

Longevity

Balance, harmony and health are achieved with proper, sleep, stress reduction, hydration, exercise and nutrition. These are all factors in which we have control over. All persons who treat with me have these areas of health and well-being reviewed and adjusted during their entire treatment with me to maximize quality of life and promote longevity. Once our goal of treatment is reached I will suggest people come in quarterly for balancing and ensuring that which has been achieved through acupuncture is maintained.