

Acupuncture Plus offers a complete system of Oriental Medicine and acupuncture for all diseases/ imbalances. Acupuncture is powerful medicine which aids in strengthening the immune system, prevents and heals disease, controls pain, increases the ability to function and the quality of people's lives. It works! **Our Mission** Our mission is to help each person who comes to us to enjoy better health, harmony and balance by encouraging the innate healing power nature has endowed to every living creature, using the Oriental Medicine model of diagnosis and treatment.

The Nature of this Clinic

At *Acupuncture Plus*, you are treated as a whole, individual being. Every aspect of who and what you are is important. Your physical, mental and spiritual imbalances are considered. This is actually a basic concept in Oriental Medicine - your whole being and condition is observed, not just one ailing part. At the same time, though you are an individual, many people do have similar body types and life styles which cause imbalances that lead to similar types of chronic pain or diseases. Chinese Medicine recognizes this and has developed a complete system of recognizing patterns and imbalances.

What can I expect ?

During your initial exam a full health history will be taken, with questions regarding your health, lifestyle, and any other information necessary for diagnosis. Your acupuncturist will check your pulses, look at your tongue, and conduct the appropriate physical exam. This information is organized according to the theories and philosophies of Chinese medicine in order to diagnose your specific concerns and any underlying factors that may affect your health. After the interview process, you will receive an acupuncture treatment. This visit ranges from 60-90 minutes. During treatment, you may feel energized or a deep sense of relaxation and well-being. Where the acupuncture needles have been inserted, you may feel a vague numbness, heaviness, tingling, or dull ache. Sometimes people will experience the sensation of energy spreading from the needle. This is called "getting the Qi." All these reactions are a good sign that *Acupuncture Plus* offers a complete system of Oriental Medicine and acupuncture for all diseases/



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Why does the acupuncturist look at my tongue?

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The tongue is a map of your body, reflecting the general health of your organ and meridian systems. Your acupuncturist will look at the color, the shape and the coating of your tongue. Tongue diagnosis is very reliable because your body does not lie. Do not scrape or brush your tongue. If you do, the practitioner will not be able to see the state of your health. A healthy person does not need to scrape or clean their tongue for cosmetic purposes..

Why does the acupuncturist feel my pulses?

There are 12 main positions on your wrists that your acupuncturist will feel. Each position corresponds to an organ and meridian system. Your acupuncturist will be looking for 27 pulse qualities that reflect the balance of Qi, the condition of your internal organs, and your general state of health. If there are any imbalances they will appear in your pulse.

How should I prepare?

Come to the clinic with any questions you have. Wear loose and comfortable clothing. Do not come overly hungry, or overly full. (Don't skip any meals).

Is acupuncture safe?

Extremely safe. It is a "drug-free" therapy, yielding no side effect, except feelings of relaxation and being grounded.

Why does my acupuncturist recommend Chinese herbs?

Herbs can be a powerful adjunct to acupuncture care. They can strengthen your body, or clear it of excess problems like a cold, fever, or acute pain. Herbs can be used daily and they are something you can do for yourself. Sometimes your practitioner may suggest starting with herbs and then adding acupuncture to your treatment. This is to build up your internal strength so your body can receive the full benefits acupuncture has to offer. Sometimes the acupuncturist will recommend only acupuncture. Usually, he/she will recommend both.

What is acupuncture good for?

Acupuncture is general medicine. Any condition that you would go to an M.D. for, you can go to an acupuncturist for. It provides excellent drug-free and non-invasive therapy. It works well with allopathic and/or other holistic practices. Oriental Medicine can provide pain relief and strengthening for the body/mind system even when allopathic medicine offers no treatment. Here are a few of the imbalances acupuncture is very effective for:

- Addiction - Drug, alcohol, smoking
- Anxiety
- Arthritis
- Asthma
- Bronchitis
- Carpal Tunne
- Chronic Fatigue
- Colitis
- Common Cold
- Constipation
- Urinary Problems
- Headache
- Depression
- Menopause
- Menstrual irregularity
- Morning sickness
- Nausea
- Osteoarthritis
- Pain
- PMS
- Pneumonia
- Reproductive problems
- Low back pain
- Rhinitis
- Sciatica

- Diarrhea
- Dizziness
- Dysentery
- Emotional problems
- Stroke, paralyist
- Eye problems
- Facial palsy
- Fatigue
- Fertility problems
- Fibromyalgia
- Gingivitis
- Trigeminal neuralgia
- Infections
- Vomiting
- Wrist pain
- Digestive trouble Disorder (SAD)
- Seasonal Affective
- Shoulder pain
- Sinusitis
- Sleep Disturbances
- Smoking cessation
- Sore throat, flu
- Stress
- Tennis elbow
- Tonsillitis
- Tooth pain
- Other? Yes!
- Incontinence
- Indigestion
- Irritable bowel



About Your Oriental Medicine Doctor Shihan Mary Bolz, Licensed Acupuncturist
Master of Science Oriental Medicine
Doctoral Fellow, FBU
Master Martial Arts Instructor

Shihan Mary Bolz is licensed by the California Acupuncture Board in acupuncture and Chinese herbal medicine. She graduated from Meiji College of Oriental Medicine in Berkeley, California. Her training at this college was in Traditional Chinese Medicine with the Japanese and Korean influence. She is also qualified in whole foods nutrition based on the same philosophical concepts of Chinese Medicine; Yin and Yang. She has lived in Japan a number of years and speaks Japanese. She has a Bachelor's Degree in Physical Education, Pre-Physical Therapy and a Master of Science in Oriental Medicine. She is also a Master Martial Arts instructor of many years, having received her training in Japan and Okinawa. She has a 6th degree black belt in Okinawan Kobudou and Karate. She is currently in a clinical doctoral program at Five Branches University in San Jose. She also has clinical experience in Japan.

*"Decide to be cured, act, go forward at the 'staying speed', the critical velocity that can be sustained." From **Tao of Jeet Kune Do** - Bruce Lee*