

## **Insurances Accepted:**

- Veterans Choice/PC3
- Blue Shield
- Fresno Unified
- Advantek
- Brand New Day

# **Visit Our Website for Expanded List**







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### www.shirleyacu.com

Please Call for an Appointment We speak Spanish, Hmong and Mandarin





Specializing in Private and Workers' Compensation Insurance, Fertility, Auto and Personal injury

Please visit our website for more information www.shirleyacu.com

- NBD
- Santé
- Cigna

- Aetna

# **Traditional Chinese Medicine (TCM)**



# **Acupuncture and Herbal Medicine**

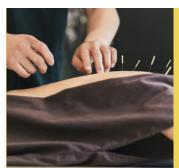
**TCM** is an effective form of health care that has evolved into a complete and holistic medical system. Practitioners of acupuncture and Chinese medicine have used this non-invasive medical system to diagnose and help millions of people get well and stay healthy. An acupuncturist will place fine sterile needles at specific acupoints in the body. This activates the body's Qi and promotes natural healing by enhancing recuperative power, immunity, physical and emotional health. It also can improve overall function and well-being. It is a safe, painless and effective way to treat a wide variety of medical conditions. An acupuncturist will treat using one or more modalities under the scope of practice. Modalities include Acupressure, Tui Na, Cupping, Craniosacral Therapy, Electro-Acupuncture, Gua Sha, Herbal Medicine, Moxibustion, and Qi Gong.

## Acupuncture is Recommended for:

- Enhanced Immune Response
- Increased Joint Range of Motion
- Muscle Relaxation
- Pain Reduction
- Post Surgical Pain and Swelling
- Reduction of Inflammation and Swelling
- Restoration of Blood Flow to Limbs and Organs

## **Effective for the Following Conditions:**

- Lower Back Pain
- Sciatica/Piriformis Syndrome
- Fertility/Women's Health/PMS
- Breech Presentation/Labor Induction
- Addictions/Smoking Cessation
- Musculoskeletal and Joint Pain
- Chemo Induced Nausea/Neurophathy
- Neck/Shoulder/Hips/Knees/Ankle Pain
- Bursitis/Tendinitis
- Anxiety/Depression/Stress/PTSD
- Arthritis/Osteo and Rheumatoid
- Asthma/Allergies/Sinusitis
- Bell's Palsy/Trigeminal Neuralgia
- Carpal Tunnel Syndrome
- Chronic Fatigue/Fibromyalgia/Autoimmune Disorders
- Digestive Disorders/IBS/Constipation
- Headaches/Migraines
- High Blood Pressure
- Perimenopause/Menopause
- Plantar Fasciitis/Bone Spurs
- Menstrual Irregularities
- Scoliosis
- Thyroid Disorder
- Weight Loss



#### **Pain Management**

**Specialties** 

We provide effective treatments and care when you are in pain, injured or ill. More and more Americans—and their physicians have been finding acupuncture to be a useful tool in treating back and neck pain, osteoarthritis pain, and headaches—including migraines

### **Sports Acupuncture**

We use modern acupuncture techniques to treat sports injuries and orthopedic disorders. Professional athletes utilize acupuncture to enhance their performance. Sports acupuncture is effective to decrease pain and inflammation thereby speeding up recovery and rehabilitation time.





### Fertility

Acupuncture is a process-oriented method of medical intervention that increases blood flow to the endometrium as well as balances hormones. Fertility specialists recommend acupuncture along with IUI and IVF protocols.

#### **Cosmetic Acupuncture**

Our non-invasive cosmetic acupuncture protocol improves skin health and fights the aging process. Cosmetic acupuncture can help reduce wrinkles, diminish fine lines, remove age spots and lift droopy eyelids.



#### For a Full List Visit: www.shirleyacu.com