



QUEST CENTER GROUP ACUPUNCTURE

Monday: 4:00 pm - 6:00 pm
Tuesday: 9:00 am - 11:30 am
Thursday: 9:00 am - 11:30 am and 4:00 pm - 6:00 pm
Friday: 12:00 pm - 2:00 pm

What is acupuncture?

Acupuncture is a therapy developed by the ancient Chinese that consists of stimulating a designated point on the skin by the insertion of needles, application of heat (moxibustion), massage, or a combination of these.

Acupuncture is part of the overall system of Chinese medicine that also includes herbal medicine, Qi Gong, and nutrition.

Does it hurt?

Acupuncture is done with extremely thin, flexible needles made of surgical stainless steel. There is nothing special in the needle. There is sometimes brief pain as the needle passes through the skin.

As the needle begins to work and the energy effect occurs, you may feel a dull heat or dull aching where the needle has been and then a sense of relaxation.

An Acupuncture Assessment is required prior to your first treatment.

To schedule please call the Front Desk at 503.238.5203.

The World Health Organization recognizes acupuncture for the treatment of over 130 different diseases and conditions, including:

- Migraine headaches
- Arthritis
- Back pain
- High blood pressure
- Sports injuries (soft tissue injuries such as cervical strain)
- Respiratory problems (sinusitis, bronchitis, asthma, and allergies)
- Gynecological problems such as painful menstruation and PMS
- Digestive disorders including constipation, diarrhea, and gastritis
- Stress, anxiety, depression, post-traumatic stress disorder
- Side effects of chemotherapy, surgery, and radiation
- Diabetes
- Emphysema
- Hepatitis
- Chemical addictions

Acupuncture is effective, either alone or in combination, with Chinese medical herbal medicine or Western medicine.

Fee: This Group can be billed to OHP plans, or insurance. For Ryan White funding options please contact Nico Judd. Self-pay options are available at \$25 per session.

**** Please check in at the front desk, each week, prior to treatment ****

BE WELL - BE YOU

QUEST
CENTER 
FOR INTEGRATIVE HEALTH

www.quest-center.org

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