

WHAT IS ACUPUNCTURE?

Acupuncture is a health science, which is used to successfully treat both pain and dysfunction in the body. Oriental medicine, of which acupuncture is just one modality, began over 6000 years ago. Its use spread throughout ancient Egypt, the Middle East and later to Europe as merchants and missionaries to China told of the amazing discoveries the people of the Orient had developed. Acupuncture did not become widely used in the United States until after President Nixon opened diplomatic relations with China in 1971. Medical historians have noted that more people have benefited from Oriental medicine over the course of the last 5000 years than the combined total of all other healing sciences, both ancient and modern.

HOW DOES IT WORK?

Oriental physicians discovered an energy (called Qi, pronounced "chee"), which flows from just below the skin to all the internal organs and structure. This energy worked in combination with the circulatory, nervous, digestive, endocrine and other body systems to increase the health of each individual. According to the physicians who developed the practice of acupuncture, when this vital energy becomes blocked or diminished, pain and disease can develop. Stimulation of acupuncture points by inserting fine needles under the skin can restore the harmony of the Qi, which in turn reduces pain and restores health.

WHO CAN BE HELPED?

The World Health Organization, working in conjunction with the International Training Center of the Shanghai College of Traditional Chinese Medicine has reported that acupuncture is effective in treating: acute and chronic pain syndromes; migraines, tension, and cluster headache; trigeminal neuralgia, bladder dysfunction; all types of back pain and sciatica; osteo- and rheumatoid arthritis; tennis elbow; carpal tunnel syndrome; stomach problems; allergies; hypertension; menstrual irregularities and many other "internal" conditions. Acupuncture is also widely accepted as an effective treatment in the treatment of addictions.

In July 1997, a news brief from the National Acupuncture and Oriental Medicine Alliance stated that acupuncture is used in more than 20 states in over 300 drug dependency programs have lower recidivism rates and lower re-arrest rates due to drug related charges than those not treated with acupuncture. A study in five states showed efficacy and cost savings of acupuncture in the medical setting. Of the patients treated with acupuncture, 91.5% reported disappearance or improvement of symptoms, 84% said they have fewer treatments, 79% said they use fewer prescription drugs and 70% of those to whom surgery had been recommended avoided having that surgery due to acupuncture treatment.

HHCC ENTITIES

A. HEALING STREAMS SUPPORT GROUP FOR WOMEN:

Professional support for women. Focuses on executive women, women in healthcare, spiritual leadership and home makers. Meeting is last Thursday of every month. There is no cost for membership to this group

B. SUPERB PHYSICIANS NETWORK:

Serves as an internal referral source for patients seeking second opinions or are professionals who are willing to work collaboratively with HHCC. Professionals are responsible for maintaining acceptable credentials, licenses and codes of conduct that are acceptable by their professional disciplines and department agencies that govern their profession. There is no cost for this service to pts.

C. CARE AT HOME: Primarily provides options for the elderly and patients with physical handicaps. Visits are done on designated days only. Cost of visits is \$ 250.00-\$300.00 for new patients.

D. OFFICE VISITS: Regularly scheduled appointments. Office visits at present are by appointments only. A new pt. visit at present is \$200.00/hr. First office visit may be 1 hr and follow-up visits 1/2 hr to 45 mins.

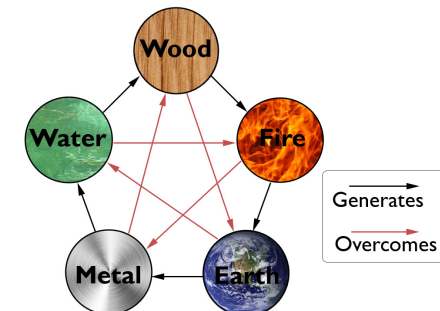
E. MAIL ORDER: Provides an option for patients to refill or order nutritional supplements from HHCC.

F. CORPORATE WELLNESS

a. **Harmony at work:** morale building. Seeks to develop and support positive work environment. Based on the four "R," Recognize the problem; Re-construct to resolve problem, Restore balance and harmony and Reward all efforts.

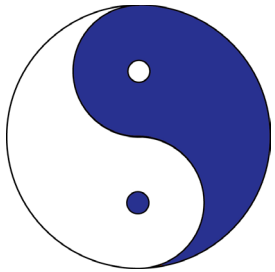
b. **Healthy workers:** Employee physicals. Provides annual statements of good health and accommodates sick visits. At present operate on fee- for- service basis.

c. **Learn and grow:** In- services, seminars, conferences, wellness events. Cost varies depending on time and size of group.



OTHER TREATMENTS ORIENTAL MEDICINE OFFERS

While acupuncture is the most well known of the Oriental Medicine modalities, practitioners are trained in many other therapeutic tools. The Chinese pharmacopoeia includes over 2000 herbs and 500 herbal combinations. Oriental massage techniques include shiatsu and tui na.



Therapeutic exercise called Qi Gong and Tai Ji can help the individual resist disease and improve overall health. And Oriental dietetic counseling is used in both the treatment and prevention of disease.

DIRECTIONS

CONNECTICUT

Interstate 95: North/South:

Exit 27 Follow signs to Park Ave, Follow Park Ave to Old Town Rd. Right onto Old Town Rd, and Left onto Plattsville Rd.

Merritt Parkway:

Exit 47 - Left onto Park Ave, Left onto Old Town Rd and then Left onto Plattsville Rd.

Metro North Train:

New Haven line to Bridgeport, and then transfer to taxi or #3 or #4 bus to Old Town Rd.

NEW YORK

Located in Stevens Medical Building, near Mount Vernon Hospital.

Acupuncture Works

CONNECTICUT

239 Plattsville Road
Trumbull, CT. 06611
Phone: 203-374-5309

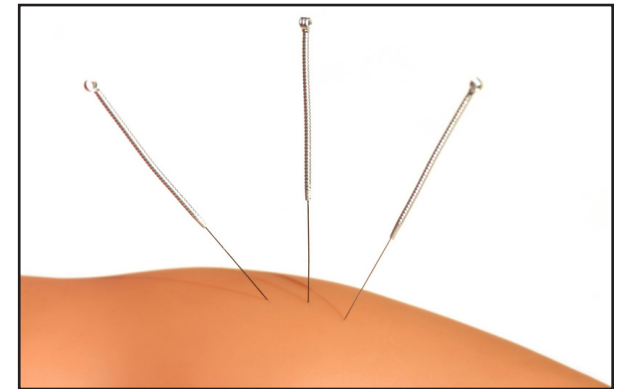
NEW YORK

105 Stevens Avenue
Suite 408
Mt Vernon, NY 10550

EMAIL:

doctors@doctorstohealth.com

HOLISTIC HEALTHCARE AND CONSULTATION, LLC



*“Personalized Care for
Optimal Health and
Wellness.”*

ACUPUNCTURE WORKS

The superior physician helps a patient retain their health and advises them before they are ill. To wait until sickness has arrived is like digging a well after you are thirsty.

-Classical Chinese Saying

*Dr. Dorette Lewis-Senior
Board Certified Naturopathic Physician*

Phone:

203-374-5309

Email:

doctors@doctorstohealth.com

*If you have always wanted
to find caring, competent and
compassionate physicians, you've
found the right ones!*

Call for an appointment today!
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