

EASTERN MEDICINE

Eastern Medicine (Traditional Chinese Medicine) is an ancient method of health care, which originated in China more than 5,000 years ago. It combines the use of medicinal herbs, acupuncture, food therapy, massage, and healing exercises. It has been proven to be effective for many conditions.

Eastern Medicine promotes the body's ability to heal itself naturally by balancing and regulating the free flow of vital energy.

Eastern Medicine makes a point of educating the patient with regard to lifestyle (diet, exercise, stress management, rest, and relaxation) so that the patient can assist in his or her own therapeutic process.

ACUPUNCTURE

Acupuncture is the stimulation of very specific "energy" points of the body using needles as fine as a human hair or other equivalent methods of stimulation such as: **pressure** (relaxing touch of the hands), **vacuum** (cupping), **heat** (moxa), **low current** (electro-acupuncture), **light** (laser), **magnetic field** (small magnets), etc.

Acupuncture strengthens the immune system by increasing T-cell counts. It releases pain-killing endorphins, which also plays a big role in the functioning of the hormonal system. Release of endorphins through acupuncture relaxes the whole body and regulates serotonin in the brain, which plays an important role in our mood.

The increase in blood circulation through acupuncture provides needed nutrients to nerves and muscles and facilitates the healing process. This is why acupuncture works well for pain and stress management and is used as an alternative-complementary tool in treating many of diseases.

WORLD HEALTH ORGANIZATION ON ACUPUNCTURE

The World Health Organization (WHO) advocates for its usage, recognizing acupuncture's clinically proved ability to treat more than forty-three common disorders.

INTEGRATING ACUPUNCTURE AND WESTERN MEDICINE CAN OPTIMIZE YOUR HEALTH & WELLNESS:

ACUPUNCTURE THERAPY FOR VARIOUS DISEASES

INTERNAL: Hypoglycemia, Diabetes, Asthma, High blood pressure, Arrhythmia, Ulcers, Colitis, IBS, Indigestion, Diarrhea / Constipation, Colds/ Flues, Bronchitis, Chronic Active Hepatitis

MUSCULO - SKELETAL & NEUROLOGICAL: Arthritis, Sciatica, Cervical Spondylosis, Pain (back, neck, shoulders, arms, hips, legs, knees & feet) Tennis elbow, Bursitis, Tendonitis, Headache, Migraine, Stroke, Cerebral palsy, Polio, Meniere's disease

EYES – EARS - NOSE – THROAT: Deafness, Ringing in the ear, Earaches, Poor eyesight, Dizziness, Nausea, Sinus infection, Sore throat

DERMATOLOGICAL: Eczema, Acne, Psoriasis

GENITO-URINARY and REPRODUCTIVE: Impotence, Infertility, Pre-menstrual syndrome (PMS), Irregular and/or painful period, Morning sickness, Hot flashes / Night sweats

MENTAL-EMOTIONAL: Anxiety, Depression, Stress, Insomnia, Memory decrease, Panic attacks, Geriatric related disorders, etc.

ACUPRESSURE (TUI-NA)

Tui-na is a form of soft tissue massage and joint manipulation. The system includes medical massage, visceral massage, acupressure, joint mobilization and cupping therapy.

Tui-na is very effective treatment for: Physical injuries due to accidents, Neuralgia, Fibromyalgia, Frozen shoulder, Tennis elbow, Arthritis, Bursitis, Tendonitis, Sciatica, Back pain, Stiff neck, etc.

HERBS IN CONJUNCTION WITH ACUPUNCTURE

Most diseases that could be treated with allopathic drugs can also effectively be treated with Chinese Herbal Medicine. From acute conditions like cold and flu, to chronic problems like arthritis, fatigue, insomnia, constipation, diarrhea, nausea, menopausal symptoms, and many others can be treated with Chinese Herbal Medicine without side effects.

FOOD THERAPY

Food therapy regulates the endocrine system and balances hormones, nourishes the blood, regulates cravings and stabilizes blood sugar, improves metabolism, reduces inflammation in the body, and stabilizes moods and increases energy.

IS ACUPUNCTURE COVERED BY HEALTH INSURANCE?

Most of the insurance companies currently cover acupuncture costs. Please review your extended health plan to determine acupuncture benefits.

ACUPUNCTURE IN INFERTILITY

Soothe Clinic is specializing in natural care for infertility, pregnancy, women's health and menopause.

Our unique, integrated approach incorporates research-based treatment with traditional therapies including acupuncture, Chinese herbal treatment, diet and mind-body-techniques.

More than anything we want you to feel empowered and back in control. We see ourselves as your wellness coach and patient navigator working in partnership with you and your medical doctor to create a treatment plan that work best for you.

Our goal is not just for you get pregnant but to help you have a healthy baby and a healthy life.



INTEGRATING ACUPUNCTURE REDUCES STRESS AND INCREASE PREGNANCY RATES

Acupuncture reduces stress and also benefits women going through an IVF. The American Fertility Association clinically proved that an integrated team approach, medical doctor and acupuncturist, can help improve pregnancy rates as well as reduce stress and improve couples experience when going thorough an IVF. Soothe is proud to offer an integrated approach when supporting couples with reproductive health issues (Fertility, PCOS, endometriosis, miscarriages, thin lining, low ovarian reserve and male factor).

OUR TEAM

Dan Micu - D.Acu and Mrs. Wonsook Lee - D.Acu are registered Acupuncture & TCM Practitioners with the Canadian Society of Chinese Medicine and Acupuncture. They offer you the very best of Eastern Medicine and will utilize their expertise to promote your health, healing, wellness and longevity.

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