



## Accurate Clinic

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[www.AccurateClinic.com](http://www.AccurateClinic.com)

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[TCM](#)

### Accurate Education

## Acupuncture and Acupressure Massage

Traditional Chinese medicine (TCM) is a system of medicine that has been practiced for thousands of years and has now gained popularity in the West. In fact, even in modern China which has been strongly influenced by the West in terms of medicine, food and lifestyle, the use of TCM including acupuncture and acupressure massage (APM) is also growing in popularity. TCM focuses on restoring balance and harmony within the body through various practices including acupuncture, APM, Chinese herbal medicine and mind-body exercises.

Acupuncture and APM are both effective and commonly used for a wide range of conditions, including pain, musculoskeletal disorders and various gastrointestinal, gynecologic and neurologic diseases. Acupuncture and APM treatment are based on the Chinese theory that illness results from imbalances in energy (or "qi") that flows through channels throughout the body.

With the application of fine acupuncture needles or massage, acupuncture points along these channels are stimulated to correct these imbalances of energy and restore harmony in the body. Western science has proposed different theories as to how acupuncture and APM work, including the release of endogenous opioids, but both East and West are in agreement that these treatments can be very effective.

Acupuncture and APM are both safe and beneficial when performed by a skilled practitioner. The incidences of side effects and adverse events are minimal to non-existent. Studies have shown these treatments to be effective for pain relief, managing chemotherapy side effects and improving quality of life in many other medical conditions. The World Health Organization and National Institutes of Health (NIH) recognize acupuncture and APM as viable treatment options.

*TCM is being increasingly studied and integrated into Western Medicine:*

- **Usage:** Over 10 million acupuncture treatments occur annually in the U.S.
- **Demographics:** Women dominate acupuncture use along with older adults (45 and older).
- **Research Growth:** Acupuncture research has surged, with over 13,000 studies focusing on pain (35%), neurological conditions (12.3%), and cancer symptoms (11.6%).

***Conditions for which Acupuncture and Acupressure Massage may be beneficial include:***

- Pain, including: Arthritis, Myofascial Pain and Trigger Points, Migraine Headaches, Peripheral Neuropathy, (diabetic and chemotherapy-induced), Shingles and Trigeminal Neuralgia
- Stress and Anxiety
- Digestive and Gastrointestinal issues
- Fertility
- Allergies and Respiratory issues

Accurate Clinic is currently offering Traditional Chinese Medical care, including Acupuncture and Acupressure Massage, but will soon include the offerings of traditional Chinese herbal medicine also. The physician providing these services is perhaps the most highly trained and experienced TCM clinician in Louisiana. He was born and trained in TCM in China and he has earned a PhD in TCM as well as an MD in Western medicine. He has decades of experience and is an overall awesome individual who speaks five languages and performs as an opera singer. And he has the kindness to match Santa Claus!

TCM services at Accurate Clinic are currently offered only on Mondays, although Saturday appointments may be available in the near future. The introductory fees for these services are:

**Acupuncture**

First visit (90 minutes) – \$125

Subsequent visits (60 minutes) – \$90

Selected\* introductory treatments (15 minutes) -\$25

**Acupressure Massage**

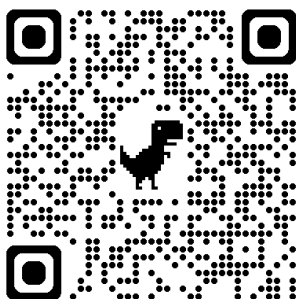
30 minute sessions – \$45

*These prices should be considered introductory and may increase in the future.*

*\* Selected treatments are based on the diagnosis being treated and may not include complex conditions such as chronic neck or back pain. Typical selected treatments may include individual joint pain from arthritis, carpal tunnel syndrome, tarsal tunnel syndrome, post-traumatic extremity or joint pain, etc.*



[Acupuncture](#)



[Acupressure Massage](#)



[Chinese Herbal Medicine](#)