How Does ACUPUNCTURE Work?
The classic Chinese explanation is that channels of energy run in regular patterns through the body and over its surface. These energy channels, called meridians, are like rivers flowing through the body to irrigate and nourish the tissues.

Needling the acupuncture points stimulates the nervous system to release chemicals in the muscles, spinal cord and brain. These chemicals will either change the experience of pain, or they will trigger the release of other chemicals and hormones which influence the body’s own internal regulating system.

The number of treatments needed varies from person to person depending on the condition.

Is Acupuncture Covered By HEALTH INSURANCE?
Yes, some insurance companies cover acupuncture costs. Ask your health insurance provider.

Are There Any SIDE EFFECTS to the Treatment?
Occasionally, changes in appetite, sleep, bowel or urination patterns may be triggered. These should not cause concern as they are simply indications that the acupuncture is starting to work.

About GROUP Acupuncture
Group treatments are a great way to maintain health while keeping costs down. They are best for those with musculoskeletal pain and injuries. Only acupuncture points along the lower arms and legs, head, ears, feet and shoulders are used. Wearing loose-fitting clothing so the doctor can easily access acupuncture points is recommended.

Private treatments are recommended for those with complex problems, conditions with emotional aspects or a private nature.

About Chinese HERBAL Medicine
Chinese herbs are another component of our medical acupuncture treatments that may also be prescribed during your visit. These natural remedies can often enhance and prolong the beneficial effects of medical acupuncture.

ABOUT DR. CHEN
Howard Chen, MD, FAAMA, is board certified by the American Board of Family Medicine and a fellow of the American Academy of Medical Acupuncture. He believes that the patient-provider relationship is a partnership, with both sides playing an equal part in health and well-being. In addition, he believes that optimal healthcare involves the use of all available treatments which have been shown to benefit a particular condition, including both Western and Eastern medical philosophies.

ABOUT DR. MAUL
Mary Maul, MD, FAAFP, FAAMA, is a fellow of the American Board of Family Medicine and American Board of Medical Acupuncture. Acupuncture for Dr. Maul is helpful in assisting the body in the healing process by connecting the spirit, mind and body not only for pain, but also for well-being.

ABOUT DR. DURAND
Samanda Durand, DO is board certified in Internal Medicine. She received her medical degree from Lake Erie College of Osteopathic Medicine and completed her Internal Medicine residency at Plaza Medical Center in Fort Worth, Texas. Dr. Durand trained at Harvard Medical School in Japanese palpation-based acupuncture techniques which combine classical Chinese medical principles and modern pathophysiology.

ABOUT DR. PARK
Susan Park, MD, received her medical degree from the University of Nevada School of Medicine. She has a certification of added qualification (CAQ) for sports medicine by the American Board of Family Medicine. More recently, she received training in acupuncture as she strongly believes in its healing capabilities.

ABOUT DR. CHANG
Justin Chang, DO is board certified by the American Osteopathic Board of Family Physicians and a member of the American Academy of Medical Acupuncture. He received his medical degree from the University of Northern Texas Health Science Center-Texas College of Osteopathic Medicine. He believes that by harmonizing different treatment modalities to reduce suffering from illness, we can assist one’s goal in living well.