



Holistic Services Pricing



Acupuncture

Acupuncture is a traditional Chinese treatment used to prevent disease, treat illness, reduce muscle tension, improve sports performance and enhance overall well-being.

This therapy harnesses and activates the body's own pain-blocking & anti-inflammatory mechanisms to benefit those who suffer from

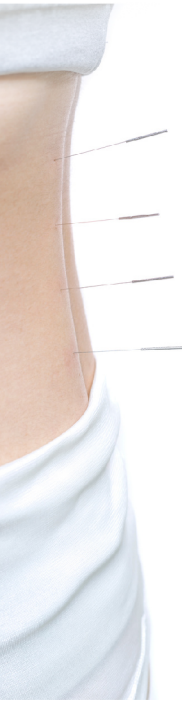
- acute or chronic pain
- allergies
- anxiety
- fibromyalgia
- addictions
- women's health (just to name a few...)

Single Visit Fee

\$69

Package of 6

\$390



Ashlee Sowles Nederhood

Dipl. Ac.,
Licensed Acupuncturist
Traditional Chinese Medicine



Free consultation!

Our acupuncturist can help you decide if acupuncture is right for you. Visit the front desk or call (269) 552-2348

Massage

Is currently unavailable. We hope to offer you this service again in the future.





Ascension Borgess

INTEGRATIVE MEDICINE

What is Acupuncture?

Acupuncture is a form of Traditional Chinese Medicine (TCM) that has been used for centuries all over the world. Brought into the United States in the 1970s, acupuncture is the fastest growing form of medicine. It uses your body's vital energy to stabilize your body and revitalize your health painlessly and naturally.

Acupuncture works within the energetic system of the vessel, known as meridians that flow through the body. Proper physiological function and health depend on the circulation of nutrients, substances and energy, called Qi. Qi (pronounced "chee"), our energetic life force, flows freely through these meridians and connects every organ and part of the body, providing balance, regulation and coordination of physiological processes.

If the Qi is disrupted or blocked and the harmony disturbed, like a dam in a river, the Qi becomes stagnant causing an imbalance in the body's innate healing mechanism and illness can ensue.

The insertion of very fine, painless needles into these points activates the flow of Qi through meridians in therapeutic ways to rebalance the system.



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(269) 552-2348

Scheduling or More
Information

Ascension Borgess Health & Fitness

3025 Gull Road | Kalamazoo, MI 49048

Does Acupuncture Work?

Acupuncture is recognized by the National Institute of Health & the World Health Organization to be effective in the treatment of a wide variety of medical problems including:

- Allergies/asthma
- Anxiety/depression
- Arthritis/joint problems
- Back pain
- Bladder/kidney problems
- Constipation/diarrhea
- Colds/influenza
- Cough/bronchitis
- Dizziness
- Drug/smoking/alcohol addiction
- Fatigue
- Gastrointestinal disorders
- Gynecological disorders
- Headache/migraine
- Heart problems/palpitations
- High blood pressure
- Immune system deficiency
- Insomnia
- Knee pain
- Menopausal discomfort
- Musculoskeletal injuries
- Pre-menstrual syndrome
- Paralysis/numbness
- Rhinitis
- Sciatica
- Sexual dysfunction
- Side effects of chemotherapy
- Sinusitis
- Skin problems
- Stress/tension
- Stroke rehabilitation
- Tendonitis
- Weight loss

