

Welcome to our center. At the Sierra Acupuncture & Integrative Health Center, we specialize in a wide spectrum of traditional and complementary therapeutic techniques. We are Doctors of Traditional Chinese Medicine, Licensed Acupuncturists (L.Ac.) and Certified Massage Therapists (CMT) working together to promote health and well-being in the community. In addition to treating acute and chronic conditions, our aim is to provide quality preventative health care for both families and individuals in a professional and comfortable setting.

### Classes and Lectures

In addition to treatments available at our center, through public lectures, classes and seminars, we offer the community an opportunity to find out more about the history and benefits of Traditional Chinese Medicine and preventative health care. Please check our [News and Events](#) section to find out about public lectures and classes scheduled.

### Our Therapy Techniques

**Traditional Chinese Medicine (TCM)** includes acupuncture, Chinese herbal medicine, cupping, guasha, tuina, moxabustion, medical qigong and nutritional counseling. TCM focuses on bringing our entire system into balance, with attention to both the root cause and current symptom manifesting. TCM is also known to be highly effective for stress reduction, increasing emotional health, as well as strengthening the immune system and giving clients an increased sense of vitality. At the Center, in addition to treating chronic and acute pain syndromes (such as muscle-bone injuries, back pain and degenerative disorders of the joints) we treat a variety of internal disorders including cardio-circulatory, respiratory and gastro-intestinal problems. TCM is shown to have excellent results with women's health issues, including PMS and fertility, headaches as well as with illnesses such as the flu and the common cold. Research has also shown TCM to be effective in decreasing the side effects of cancer therapy and a wide spectrum of functional syndromes such as insomnia, depression, indigestion, chronic fatigue, fibromyalgia and irritable bowel syndrome. More information about TCM can be found in our [Acupuncture](#) and [TCM](#) sections.

**Medical Qigong** is also offered at our center. Medical Qigong (MQG) is offered in both the clinic and class setting. Classes teach foundations of Traditional Chinese medicine and MQG exercises. MQG is used to increase over-all health as well as in the treatment of acute and chronic conditions. MQG works through expanding the breath, focusing the mind and energizing the entire body system. Within these classes you will awaken to a new understanding of you body and its capacities. Check our news and events section for upcoming lectures and class schedules or read more in our [Medical Qigong](#) sections.

### Licensed Acupuncturist

Laws governing acupuncture vary from state to state. California has the most rigorous

education requirements for obtaining an acupuncture license. In order to qualify for licensure, an acupuncturist must graduate with a Masters degree in Oriental Medicine or Traditional Chinese Medicine from an approved school. Currently, California requires 3,000 hours of graduate study in eastern and western medicine, approximately 4 years as a fulltime graduate student. After receiving their degree, graduates must pass a comprehensive state licensing exam. In California, Licensed Acupuncturists are primary healthcare providers.

For more information please read the biographies in [About Us](#) .

### **Fees and Programs**

The following prices reflect an under insured cash payment discount:

#### *Acupuncture and Traditional Chinese Medicine*

\* Private Consultation and Treatment \$65 (additional \$20 First Time Fee)

\* Community Clinic: sliding scale range \$25 - \$50 (additional \$20 First Time Fee)

#### *Therapeutic Massage*

\* Wellness or Treatment massage (60 minutes) \$60

\* \*Wellness or Treatment massage (90 minutes) \$80

\* Chair massage (30 minutes) \$35

*The **Pain Clinic** is open 3 days a week:* In this program patients can be treated in a **community clinic setting**

multiple times a week at low cost. In the pain clinic we offer treatments on a sliding scale of \$25 to \$50 per treatment. There is an additional fee of \$20 for paperwork on your first visit to the pain clinic. Space is limited to seven people per session. Call in advance to reserve your treatment space.

In addition, Medical Qigong Treatments, Herbal Consultations, electro-acupuncture, non-needle acupuncture and other treatment modalities are available. Contact us for more information.

\*Laboratory tests are sometimes recommended to evaluate a condition and plan the most effective course of treatment. The need and cost of such tests will be discussed with you. In such cases, it will always be your decision whether to proceed with the tests or not.

