

REMARKABLE ACUPUNCTURE

By Frank Gemmato, L Ac

Providing cost-effective health maintenance and treatment for existing medical conditions are my primary focus. Acupuncture and Chinese herbal medicine stimulate the body's capacity to heal and regenerate itself. The list of conditions that acupuncture effectively treats is extensive. An entire range of ailments from **asthma to digestive disorders to menstrual problems** are all amenable to the safe and beneficial effects of acupuncture. Virtually all conditions can be helped by acupuncture treatment. This is because Traditional Chinese Medicine treats the person and can thus be tailored to an individual's needs.

Think of acupuncture treatment for **pain of any kind**, especially when the pain results from a blockage of energy or internal imbalance. In my practice, I am constantly attempting to address the source or causative level of the imbalance. Nothing can treat pain as effectively, safely, and specifically.

An important area of interest for me has been helping sufferers from addictions to various substances and behaviors. People involved in individual and group therapy, 12-Step programs, and other self-help modalities often notice remarkable progress with acupuncture and Chinese herbs. Acupuncture facilitates relaxation, and is well-documented in its effectiveness to reduce cravings for **drugs, alcohol, cigarettes**.

In fact, for stress reduction and certain emotional disorders, acupuncture is unparalleled in its ability to calm and ease the tensions and overwork and many common anxieties incident to modern life. By freeing the blockages of energy, acupuncture aids the patient in gaining valuable insight into her problems.

Acupuncture has also been proven to be highly effective in multi-disciplinary treatment programs. For the past nine years I have assisted in treating thousands of patients suffering from a wide range of diseases: **cancer, diabetes, heart disease, stroke, hypertension, multiple sclerosis, and lupus**.

Integrating the disciplines of acupuncture and naturopathy with allopathic medicine can provide a synergistic effect.

Finally, I use acupuncture and Chinese herbs as a preventive medicine in order to help people stay well. Generally, once a client has had a course of four to eight treatments, he will return seasonally for a **Tune-Up Treatment**, which is offered at a reduced rate. According to Eastern philosophy, disease results when our relationship to the seasons is out of order. Proper diet, exercise and stress reduction help to maintain vibrant health in the meantime. Many patients enjoy receiving maintenance treatments, a great opportunity to do something proactively for their health.

The attainment and maintenance of perfect health is more of a process rather than a goal. We are on this road together. One of the reasons I became an acupuncturist was that I realized that my own healing depended on helping other to heal. And indeed it has! Over the past 14 years, I have been privileged to witness the healing and awakening of thousands of clients. And I have come to know that a patient is not her symptoms. There is a core of wholeness and inner peace that illness cannot touch. Our life is a journey for which we are ultimately responsible, but we do not travel alone. We need the help and support of one another. Acupuncture and Chinese herbs are gentle, effective, supportive, and can lead to a deeper, fuller enjoyment of life.

I invite you, your family and friends to schedule an introductory consultation to discuss the ways acupuncture can benefit you.