

Conditions Treated:

- Allergies
- Anxiety
- Arthritis
- Asthma
- Auto Injuries
- Bloating
- Bronchitis
- Chronic Pain
- Cold & Flu
- Constipation
- Cosmetic Issues
- Cough
- Carpal Tunnel
- Depression
- Diabetes
- Drug Dependence
- Emotional Issues
- Fatigue
- Fertility Issues
- Fibromyalgia
- Headache
- Heart Disease
- Hypertension
- Indigestion
- Gas
- IBS/Digestive Issues
- Impotence
- Insomnia
- Lower Back Pain
- Menopause
- Menstrual Issues
- Migraine
- Muscle Pain
- Nausea
- PMS
- Poor Memory
- Sciatica
- Sinus Issues
- Smoking
- Skeletal Issues
- Skin Issues
- Sprains/Strains
- Sports Injuries
- Stress
- Tendonitis
- Tennis Elbow
- UTI
- Weight Control
- Work Injuries
- and many more...

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Traditional Chinese Medicine

中醫藥

Deeply rooted in ancient practice, Traditional Chinese Medicine (TCM) has survived the test of time, and is advocated by medical professionals today. TCM is embedded in Taoist philosophies, which essentially emphasise the concept of balance and unity in all life. Acupuncture is a pain-free, safe, and effective alternative to medications, anaesthesia and surgery. TCM can be used to maximize the health of the individual in both mind and body to prevent disease. You don't need to wait until you are sick or in pain to benefit from TCM. Maintaining good health and living in balance are goals for many of us. Acupuncture and TCM optimize your health and well being so you can realize your full potential!

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"Imagine what I would do if I could do all that I can" -Sun Tzu

Acupuncture

*"He, who has health, has hope.
And he, who has hope, has everything." -Proverb*

Acupuncture achieves a therapeutic effect by inserting and manipulating very thin solid filiform needles into the skin at specific points on the body. It is intended to promote health, prevent disease and alleviate pain and suffering. Moreover, Acupuncture induces biochemical changes that stimulate the body's natural healing abilities, and promotes physical and emotional well-being. Receiving regular acupuncture treatments will improve mood, energy and concentration, and make you look and feel younger.

Tui na (Tuī ná), "Push & Grasp"

Tui na is a special technique of hands-on bodywork, following the principles of TCM. Tui na methods include the use of hand techniques to massage the soft tissue (muscles and tendons) of the body, pressure techniques on acupuncture points and channels and manipulation techniques to realign the musculoskeletal and ligamentous relationship. The healing touch of tui na massage reduces tension, increases circulation and enables the body to relax deeply. By relieving stress, tui na strengthens resistance to disease and promotes wellness.

Auricular Acupuncture

The ear is a 'micro system', meaning that there is a point on the ear that represents every part of the body. Auricular therapy is widely used for many conditions, including addiction treatment, mood disorders, obesity, pain, and other conditions. The acupuncture points found on the ear help to regulate the body's internal organs, structures, and functions.

Herbal Medicine

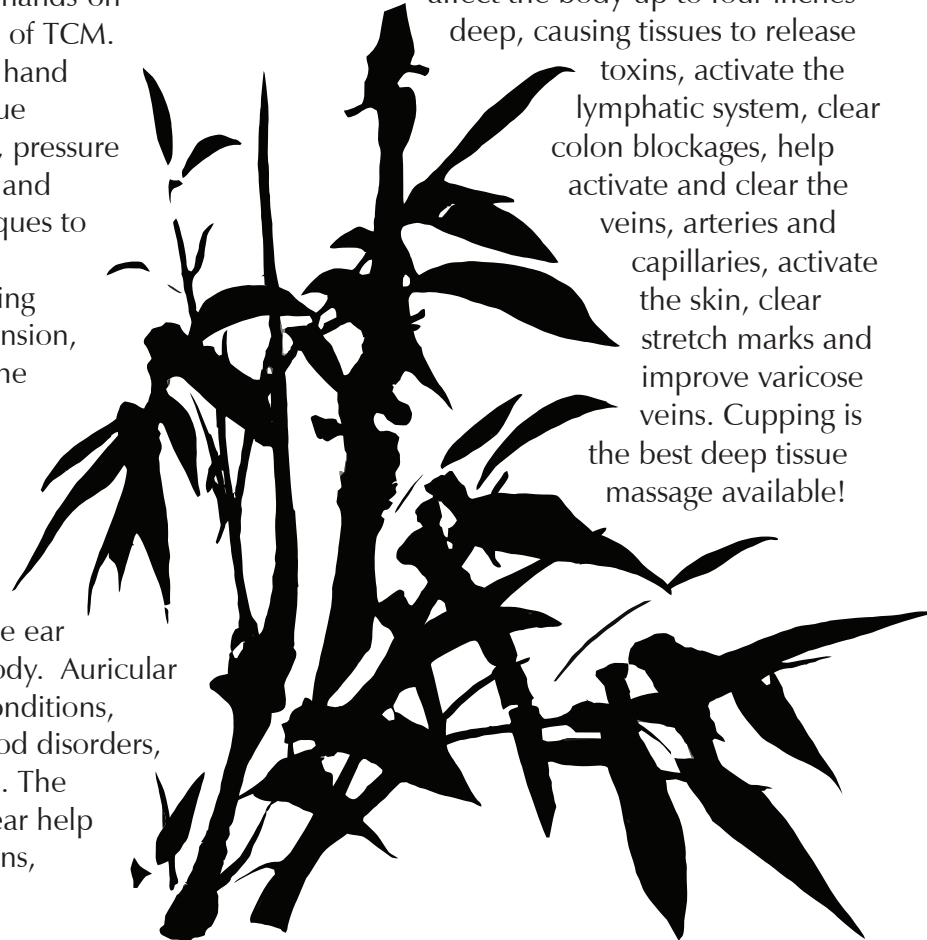
*"Every person is the author of
his own health or disease" -Buddha*

The foundation of this medical practice is the Chinese Materia Medica; more than 6,000 substances have been used and their effects documented and researched in the past 4,000 years. Each herbal medicine prescription is a mixture of many herbs tailored to the individual patient. The herbs are generally given in their raw form to be made into teas, or in the form of herbal pills.

Cupping

*"It's more important to know the sort of person who has a disease
than to know what sort of disease a person has" -Hippocrates*

Cupping is applied to certain acupuncture points, as well as to regions of the body that are affected by pain. Cupping has been found to affect the body up to four inches deep, causing tissues to release toxins, activate the lymphatic system, clear colon blockages, help activate and clear the veins, arteries and capillaries, activate the skin, clear stretch marks and improve varicose veins. Cupping is the best deep tissue massage available!



Moxibustion

*"The greatest of all follies is to sacrifice health
for any other kind of happiness" -Schopenhauer*

Acupuncture needles are heated by attaching and burning a piece of rolled up *Artemisia Vulgaris* (mugwort) on the needle handle or by holding a cigar-shaped piece of tightly-packed moxa near the handles of the needles. This technique is known as moxibustion or 'moxa'. Moxibustion therapy in conjunction with acupuncture can be very effective for many conditions.

Cosmetic Acupuncture

Cosmetic Acupuncture is an effective, non-surgical treatment to reduce the signs of aging. The superficial insertion of acupuncture needles into specific points on the face will increase the local circulation to the face and stimulate collagen production, which will fill out the lines and give firmness to the skin for a healthy, glowing complexion. It can also help to minimize dark circles, puffy eyes, double chin, sagging skin, and drooping eyelids. Cosmetic Acupuncture may take 5-10 years off your face!

Traditional Chinese Medicated Diet

In Chinese diet (and that includes herbs), one looks for not only vitamins and minerals but also the energetic properties of food, tastes, actions and the meridian it enters.

A highly specialized diet consisting of herbal medicine, food and condiments is designed according to an individual TCM diagnosis. Medicated diet can be incorporated into any treatment plan; the bringing together of Chinese medicine with food can improve the taste of the medicine and improve your food's effectiveness. Although medicated diet is mild, it has a remarkable effect on the prevention and cure of diseases, health promotion and preservation.

"To see the disease, first look at the diet." -Lao Tzu