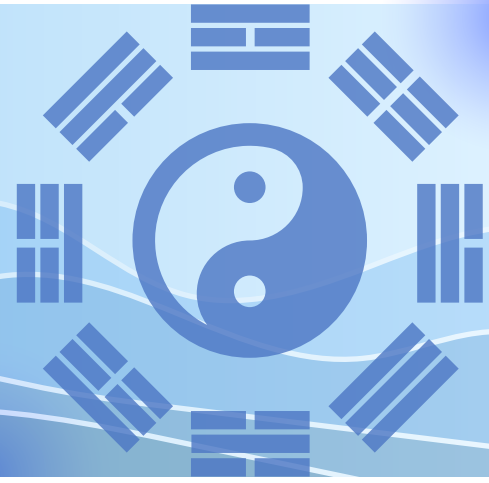
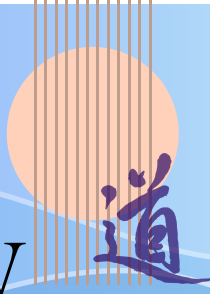


Specialty Treatments



針灸 Here at Atrium Health Services we offer a variety of approaches to acupuncture:

TCM Acupuncture

Based on over two thousand years of literature, traditional acupuncture is one of the four pillars of achieving optimal health. Our traditional acupuncture approach is rooted from the Five Elements and Eight Principles theories of Traditional Chinese Medicine. The doctor will obtain a thorough history and perform a series of physical exams. Then, depending on the conditions targeted, current symptoms, and patient preferences, the doctor may choose to perform acupuncture with as little as 3 needles or up to 60.

Taoist Acupuncture

A key Taoist principle is Wu Wei (effortless action), meaning that healing should be natural and non-forceful. The Taoist approach of acupuncture focuses on supporting the body's innate self-healing ability to establish connection to the Tao, the fundamental essence of universe that embodies the balance of Yin and Yang as well as the free flow of Qi throughout the body and its connection with nature.

Rehab Acupuncture

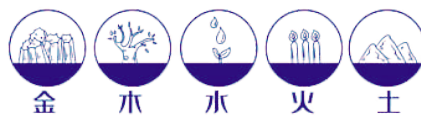
This is a modern, evidence-informed approach of acupuncture that integrates principles of anatomy, physiology, neurology, and biomechanics with traditional acupuncture techniques. It focuses on tissue healing, nervous system regulation, and functional movement patterns. It often incorporates elements of dry needling to target trigger points and muscle dysfunctions, aiming at shortening injury recovery time and optimizing sports performance.

Compliment to Chiropractic Care

Acupuncture and chiropractic care work synergistically in enhancing musculoskeletal function, relieving pain, and promoting overall healing. While chiropractic care focuses on restoring structural alignment and optimizing nervous system function, acupuncture complements this by reducing muscle tension and modulating pain perception. By integrating both treatments, patients may experience improved mobility and longer-lasting relief from chronic pain and dysfunction.

Optimal Health from a TCM Perspective

As seasons change, the energy flow within oneself also illustrates tidal patterns. It is stated in the Yellow Emperor's Inner Classics that, "humans are to follow the change of seasons. Spring is the time to sow, summer is the season for growth, autumn brings harvest, and winter is to store, as this is the way humans shall interact with nature". However, the modern lifestyle seldomly allow such practice – when we need to pick up our pace, we are already sprinting; when we should slow down, the grind cannot stop. Therefore, ailments arise. To restore balance in the energy flow in accordance with the seasonal changes, and to improve the resilience of the body to better tolerate stress from modern lifestyle, acupuncture is one's best friend. As a cornerstone of Traditional Chinese Medicine, acupuncture works by targeting specific meridians, or energy channels, to either promote or suppress to achieve equilibrium. It is particularly effective in restoring the smooth flow of vital energy and enhancing the body's natural ability to heal.



Cost: 30 Minutes: \$75.00 60 Minutes: Price varies depending on specific needs



314-872-9955



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