

Acupuncture is one of the traditional branches of Chinese Medicine. It has been used for thousands of years as an effective technique to catalyze the healing process. An acupuncturist gently stimulates different areas, or points, on the body with very fine needles to enhance emotional and physical health.

In addition to bringing a sense of wellbeing and emotional balance, this stimulation has been shown to activate the vascular (blood), endocrine (chemical), sympathetic and parasympathetic (nerve/electrical) communication networks within the body. The [National Institute of Health](#) and the [World Health Organization](#) have recognized acupuncture as an effective treatment for diseases in 26 to 40 disease categories.

Today more people than ever seek help from acupuncture because it:

- * Can relieve pain
- * Helps normalize functional disorders
- * Can alleviate nausea
- * Reduces inflammation
- * Boosts immune system
- * Balances emotional disorders and reduces stress
- * Increases energy and gives an enhances sense of vitality
- * Assists with food and drug addiction
- * Promotes whole-body healing
- * Integrates well with western medical care

Dr. Taya Stanley DAOM, L.Ac and Dr. Barbara Briner DAOM, L.Ac are trained in Acupuncture to the highest standards currently available Nationally, are nationally certified and are licensed by the State as primary care providers. They are trained and specialize in both Chinese and Japanese acupuncture.