for relief. Now, Acupuncture and Chinese herbs have been shown to provide blessed relief, no matter whether the source is pollen, animal dander or reaction to chemicals.

A study published in the April 2004 issue of *Allergy* reported on a study of 52 patients, all with allergic rhinitis (inflammation of the nasal mucous membranes) who received either weekly Acupuncture treatment and Chinese herbs or a placebo.

All the sufferers were between 20 and 58 years of age. They were randomly assigned to the Traditional Chinese Medicine (TCM) group or the placebo group. The TCM group received standardized weekly treatments for 20 minutes each. They also received treatment with Chinese herbs specifically addressing their condition.

The placebo group received sham Acupuncture treatment and rice powder in capsules exactly like the ones used for the Chinese herbs. Then each group was asked to rate the severity of their allergy symptoms.

TCM patients experienced improvements in allergy symptoms in the eyes and nose, higher levels of physical activity, and an improved psychological condition compared to patients in the control group.

Intake of anti-allergy drugs also dropped dramatically among TCM patients. According to the researchers, "The permitted drug intake for allergic rhinitis symptoms decreased substantially, from 7.7 to 3.4 points in the TCM group, whereas we found only a slight decrease in the control group (7.7-6.0)."

While further and longer studies will provide more convincing evidence for Western medicine and patients, this study shows the promise of the help available from Traditional Chinese Medicine.

SOURCE: <http://www.acupuncturetoday.com/archives2004/dec/12allergies.html>

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HEALTH REPORT

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VOLUME 9

ISSUE 86

HAPPIER, HEALTHIER BABIES RESULT FROM ACUPUNCTURE TREATMENTS

When traditional treatments don't work, parents of babies as young as six weeks old are finding success using Acupuncture to improve conditions including colic, sleeping problems, eating problems, excessive crying, chicken pox, colds, flu and developmental disabilities such as autism.

Savannah is a three-year-old living in Sydney, Australia, who was diagnosed with autism. After ten weeks of Acupuncture, gentle massage and dietary changes her mother said, "We've really seen Savannah come back out of her shell. We're getting better eye contact and she's engaging more and initiating play. Both her speech therapist and occupational therapist, independently and unprompted, have told me they've noticed a wonderful increase in her interaction."

Her sister, one-year-old Ella, had a condition that caused her temperature to drop dramatically at night. Medical doctors could not figure out what caused it and tried several courses of antibiotics with no results.

Ella's mother said her daughter's temperature improved almost immediately after the first session with Acupuncture, homeopathy and a change in diet.

Maria Deligiannis, the acupuncturist treating Savannah and her sister, said that with more parents seeking treatment for the common problems of infancy, babies now make up almost a third of her practice.

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SOURCE: <http://www.snh.com.au/news/national/babies-acupuncture-and-the-secret-to-a-good-nights-sleep/2005/09/03/1125302782104.html?onclick=true>

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**Suffering
from seasonal
allergies?**

How To Stop The Sneezing



**By Dr.
Isadore
Rosenfeld**

THIRTY-FIVE MILLION Americans have seasonal allergic rhinitis, better known as hay fever, and spring is the worst time of year for most of them. They will sneeze, their eyes will water and itch, and their noses will run as their bodies react abnormally to one or more allergens: *pollen* (from trees, grass and weeds), *mold* (common in damp bathrooms and basements), *dander* (proteins from the skin of their pets), *house dust*, or *mites* (tiny living creatures in mattresses and carpets).

The incidence of allergies has increased greatly over the last 20 years—and nobody knows why. The Asthma and Allergy Foundation of America expects that Tulsa, Dallas and Tucson may have some of the highest pollen levels in the country this season.

The first step in dealing with your allergy is to identify the responsible allergen—what it is that's making you sick—and then avoid it. That's not always possible, especially if it's a pollutant or other airborne substance over which you have no control. But you often can avoid smoke, aerosol sprays, irritating fumes, mold and

continued

humidity in your home. If the attacks keep coming anyway, several medications and therapies can relieve your symptoms. These include:

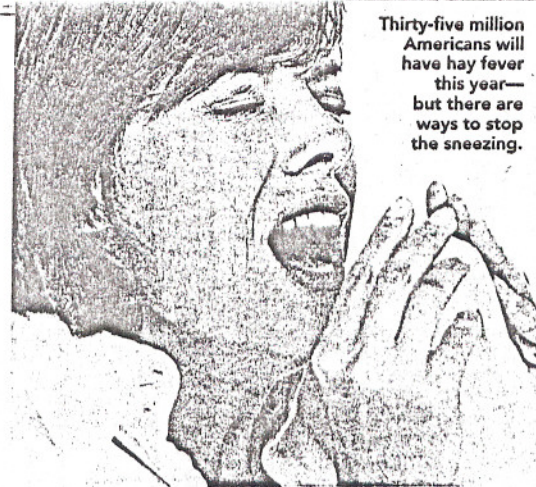
Antihistamines. They prevent a wide variety of allergic reactions by blocking the histamine that your body produces in response to the allergen. But remember that these medications can cause urinary retention in men with enlarged prostates. Also, try to avoid antihistamines that can make you drowsy and leave your mouth dry. The newer ones are less apt to do so.

The incidence of allergies has risen greatly —and nobody knows why.

Decongestants. They work by shrinking the vessels in the nasal membrane and opening stuffy airways. Avoid them if you have heart trouble, high blood pressure or a heart-rhythm problem. Use them only when absolutely necessary and for the shortest possible time. They can worsen your blocked nose if you keep taking them.

Leukotriene receptor blockers. These medications neutralize leukotrienes, the chemicals which, like histamine, are responsible for some allergic symptoms. The blockers are especially useful in treating mild to moderate asthma, and sometimes they are all you need—making more powerful agents, such as corticosteroids, unnecessary.

Nasal corticosteroid sprays. These treatments relieve a stuffy nose by reducing nasal swelling, but they usually take several days to work.



Thirty-five million Americans will have hay fever this year—but there are ways to stop the sneezing.

let your allergist know if you are taking beta-blockers for any reason.

I recommend these shots to anyone who is really troubled by hay fever and not responding well to medication.

Allergy patients in Europe are one step ahead: For years they have been receiving immunotherapy by

Oral or injected corticosteroids. It doesn't happen very often with hay fever, but if your symptoms are severe and don't respond to anything else, your doctor might prescribe corticosteroids by mouth or injection. These usually are given in the lowest effective dose and for a short period of time. Prolonged use can cause severe complications, such as osteoporosis or bleeding ulcers.

Immunotherapy. Another approach to managing hay fever is immunizing the body. Tiny doses of the offending allergen are injected under the skin weekly or monthly for several years to build up the body's resistance. But this can be inconvenient and expensive, and there was some concern that it might be dangerous. Even though these shots occasionally can result in an adverse reaction, we now know that they generally are safe when they are given and carefully monitored by an experienced professional. But

placing drops under their tongues rather than having the doctors inject them. This is easier and less costly but still must be continued for several years. Such sublingual therapy currently is under investigation in the U.S.

I am keeping my fingers crossed about an exciting area of research—the prospect of developing a ragweed vaccine that would confer immunity in a matter of weeks, not years. In the meantime, you can protect yourself on high-pollen days by avoiding the allergens that affect you and by taking your prescribed medication. ■

Four Ways To Help Allergies

Here are simple steps you can take every day to minimize pollen's effects:

- Keep your doors and windows shut and use air conditioners.
- Shower and shampoo before bedtime to remove the pollen that has settled on you during the day.
- Exercise outdoors in the evening, when pollen counts are lowest.
- Try to avoid certain raw foods—like apples, pears and carrots—which contain a protein that resembles pollen and causes a reaction in people who have pollen allergies.

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Cholesterol



Pregnenolone

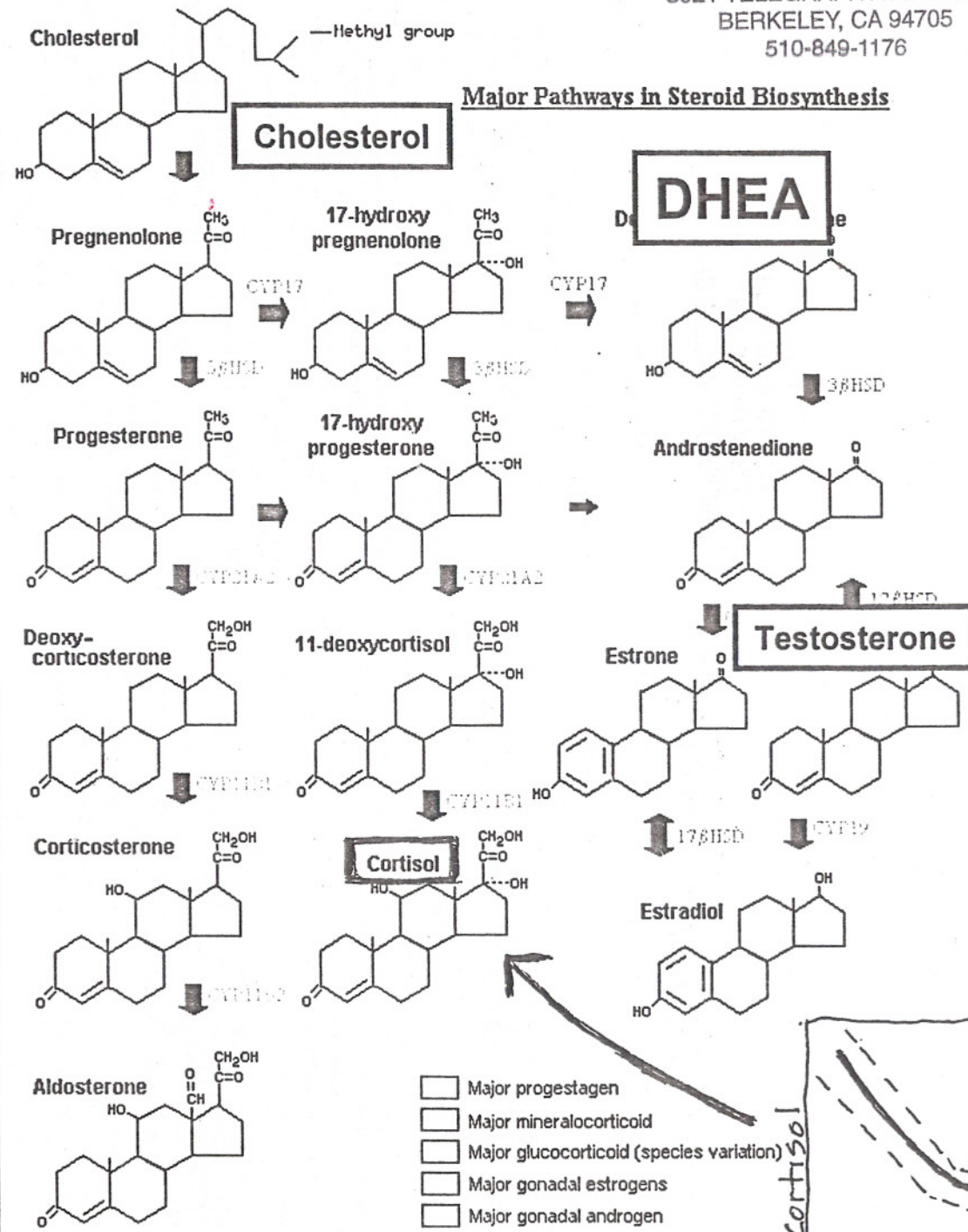


All steroids

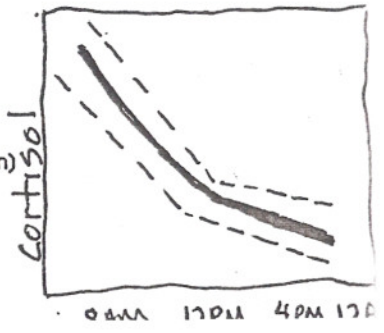
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Pregnenolone (from cholesterol) itself is not a hormone, but is the immediate precursor for the synthesis of all of the steroid hormones.

<http://arbl.cvmbs.colostate.edu/hbooks/pathphys/endocrine/basics/steroidogenesis.html>



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Stress, Acupuncture And Energetics

by Jay Sordean, C.A.

AS THE MOST ADVANCED CONCEPTS in science now recognize, the basis of life is the transformative interaction between matter and energy. For thousands of years, this has been a fundamental tenet of oriental medical diagnosis and treatment.

From this standpoint, stress is a product of the sources of a person's energy and physical substance — namely, the breath, nutrition from food, and stimuli of all kinds in one's inner and outer environment — and how they support or alter a person's fundamental constitution.

What does the fundamental constitution consist of? Looking at the everyday process of standing gives us some idea of the processes that make up a part of our constitution. The ability to stand is a function of the balanced coordination of muscle groups that act antagonistically. That is, in order to stand up, some muscles must contract while others relax and extend.

This is a process in which the alternation of relaxation and tension occurs in a balanced manner in each muscle group. Energetic messages coordinate the activity of these muscle groups acting in coordination and "opposition" to each other. It is only when there is too much contraction and/or too much relaxation that the process becomes disease. This is a condition in which the energy, and the physical substance, become locked in a pattern of distortion.

A certain amount of "stress" is an attribute of normal living. It can affect the way a person stands to some degree. If the stress is especially severe or

altered, and the distortion of the normal and healthy state of balanced change may result in muscle spasms, sensations of pain, digestive disorders, lack of emotional fluidity, difficulty in maintaining mental clarity, and a general sense of uneasiness.

IF A PERSON'S CONSTITUTION (PHYSICAL, mental, and emotional) is not weakened much, these symptoms of imbalance may disappear on their own in time, without "outside" intervention. However, if the distortion is not attended to in some manner, and soon enough, it can become an unconscious habit, a "permanent fixture," in their make-up. This sets the stage for more severe and chronic problems affecting the person's physical, mental, and emotional character and health.

Therefore, it is important for the person carrying the baggage of stress and distortion to give it attention and address the source of their stress. The oriental healing arts offer a wide variety of methods to address the source of imbalance which are safe, gentle, and effective. These methods include Tai Chi Chuan, Qi Gong, Yoga, and various other forms of meditation; energetic massage therapies such as Shiatsu, Jin Shin Do, and Seiki, and acupuncture and moxabustion.

The former methods address the longer-term issues of living a more balanced, energetic lifestyle by regular practice, while the latter methods can be used to promote more rapid change and break the patterns of energetic (physical, mental and emotional) distortion so the self-practiced methods can work more effectively. Acupuncture and moxabustion draw immediate attention to the energetic source of the imbalance which causes the symptoms of distress. They seek to stimulate the person's own natural healing powers towards greater balance and harmony.

Thus health, with its balanced change, and prevention of disease are promoted. The tension and distortion associated with the locking-in of patterns of stress are addressed at their sources, and the natural abilities of a person to respond constitutionally in a balanced way to stressful situations and environments are increased. The source of the imbalanced response is addressed so that it can be worked with consciously, and not driven down into deeper and more unconscious regions only to create greater chaos later.

Stress can be a positive and motivating force in one's life when responses are in keeping with the natural laws of energy flow. The high level of energy contained within a stressful situation can be transformed into creative purpose and activity when one is consciously attuned to the energetic dynamics of the situation. The oriental practices mentioned above are excellent means of enhancing one's inherent capabilities to be attentive to the natural, and widely acknowledged, energetic processes involved in a healthy and balanced lifestyle. □

Jay Sordean is an East Bay acupuncturist.

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March 1985

Stress can be a positive and motivating force in one's life when responses are in keeping with the natural laws of energy flow.

persistent, the person may become either weary or "wired" as energy reserves required to meet the stress become depleted. As a result, an individual may slouch or stand very rigidly in response to the energetic and physical changes associated with stress. Their normal standing posture becomes



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Seasonal Allergies and Acupuncture

Acupuncture has been used to treat seasonal allergies for centuries with great success. According to traditional medicine, treatment is directed toward clearing the nasal passages, supporting the immune system and strengthening the systems of the body to prevent allergic reactions from recurring.



What are Seasonal Allergies?

Commonly called hay fever or allergic rhinitis, a seasonal allergy is an allergic reaction to a trigger that is typically only present for part of the year, such as spring or fall. Pollens that are spread by the wind are usually the main cause of seasonal allergies. People who are allergic to pollens are also often sensitive to dust mites, animal dander, and molds.

Spring is traditionally the main season when allergies blossom because of new growth on trees and weeds. But fall, with a whole different set of blooming plants as well as leaf mold, is a close second.

About 26 million Americans endure chronic seasonal allergies, while the number of people with milder symptoms may be as high as 40 million, according to the National Center for Health Statistics.

Seasonal allergies are caused by the body's hypersensitivity to substances in the environment. Symptoms involve primarily the membrane lining the nose, causing allergic rhinitis, or the membrane lining the eyelids and covering the whites of the eyes, causing allergic conjunctivitis.

While there are many Western medications to treat the symptoms of seasonal allergies, these treatments can cause unwanted side effects, such as drowsiness and immune system suppression as well as an over-reliance on medications. These side effects have drawn many people to search for an alternative approach, such as acupuncture and Oriental medicine to manage their allergies.

How Acupuncture Treatments Provide Relief from Allergies

According to Oriental Medicine, allergic rhinitis is related to Wind and a deficiency of the *Protective* or *Wei Qi*. *Wei Qi* is the Qi that flows at the surface of the body as a protective sheath and is responsible for resistance to colds and other respiratory infections. People with a deficiency of *Wei Qi* catch colds easily and are more susceptible to allergens.

When treating with acupuncture, underlying imbalances within the body are addressed and a treatment plan is developed to relieve the acute symptoms of allergic rhinitis while also treating the root problems that are contributing to the body's reaction to allergens. Treatments often include dietary modification, the use of specifically chosen herbal formulas, and acupuncture.

If you experience seasonal allergies, now is the time to schedule an appointment. Please call for a consultation today.

Studies on Acupuncture for Allergies

There have been several studies that confirm the efficacy of acupuncture and herbal medicine for allergic rhinitis.

One such study recently published in the *American Journal of Epidemiology* showed that acupuncture can significantly relieve allergic rhinitis symptoms.

In the study, 5,237 men and women were analyzed to evaluate the effectiveness of acupuncture in addition to routine care in patients with allergic rhinitis compared with treatment with routine care alone.

In this trial, patients with allergic rhinitis were randomly allocated to receive acupuncture for a 3 month period or to a control group that received no acupuncture. All patients were allowed to receive usual medical care.

Improvements were noted at the 3 month and the 6 month evaluation for the patients receiving acupuncture. The authors of this trial concluded that treating patients with allergic rhinitis in routine care with additional acupuncture leads to clinically relevant and persistent benefits.

Another study that was published in *Allergy: European Journal of Allergy and Clinical Immunology* found that hay fever sufferers who received weekly acupuncture treatments and took three daily doses of medical herbal tea showed fewer symptoms and were less likely to say their hay fever was infringing on their daily activities than people who received placebo treatment. After six weeks it was found that 85 percent of patients showed overall improvements in their hay fever, compared with only 40 percent of the placebo group.

Sources:

Allergy: European Journal of Allergy and Clinical Immunology. September, 2004
American Journal of Epidemiology. November, 2008

In This Issue

- Seasonal Allergies and Acupuncture
- Studies on Acupuncture for Allergies
- Foods for Seasonal Allergies

Foods for Seasonal Allergies



Ginger: Ginger is a natural antihistamine and decongestant. It may provide some relief from allergy symptoms by dilating constricted bronchial tubes.

Apples: Some foods, including apples, contain the flavonoid, quercetin that can cross-react with tree pollen. Quercetin can reduce allergic reactions by having an antihistamine effect. It also decreases inflammation. Quercetin occurs naturally in certain foods, such as apples (with the skin on), berries, red grapes, red onions, capers, and black tea.

Carrots: Carotenoids are a family of plant pigments that include beta-carotene. A lack of carotenoids in the diet is thought to promote inflammation in your airways. Good sources of carotenoids include apricots, carrots, pumpkin, sweet potato, spinach, kale, butternut squash, and collard greens.

Omega-3: Omega-3 essential fatty acids can counter the formation of chemicals that cause inflammation of the air passages. Good natural sources include flaxseed oil and salmon.

Yogurt: Food sensitivities seem to be connected with seasonal allergies. In a study conducted at the University of California, patients who were fed 18 to 24 ounces of yogurt a day experienced a decline in their environmental allergic symptoms by 90 percent.

Fiber: A healthy and active colon can decrease food sensitivity, which, in turn, can lighten the burden on your immune system and may reduce the impact of seasonal allergies. For maximum colon health, increase the fiber in your diet.

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HEALTH REPORT

VOLUME 12

ISSUE 35

“SINGULAIR®” PLACED UNDER INVESTIGATION FOR POSSIBLE LINK TO SUICIDE

Yet another drug is being placed under investigation by the U.S. Federal Drug Administration. This time it is the pharmaceutical drug Singulair manufactured by Merck & Co. Inc.

The FDA has received reports that the drug is responsible for causing behavior/mood changes, suicidality (suicide thinking and behavior) and suicide. The agency has issued a warning to healthcare professionals and users of the drug that it is conducting an investigation even though it is not telling people to immediately stop using the medication.

Singulair is a drug that is used to treat asthma and the symptoms of rhinitis – including runny nose, itching of the nose, sneezing and stuffy nose. It is also prescribed to prevent asthma that is induced by exercise.

Reports to the drug maker have already caused Merck to take action to update prescribing information to doctors and usage information to patients. These updates fall under the area of “post-marketing adverse effects.”

Here are the adversely reported effects for which Merck already executed a series of informational updates in the past year for the prescribing of Singulair:

- ◆ Tremor, March 2007.
- ◆ Depression, April 2007.
- ◆ Suicidality, October 2007.
- ◆ Anxiousness, February 2008.

The FDA has indicated that it may take up to 9 months to determine the results of this investigation. Regardless of the FDA’s position on Singulair, it is warning both to doctors and to users to be alert to the risk of altered behavior and suicidal thinking.

Singulair falls into a category of drugs known as “leukotriene receptor antagonists.” (Leukotriene is a compound that works to regulate allergic and inflammatory reactions.) Additional leukotriene modifying medications include the drugs Accolate®, Zyflo® and Zyflo CR®.

* According to the FDA, “Healthcare professionals and caregivers should monitor patients taking Singulair for suicidality and changes in behavior and mood.” *

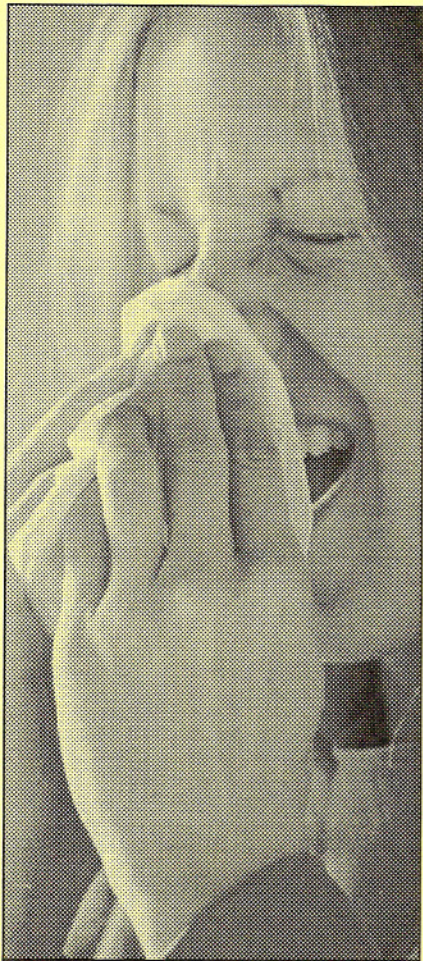
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Source: The U.S. Food and Drug Administration. “Early Communication about an Ongoing Safety Review of Singulair.” April 2008.
http://www.fda.gov/cder/drug/early_comm/montelukast.htm and <http://www.fda.gov/medwatch/safety/2008/safety08.htm#Singulair>

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Name _____ Age _____

Address _____

City _____ State/Prov. _____ Zip/Postal _____

Phone (Home) _____ (Work) _____

E-mail address _____

Occupation _____ # Hours per week currently working _____

Spouse Occupation _____ # Hours per week currently working _____

CHECK OFF ANY OF THE FOLLOWING SYMPTOMS YOU HAVE EXPERIENCED IN THE PAST 6 MONTHS:

- | | | |
|---|--|--|
| <input type="checkbox"/> Sinus Congestion | <input type="checkbox"/> Sore Throat | <input type="checkbox"/> Mood Swings |
| <input type="checkbox"/> Shortness of Breath | <input type="checkbox"/> Dizziness | <input type="checkbox"/> Frequent Hunger |
| <input type="checkbox"/> Wheezing | <input type="checkbox"/> Coughing | <input type="checkbox"/> Fatigue |
| <input type="checkbox"/> Rapid Breathing | <input type="checkbox"/> Eczema | <input type="checkbox"/> Neck, Shoulder, or
Low Back Discomfort |
| <input type="checkbox"/> Tightness in the Chest | <input type="checkbox"/> Difficulty Sleeping | <input type="checkbox"/> Numbness in
Extremities |
| <input type="checkbox"/> Itchy Chest or Throat | <input type="checkbox"/> Headaches | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Hives | <input type="checkbox"/> Anxiety | |
| <input type="checkbox"/> Chest Congestion | <input type="checkbox"/> Heart Palpitations | |
| <input type="checkbox"/> Hay Fever | <input type="checkbox"/> Nervousness | |

Which of the above bothers you the most? _____

How long have you been bothered by the condition? _____

Describe how it feels or affects you when it is at its worst. _____

DOES THIS CAUSE YOU TO BE:

- Moody
- Irritable
- Interrupt Sleep
- Restricted on Daily Activities

DOES THIS AFFECT YOUR WORK:

- Decision Making
- Poor Attitude
- Decreased Productivity
- Exhausted at End of Day
- Unable to Work Long Hours

DOES THIS AFFECT YOUR LIFE:

- Lose Patience with Spouse or Children
- Restricted Household Duties
- Hinders Ability to Exercise or Participate in Sports
- Interferes with Ability to Participate in Hobbies or Other Desired Activities

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**ALLERGY,
ASTHMA,
SINUS
&
STRESS
SURVEY**

If you checked any of the above items, your organs are probably not functioning as well as they could, and your energy is probably not flowing as smoothly as it could be.

ACUPUNCTURE AND CHINESE HERBAL MEDICINE CAN HELP YOU because they gently and naturally treat the body to remove the stress and imbalance that CAUSE health problems.

WOULD YOU LIKE TO GET RID OF THE PROBLEM? YES NO

If your answer is Yes, there are several alternatives available to you. Please check the most appropriate for you:

- I would like to come to the Acupuncturist's office for an initial evaluation and consultation. There is NO CHARGE for this visit. This will allow me to find out if I can be helped by Acupuncture and Chinese Herbal Medicine without any financial barriers.
- I would like to come for further wellness classes.

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