

## Psychological

Psychological issues are real. Mental issues are real, felt, chemical imbalances which produce often negative physical changes detrimental for optimum health and wellbeing. Acupuncture is not only wonderful in treating stress but in handling other more chronic conditions such as: anxiety, depression and bi-polar disorders. I have been trained in both Chinese and Japanese style acupuncture both of which assist in the flow of energy to alleviate all psychological conditions. There is a specific Japanese technique I use when dealing with any psychological condition which I find to be very powerfully healing.