

# Top Conditions Healed with Asian Medicine



DAVID LEE ACUPUNCTURE



Four Constitutional Medicine

appointment 805-497-6200  
166 N. Moorpark Rd., Suite 201  
Thousand Oaks, CA 91360

[www.davidleeacupuncture.com](http://www.davidleeacupuncture.com)

## **Our mission:**

# **Naturally relieve pain and disease by self-healing.**

We strive to provide natural relief from pain and disease through the power of self-healing. We are dedicated to equipping you with the knowledge of acupuncture and Asian medicine to help you achieve optimal health.

The field of acupuncture and Asian medicine is experiencing rapid growth in the United States, as an increasing number of people are acknowledging its numerous health benefits. Many patients, who turn to acupuncture as a last resort, discover that it effectively addresses their issues. They not only find relief from pain, but also experience true recovery and overall well-being, rather than mere pain management.

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## About David Lee



David Lee, Ph.D., L.Ac., is a licensed acupuncturist and an Asian herbal medicine practitioner since 2000. He received his Doctor of Philosophy in Oriental Medicine at American Liberty University. He studied pre-medicine and received a Bachelor of Arts in psychology at University of California at Irvine. Dr. Lee has been practicing since 2000. He is the author of 3 books *Tetrasoma Diet for Four Body Types*, *Tetrasoma Acupuncture: Four Constitutional Diagnosis and Four Needle Technique*, and *Bisoma Acupuncture: Two Sets of Five Horary Points Without a Disease Diagnosis*.

## About Che-ol Kim



Cheol (Che-ol) Kim, D.A.O.M, L.Ac, is a licensed acupuncturist and an Asian herbal medicine practitioner since 2015. He received his Doctor of Acupuncture and Oriental Medicine at Dongguk Royal University and a Master of Science degree in Food and Biotechnology at Kyunghee University. He comes from a family lineage recognized as national treasures by the Korean government for the traditional tea ceremony and woodworking.

# **(1) Is Acupuncture for Me?**

Absolutely! If you are dealing with health issues like pain or disease, acupuncture can be a highly suitable option for you. It has gained significant recognition as an exceptionally effective treatment, even for stubborn and chronic conditions. Many patients who have exhausted various therapies find acupuncture pleasantly surprising in its healing capabilities. As a result, acupuncture is expected to become one of the preferred treatments for both immediate relief and long-term recovery. Given its ability to address a wide range of problems, it is worth considering.

Moreover, even if you are not currently facing any specific issues, acupuncture offers substantial benefits in maintaining optimal well-being for your mind and body. In other words, it possesses anti-aging properties that help counteract the effects of everyday stress.

Don't hesitate to explore the potential of acupuncture, whether you are seeking relief from a specific problem or striving to enhance your overall health and vitality.

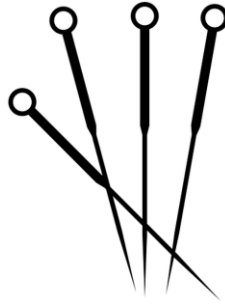


Acupuncture is an integral part of East Asian medicine, a holistic approach that encompasses the use of herbs and dietary adjustments to effectively address internal diseases. Throughout history, herbs and foods have been valued for their remarkable ability to reverse dysfunctions in organs, glands, and immune system. Many of the diseases prevalent today have existed for centuries. And Asian medicine has provided valuable insights and advancements in their treatment.

The extensive historical background and written documentation of Asian medicine have enabled us to understand and harness the body's innate capacity for self-treatment and self-healing. Unlike approaches that solely focus on specific problems, natural medicine excels in supporting the body's inherent ability to identify and address underlying issues. Now is the opportunity to explore the benefits of Asian medicine and witness the remarkable improvements it can bring to your overall health and well-being.



## (2) What is Acupuncture?



Acupuncture, a therapeutic practice involving the insertion of needles into the skin, initiates a healing process by stimulating strategic areas on your body. For thousands of years, the precise and gentle insertion of hair-thin needles has been employed to alleviate or heal a diverse range of painful conditions and diseases.

Contrary to common belief, acupuncture needles are not necessarily inserted directly into the affected areas. For instance, when addressing low back pain, acupuncture points are strategically placed on your arm, hand, leg, and foot. This is because these carefully selected points on your limbs provide more effective relief. Despite the placement of acupuncture being distal from the actual site of pain, the resulting relief is often significantly improved.

Acupuncture goes beyond simply stimulating nerves or releasing endorphins to temporarily mask pain. Drawing on time-tested theoretical knowledge, it targets specific trigger points on your body, thereby enhancing your body's innate capacity for self-healing from a wide range of pain and ailments.

Acupuncture involves the insertion of needles, ranging from as shallow as 3 mm to as deep as 7 mm. Rest assured, the process is not painful as the needles are incredibly thin and sharp, gently pushing aside the flesh instead of tearing it. You may experience a fleeting pricking sensation, which swiftly diminishes.

It is important to note that we strictly employ ultra-fine, pre-sterilized, pre-packaged, non-toxic, stainless-steel needles that are disposable for each patient's safety and hygiene.

During a session, typically only 5 to 10 acupuncture points are stimulated at a time, minimizing any potential discomfort. Our utmost priority is to ensure your comfort and well-being throughout the entire acupuncture experience.

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## ACUPUNCTURE INSTRUCTS THE BODY TO SELF-NORMALIZE



To better illustrate the functioning of acupuncture, let's draw an analogy to a computer system. When the software of a computer malfunctions, it requires re-programming. Even though the issue may lie within its central processing unit (which can be likened to our body as a whole), the symptoms manifest on the monitor.

In a similar vein, acupuncture serves to address the underlying problem. Just as a computer programmer inputs commands through the keyboard, acupuncture needles are strategically placed on our hands and feet, acting as the body's "keyboard." These acupuncture points can be thought of as keys. By pressing the appropriate keys, they synchronize to form a command that prompts the patient's physiology to normalize. Like a properly functioning computer, our body has the innate ability to self-heal. Consequently, this process often leads to a reduction or complete resolution of pain and disease.

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## Is There Any Adverse Effect?

Acupuncture is renowned for its remarkable safety profile, with no known adverse effects associated with its practice. Instances where acupuncture treatment exacerbates pain or disease are extremely rare. Generally, acupuncture either improves the condition or elicits no change. In cases where there is no improvement, the utilization of alternate acupuncture points can often resolve the issue. Under the care of a licensed acupuncturist, a series of acupuncture treatments can be a secure and dependable method to gauge the effectiveness of acupuncture for your specific needs.

Following a treatment, the only potential residual effect may be a minor bruising at the site of needle insertion. While this bruising might persist for a few days, it should completely fade away. The incidence of infection at the insertion site is exceptionally low, even among individuals with diabetes. A small minority, approximately 0.5%, may experience transient sensations of slight dizziness or feeling "empty-headed" for several hours after treatment. If you encounter persistent discomfort, it is important to communicate this to your acupuncturist as it indicates the need to fine-tune the acupuncture points for more effective pain and disease management.

Acupuncture upholds the fundamental principle of the Hippocratic oath, "First Do No Harm." It stands out as a rare form of medicine that carries no negative side effects, further underscoring its safety and integrity.

### (3) Diagnosis and Treatment



Optimal Health

With acupuncture, the focus is not primarily on diagnosing specific diseases, as we rely on a set of comprehensive points that can effectively treat a wide range of conditions. The key objective among acupuncturists is to identify the optimal points that can address various issues, emphasizing a body-focused approach rather than a problem-focused one. In this context, "body-focused" means recognizing the inherent healing potential of the body and providing supportive treatments rather than attempting to exert control.

While diagnosis remains important, our primary interest lies in understanding your body type, which reflects your genetic makeup and constitution. This knowledge allows natural medicine to work harmoniously with your unique physiology, facilitating automatic healing processes. Natural medicine enhances the body's innate ability to identify and self-treat diseases, making the specific diagnosis of a disease a secondary consideration.

In contrast to interventions that seek to control bodily functions, natural medicine aims to enhance and support the body's natural tendency towards homeostasis, or balance. By fostering this state of balance, the body is empowered to optimize its own health and well-being, promoting improvements without interfering with its inherent functioning.

During your consultation with the acupuncturist, you will have the opportunity to discuss your concerns, symptoms, and any noticeable signs. The acupuncturist will then proceed to follow the established Asian medical diagnosis and treatment protocol. While it may initially appear counter-intuitive to begin acupuncture without an extensive physical examination, it is important to note that Asian medical diagnosis and treatment do not necessarily require the same type of examination as conventional medicine.

While the medical diagnosis provided by your MD physician may be taken into consideration, it is not an essential component of Asian medical diagnosis and treatment. It is contrast to conventional biomolecular medicine, which relies heavily on physical diagnoses to differentiate between conditions like neck pain and low back pain or distinguish between stenosis and disc herniation at the lumbar 4-5 level.

Acupuncture follows its own theoretical framework and diagnostic methods, which cannot be simply interpreted through anatomy or molecular physiology. Acupuncture operates on its own working theory of Yin, Yang, Wood, Fire, Earth, Metal, and Water. This form of medicine has its own unique rules and guidelines for establishing a diagnosis and subsequent treatment. It operates on a different set of principles and approaches that are integral to its practice.

Asian medicine takes a holistic approach, where a detailed or differential diagnosis is not necessarily required to provide effective treatment. This is because Asian medicine focuses not only on treating the disease but also on supporting the whole body in its self-healing process. By involving the entire body in the healing journey, multiple and often enhanced levels of recovery can be achieved.

In this clinic, our theoretical approach is centered around restoring balance to the five elements: Wood, Fire, Earth, Metal, and Water. These elements represent broader aspects of human existence that cannot be directly translated into simple terms, as they are deeply rooted in a holistic understanding.

The five elements are interconnected as a cohesive whole, surpassing the sum of their individual parts. To better grasp the distinction between biomolecular medicine and natural medicine, consider this analogy: when you assemble Lego pieces together, you can create a castle. However, a castle cannot be found in a single Lego piece; it emerges from the synergistic collaboration of multiple pieces, resulting in a new reality. Although we can perceive the presence of a castle subjectively, there is no instrument that can precisely measure and categorize it, distinguishing it from a mansion or a house. Therefore, a castle cannot be systematically studied. Conversely, single Lego pieces can be subject to scientific research and analysis.

Similarly, Asian medicine recognizes the interconnectedness and synergistic nature of the body's elements and employs a holistic perspective to promote overall well-being.

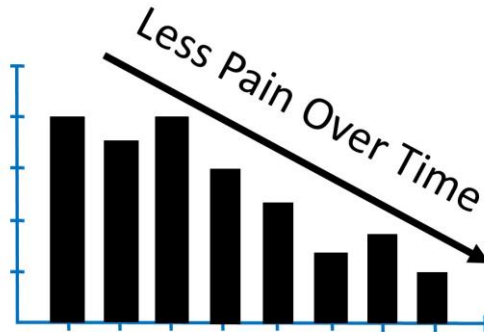
There is no specific set of acupuncture points exclusively designated for individual problems. If such points existed, acupuncture would have already been widely implemented in hospitals. However, the holistic theoretical framework of acupuncture assists in determining the most effective acupuncture points for the individual, thus addressing their specific problems. What sets this clinic apart is its unique acupuncture technique, which relies on just two sets of acupuncture points that have proven effective in treating a wide range of conditions.



On the other hand, when it comes to determining the optimal treatment approach with diet and herbal remedies for internal diseases, the acupuncturist considers a range of factors. These include typical symptoms associated with the individual's genetic makeup (body type) and the specific disease being addressed. For example, when treating conditions like hypothyroidism or irritable bowel syndrome, factors such as the patient's psychological temperament type, physical torso shape, food allergies and intolerances, ability to sweat, tendency toward motion sickness, sensitivity to caffeine, habitual bowel movements, and frequency of urination are all considered. Asian medicine operates with its own set of rules that have shown success even in treating chronic, complex, and stubborn diseases.

Each individual falls into one of four body types, which manifest in their personality, physiology, and physical shape because of their genetic makeup. Exploring and understanding one's body type can be an enjoyable process throughout the treatment journey. Identifying your body type may involve completing a questionnaire, measuring your torso shape, and engaging in face-to-face conversations. All this information is utilized to ensure that the treatment provided is the best fit for you, maximizing its potential benefits and optimizing your overall well-being.

## (4) Length and Frequency of Treatments



The rate of improvement varies depending on several factors, including the individual's response, the severity and duration of the condition, as well as the presence of any other underlying issues. The primary objective is to either eliminate or reduce the frequency, severity, and duration of the problem.

For minor ailments like common colds or acute muscle strains, a mere one to four visits may suffice. However, for chronic illnesses, the typical patient usually requires two visits per week during the initial few weeks. In some cases, patients may need to be treated three times a week for a duration of two weeks. Thereafter, frequency of visits is reduced.

Approximately 30-40 percent of patients experience significant relief following their first treatment, while others may notice improvement after subsequent sessions. Since symptoms can fluctuate from day to day, patients tend to observe improvement on a weekly basis rather than daily. After the initial few weeks, a definite pattern of improvement generally emerges.

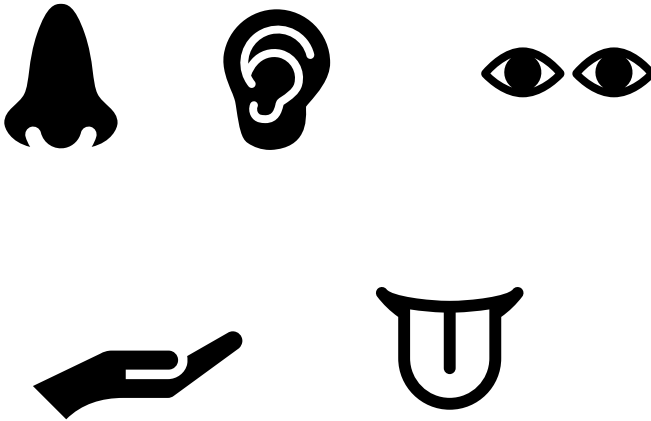
As the patient demonstrates noteworthy progress and stability, the frequency of visits can be decreased. Typically, a reduction on once-a-week visits is advised when there is a pain reduction of over 70% or when there is a more than 30% improvement in the underlying condition.

The total duration of treatment typically spans two to three months. Following this period, maintenance treatment is recommended if the issue has not been fully resolved, or if the patient wishes to maintain optimal mental and physical functioning after the condition has been successfully resolved.

## **(5) How Can I Determine My Progress?**

Your progress can be assessed by observing the reduction in intensity, frequency, and duration of the problem. Intensity refers to the level of pain or dysfunction experienced, while frequency indicates how often the problem occurs. If the issue is persistent, it is considered too frequent. Duration refers to the length of time the problem persists.

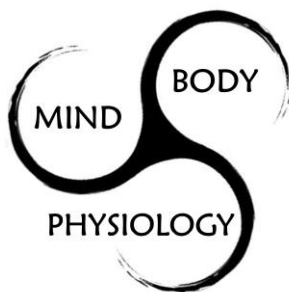
### **Subjective and Objective Measures**



Subjective assessment can serve as a valid method for gauging your improvement. We encourage you to pay attention to noticeable changes as you undergo treatment. Many chronic diseases manifest through sensory experiences, and even though these changes may not be quantifiable with modern instruments, they can still provide valuable insights.

For instance, physical pain, hot flashes, or anxiety are subjective experiences that lack reliable devices for measurement. Therefore, a reduction in the intensity of these sensations signifies an improvement in the underlying condition. To further confirm your improved health, it is recommended to undergo objective testing under the guidance of your physician.

## Holistic Approach for Comprehensive Wellness



Acupuncture, diet, and herbal medicine inherently adopt a holistic approach, addressing multiple issues simultaneously. With this comprehensive approach, you can expect to witness improvements in both your overall health and well-being. Health refers to a reduction in disease and an enhancement of bodily functions, while well-being encompasses improved mental focus, physical stamina, and daily bodily functions.

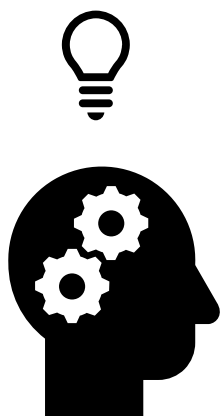
By receiving holistic treatment, you benefit from a comprehensive improvement. Not only do diseases diminish, but your daily functioning is also optimized. In addition to alleviating pain, inflammation, and disease, you may notice improvements in various discomforts such as malaise, headaches, bloating, insomnia, irritability, urination, and bowel movements.

It's important to recognize that any ailment or complaint is often influenced by multiple factors rather than a single cause. A single problem involves a complex network of bodily functions. Asian medical practitioners, from ancient times to the present, have acknowledged and embraced this interconnected nature of physiological events.

As your concerns are addressed through treatment, you will observe that your daily functions, including digestion, bowel movements, urination, and sleep, normalize. Moreover, you will experience a decrease in stress levels. When significant relief is felt in one area, it is a positive indication that other areas may also improve. The result is not only an amelioration of your main complaint but also a step toward achieving optimal health.

Acupuncture, diet, and/or herbal medicine are by nature holistic. They treat many problems simultaneously. You should experience an improvement simultaneously in both health and well-being. Health is a lessening of disease and improvement of function. Well-being is an improvement of mental focus and clarity, physical stamina, and daily bodily function.

## (6) Basic Philosophy



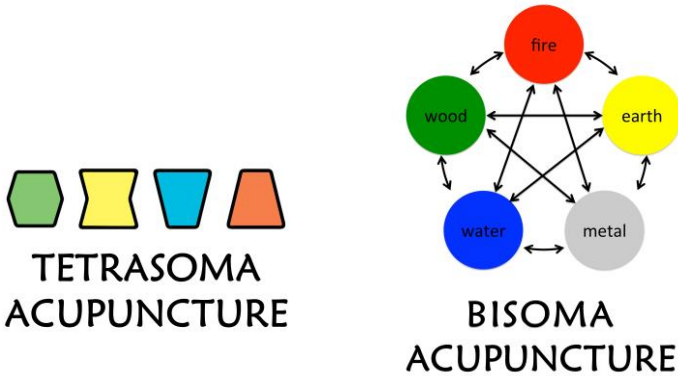
Acupuncture offers a clinically proven technique to improve your health and decrease pain and dysfunction. The acupuncture healthcare system is based on the premise that the body has the capacity to heal itself. With acupuncture, the body can self-improve and increase the body's healing capacity. Simply bringing the constitution back into balance and stabilizing it helps the body to become healthy again.



The theoretical framework of acupuncture is based on the concept that each person is born with one of four body types that do not change over his or her lifetime. A body type is a unique set of innate psychological, physiological, and physical characteristics. Each body type requires different health solutions even if the pain and disease are identical. In other words, we make sure that the patients get individualized treatment for maximum benefit. We treat with an understanding that treatments can individually vary even if the disease is identical. Therefore, we carefully assess your body type so we can successfully treat stubborn and chronic problems. When the body type becomes balanced, the outcome is relief from pain and disease.

Our clinic has created and successfully uses a unique acupuncture process called “Bisoma (Two Constitutions) Acupuncture and Tetrasoma (Four Constitutions) Acupuncture.” This technique is a cutting-edge improvement upon Asian medicine theories. It is revolutionary and evolutionary to today’s ancient medicine.

# Our approach: Optimizing Acupuncture Techniques



## (1) Strategic Needle Placement:

The key to improvement lies in accurately locating and stimulating specific acupuncture points. Acupuncture is not a simple transposing of acupuncture points from an illustration to the body. If so, then acupuncture is an easy technique without needing to have a complex theory.

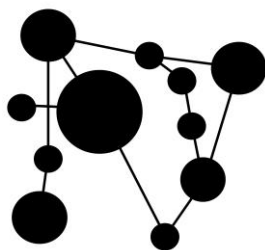
**Distal Treatment Technique:** Our technique employs a distal treatment approach. Unlike local treatments that involve placing acupuncture needles directly at the site of the problem, distal treatments have proven to be more beneficial.

We focus on placing acupuncture needles on the arm, hand, leg, and foot. These areas have a higher concentration of nerve endings, allowing for enhanced communication within the body and facilitating self-healing. Consequently, this leads to a more rapid improvement in your condition. For instance, although it may seem counterintuitive to stimulate acupuncture points on the limbs for relieving low back or neck pain, the outcome is a faster and more effective improvement.

While local treatments (placing needles where the problem is located) may be simpler to perform and scientifically verifiable, they often fall short in providing satisfactory improvement for a wider population. This is why hospitals and physicians have not widely incorporated acupuncture into their practices, not due to a lack of belief but a lack of evidence.

Historical Wisdom and Explanation: Over thousands of years, acupuncturists have gained valuable insights into the efficacy of distal acupuncture points. However, understanding the mechanism behind their effectiveness requires a non-biomolecular explanation, such as the concepts of yin and yang. These philosophical concepts provide a framework to comprehend how distal acupuncture works and why it yields superior results.

By employing our strategic needle placement and distal treatment techniques, we aim to optimize the effectiveness of acupuncture and ensure a faster and more comprehensive improvement in your overall well-being.



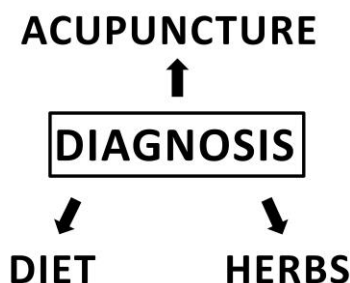
## (2) Simultaneous Improvements with Targeted Stimulation

The remarkable aspect of our acupuncture technique is its ability to address multiple issues simultaneously. While there are approximately 360 acupuncture points distributed throughout the body, only a small selection of four to ten points needs to be stimulated to yield a wide range of improvements.

Our acupuncture approach allows for comprehensive healing. With distal acupuncture, we can effectively target and alleviate various problems at once. Consider this scenario: If you're experiencing a migraine, lower back pain, asthma, and a sprained ankle concurrently, acupuncture can provide relief for all these issues simultaneously.

The beauty of our technique lies in its capacity to holistically address your diverse concerns, enabling you to experience relief and healing across multiple areas of discomfort.

## QUALITY = BENEFIT



### (3) Empowering Your Body's Natural Healing Abilities

Our mission is to alleviate your pain and overcome disease by enabling your own body to take charge of its healing process. We believe in aligning your body's innate abilities to self-heal and achieve optimal well-being. Central to this approach is body typing, which plays a vital role in unlocking your body's self-healing potential.

Body typing allows us to facilitate a state of homeostasis within your body, allowing it to effectively address and resolve its own problems. By understanding your unique body type, we can tailor our treatments to utilize the ideal combination of acupuncture, dietary adjustments, and/or herbal medicine specifically for you.

We recognize that everyone is unique, and what works for one may not work for another. Through body typing, we aim to harness the power of personalized medicine, ensuring that the treatments we provide are precisely tailored to your body's needs. By working harmoniously with your body's natural healing mechanisms, we strive to bring about lasting resolution to your pain and disease, promoting your overall well-being.

## **(7) Why Are Only Four to Ten Acupuncture Points Used?**



Which acupuncture points you respond to is written in your DNA.

### **Why Do We Use Only Four to Ten Acupuncture Points?**

Acupuncture therapy utilizes the gentle insertion of sterilized, thin needles into specific points located on the extremities, such as the arms, hands, legs, and feet. It's important to note that the effectiveness of acupuncture in relieving pain and addressing diseases lies in the optimal stimulation of these specific points.

Through our extensive experience, comprising over 100,000 treatments and 10,000 patients, we have found that stimulating four to ten acupuncture points typically yields optimal results. Additional points may not be necessary unless the current points provide less benefit than anticipated. Our experience has consistently reaffirmed the efficacy of our technique.

By focusing on these key acupuncture points, we can effectively address a wide range of conditions. This strategic approach ensures that the treatment is precise and targeted, maximizing its therapeutic benefits. Through our dedicated practice and extensive patient experience, we continue to validate the effectiveness of acupuncture as a reliable modality for pain relief and the improvement of overall well-being.

## **Why Do We Perform Acupuncture on Only One Side of the Body?**

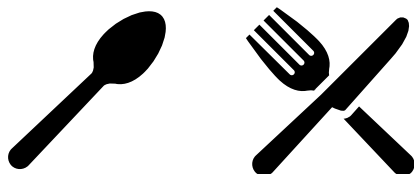
At our clinic, we exclusively administer acupuncture on one side of the body, regardless of whether the issue is on the same or opposite side. This approach is based on the understanding that improvement is equally achieved whether acupuncture is applied on the same or opposite side of the affected area.

For instance, let's consider a scenario where you experience knee pain on the right side while the left knee is unaffected. Acupuncture needles can be strategically placed on the right limbs, resulting in significant relief. Interestingly, we have observed that acupuncture on the left side also provides the same level of relief for the right knee. This counterintuitive nature of acupuncture may defy conventional logic, but clinical evidence consistently demonstrates that these treatments effectively alleviate pain and address diseases.



However, if there is less relief than expected with single-sided treatment, we proceed with acupuncture on both sides of the body. Since approximately 30% of patients do not have a mirror image of acupuncture points on both sides, it becomes necessary to test the opposite side for the points that offer relief.

## (8) Why Do I Need to Change My Diet?



### Food as Medicine: Nurturing Your Well-being

Food holds immense potential as a form of medicine, even in its mild yet incremental health-promoting power. It is a medicine that you have control over and can incorporate into your daily life. When you witness the positive impact of specific food ingredients on your well-being, it becomes an enjoyable endeavor to explore the game of nourishing your body according to its unique needs, alongside embracing clean and balanced eating habits. This journey of self-discovery is both empowering and constructive, as you uncover the correlation between well-being and the quality of your life.

Maintaining a healthy diet is paramount in preventing and treating numerous diseases, particularly considering the increasing prevalence of conditions like cancer, diabetes, and hormonal imbalances. Consuming clean foods is essential, but it is equally important to identify the right foods for your body type.

We rely on food multiple times a day to provide the energy our bodies need for rebuilding and functioning optimally. When we consume unhealthy foods, our bodies are unable to operate at their peak potential and are prone to premature breakdown. While the changes may be subtle at first, it is crucial not to overlook them and attribute the issues solely to external factors such as work or home-related stress. Indeed, stress management plays a significant role in overall health, but it is important to recognize that unhealthy foods themselves induce stress and disrupt the harmonious functioning of our bodies. By taking charge of your diet, you not only nourish your body but also facilitate a healthier state of mind.

By embracing the concept of food as medicine and adopting a mindful approach to your dietary choices, you can enhance your well-being and unlock the transformative power of nutrition in fostering a vibrant and fulfilling life.



### Achieving Optimal Health through Nutrition:

It is important to recognize that being free of disease does not necessarily equate to optimal health. A well-balanced and nourishing diet plays a crucial role in fine-tuning the functions of both your mind and body, enabling you to experience a life of quality and vitality. By observing the daily functioning of your body, you can gain valuable insights into your overall well-being.

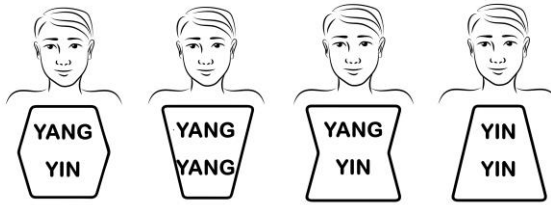
Pay attention to how your body performs on a day-to-day basis. Are you able to fall asleep quickly at night, enjoy restful and uninterrupted sleep, and wake up feeling refreshed in the morning? Are your urination and bowel movements regular and effortless? Do you rely on stimulants to kick-start your mornings? Do you experience a significant drop in energy levels throughout the day or by the end of the day? Are you prone to emotional fluctuations?

Improved sleep, enhanced stamina, optimal digestion, regular urination, and bowel movements are all indications that you are attaining a higher level of health. These positive changes are the result of nurturing your body with proper nutrition.

By incorporating a balanced and nutrient-rich diet into your lifestyle, you can support your body's natural functions, promote restful sleep, sustain energy levels throughout the day, and achieve emotional stability. Taking proactive steps towards optimizing your health through mindful dietary choices will ultimately contribute to a life filled with vitality and well-being.

# Diet for Your Body Type

## Beneficial and Harmful for Four Body Types



### Understanding the Individual Impact of Food Choices:

It is crucial to acknowledge that the impact of foods varies among individuals due to genetic variations. Each body type possesses unique requirements for optimal health. While common allergens and intolerant foods like gluten, nuts, shellfish, soy, and eggs deserve caution, there are other ingredients that can disrupt the body's physiology. Like the tip of an iceberg, we can only perceive a fraction of the negative effects they may have.

Foods exert multiple influences on our health, potentially compromising various physiological functions. Consuming unhealthy foods can weaken the body's natural ability to eliminate harmful effects, ultimately leading to the development of stubborn and chronic diseases. Often, we mistakenly focus solely on treating the disease itself, without considering that the root cause may lie in consuming the wrong types of foods.

By avoiding harmful foods and embracing a diet tailored to your specific constitution, you are likely to experience significant and favorable changes within a matter of months. Common improvements include weight management, mental and physical clarity, increased energy levels, regulated urination, and bowel movements, reduced bodily discomfort, decreased emotional sensitivity, and improved sleep patterns.

Recognizing the individual impact of food choices and making informed decisions based on your unique constitution will empower you to embark on a transformative journey towards enhanced well-being and vitality.

## (9) About Asian Herbs



The Synergy of Acupuncture and Herbal Medicine in Asian Medicine:

Asian medicine has long relied on two primary modalities: acupuncture and herbal medicine. Within this traditional practice, herbal plants hold immense therapeutic potential, aiding the body in its self-healing process against dysfunctions and diseases. While both foods and herbs originate from nature, they exert distinct influences on our well-being – foods sustain us by providing essential nutrients and calories, whereas herbs promote the optimal functioning of bodily systems.

For over three thousand years, a rich legacy of naturally occurring plant substances has been meticulously studied, tested, verified, and validated within the realm of Asian medicine. Acupuncturists today continue to contribute to this wealth of knowledge by challenging existing theories, updating practices, and further improving upon clinical findings.



Herbal medicine offers a wealth of benefits by tapping into the specialized phyto-nutrients that align harmoniously with human physiology. These natural compounds serve as potent anti-inflammatories and promoters of healing. In the realm of Asian medicine, a wide array of herbs has proven successful in treating both common and challenging conditions. From colds and flu to glandular and organ dysfunction, adrenal fatigue, bladder infections, diabetes, hypothyroidism, irritable bowel conditions, liver problems, and ovarian cysts, Asian herbs have demonstrated their efficacy. Moreover, their comprehensive benefits make them a justifiable choice for those seeking anti-aging solutions.

Herbal medicine encompasses various plant parts, including roots, barks, twigs, leaves, and fruits. At our clinic, we actively utilize approximately 70 time-tested herbs, each possessing multiple benefits for health and well-being. However, the true power lies in combining these herbs synergistically. By blending six to twelve herbs into proprietary formulas tailored to the patient's body type (genetic profile) and specific concerns, we maximize their therapeutic potential.

By embracing the rich heritage of Asian herbal medicine, we tap into a vast reservoir of natural remedies that work in harmony with our bodies. These herbal formulations, carefully curated and personalized, empower you to unlock the remarkable benefits of nature's pharmacy in your journey towards optimal health and well-being.

To ensure ease of use, we dispense these herbal formulas in the form of extract powders, which readily dissolve in water. Taking them once or twice a day allows for convenient incorporation into your daily routine, facilitating the healing process and supporting your overall vitality. When you are ready for maintenance, it is taken less often - only three times a week - to continue promoting your health and wellbeing.

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## Are Asian Herbs Widely Used?

Eastern medicine is  
acupuncture and herbs.

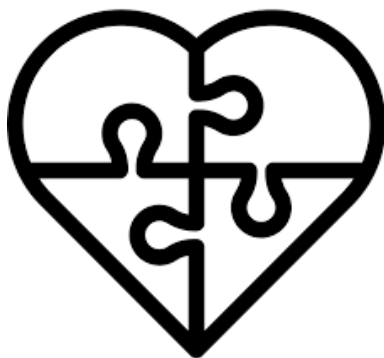
Yes. The practice of using herbs as medicine to reverse many internal diseases is the oldest known medical system and has made a profound impact in the world.

Years ago, people in ancient Asia dealt with many of the same health problems we experience today: externally contracted diseases from viral, bacterial, and fungal infections and internally generated diseases caused by dysfunctions of the hormonal, vascular, nervous, and organ systems.

Over time, physicians have effectively developed herbal prescriptions, which work in conjunction with the body's healing potential. Instead of controlling symptoms and functions, they involve the body by tapping into the body's inherent ability to heal. Asian herbal medicine contains supportive ingredients, not controlling. It is not well understood by science. But the beauty of supportive ingredients is that the healing takes place naturally.

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## Holistic Improvement or Symptomatic Relief



Asian herbs are holistic, i.e., they have multiple benefits. Just as a healthy meal provides multiple benefits, herbs do this more effectively. Each herb contains more than one active ingredient, and this complexity increases as the multiple components are combined into a formula. However, ancient physicians embraced its holistic effects to attain the highest benefit.

Herbs prescribed at our clinic are not for symptomatic relief. Rather, they encourage the body to self-heal by maintaining homeostasis. Your body has ample capacity to normalize its physiology. Natural medicine, including herbs, promotes this tendency towards a balanced state. Your self-recovery is then streamlined with less effort.

Knowing the health benefit of the herbs is secondary. Identifying its fit with your genetic profile (body type) is the priority because it allows for an automatic improvement. Even when herbs are not known for a disease, when prescribed for the body type alone, they still help reduce the disease.

The human brain and physiological body are one of the most complex systems in the universe, making it a challenge to understand its intimate workings. Body typing allows the body to do its job of self-identifying and self-treating without the practitioner being involved in the biochemical details. Identifying the bio-molecular pathways and their interactions is crucial in understanding the problem. But a clear disease diagnosis related to the biomolecular process often only controls the problem, not a “spontaneous recovery”.

It takes plant nutrients to enhance your healing capacity. When the proper molecules for the body type are in the environment of the genes and cells, there is an increased efficiency of giving information and regulating physiology, respectively.

East Asian medicine developed a system of working with patterns using the concepts of Yin, Yang, Qi, Wood, Fire, Earth, Metal, and Water. These concepts are still a working theory as in the ancient past. These holistic words help to pattern differentiate and to address the cause of disease.

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## What Do Asian Herbs Treat?

Some commonly treated problems are:

Acne	Headache/migraine
Adrenal fatigue	Hot Flashes
Aging (premature)	Hyperthyroid
Allergy	Hypothyroid
Anxiety/Depression	Immune System
Asthma	Impotence/Infertility
Autism and Asperger's	Infection (viral, bacterial, fungal)
Autoimmune	Insomnia
Cold Limbs	Irritable Bowel Syndrome
Crohn's	Lupus Erythematosus
Diabetes Type II	Lymphedema
Dizziness/Vertigo	Menstrual Problems
Drug Withdrawal	Prostatitis
Edema	Raynaud's
Fatigue	Sjogren's
Fibromyalgia	Ulcerative Colitis

Asian herbs have been used for thousands-of-years to treat many internal diseases related to organs, glands, immune system, and nervous system. The good news is that the East Asians had developed a medical system to reliably reverse diseases. The process is safe and natural. Symptomatic relief indicates that the problem is resolving.

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## How are Asian Herbs Prescribed?

In our clinic, we offer a selection of effective Asian herbs in the form of herbal extract powder, designed to effortlessly dissolve in water. These herbs have shown remarkable results in managing chronic diseases such as prostatitis or irritable bowel disease. The recommended dosage involves taking the herbal extract twice a day for up to two months, after which the frequency is reduced to once a day for an additional two months. In many cases, patients experience noticeable improvements within the first month of treatment, encouraging them to continue with the herbal regimen. By the end of the third month, significant or complete relief from the disease is typically achieved.

Each herbal formula comprises a combination of 6 to 12 different ingredients, carefully selected to suit the specific condition and daily functioning of the patient. During the initial two to four weeks, our experienced acupuncturists closely monitor the progress and effectiveness of the herbal formula to decide whether to continue with the same ingredients or adjust for the best possible match, ensuring optimal outcomes for the patient's health and well-being.

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## Are Asian Herbs Safe?



Our herbal products undergo rigorous testing for heavy metals and toxins, surpassing even the stringent requirements set by the FDA. We take utmost care in sourcing our herbs and only purchase from the top five suppliers who are trusted and well-regarded by acupuncturists across the United States.

Drawing upon thousands of years of experience, East Asian medicine has successfully identified and utilized medicinal plants that are safe for long-term use. When prescribed according to the individual's body type, these herbs have shown minimal adverse effects, both on their own and when used alongside prescription medications. Emphasizing a holistic approach ensures the best possible fit for everyone, thereby minimizing the risk of side effects. In rare cases where a negative reaction occurs, it is typically minor and temporary, highlighting the overall safety and compatibility of these herbal remedies.



Herbal medicine embodies a dual nature - it is both "strong and subtle." The strength lies in its ability to demonstrate noticeable benefits within a reasonable timeframe. However, it also takes a subtle approach by encouraging the body to engage its innate healing capabilities. By leveraging these subtle mechanisms, herbal medicine aids in achieving and maintaining homeostasis, even when the herbal intake is reduced or discontinued.

Herbs are  
**STRONG** and **SUBTLE**,  
not strong and forceful.



On the contrary, biomolecular medicine follows a "strong and forceful" approach. It relies on single-molecule medicines that provide immediate relief but often come with undesirable side effects. This forceful action disrupts the body's natural processes, compromising its ability to establish and maintain homeostasis. Although biomolecular medicine can be essential in emergencies, such as appendicitis or heart attacks, it lacks a natural form that our bodies can efficiently work with.

For chronic diseases, it becomes necessary to complement biomolecular medicine with natural remedies for both recovery and long-term benefits. Asian medicine offers a plethora of naturally empowering solutions that can successfully reverse many intractable diseases. By integrating these solutions with biomolecular approaches, we can achieve more comprehensive and sustainable health outcomes.

## **(10) How to Work in Conjunction with My Physicians?**



In recent times, physicians have been increasingly referring patients to acupuncturists, recognizing the valuable benefits of acupuncture as a complementary medicine. The awareness of its advantages is steadily growing here in the United States, and the success of acupuncture, coupled with its minimal adverse effects, is contributing to its rapid acceptance.

Asian medicine offers various advantages, including the reduction of side effects caused by prescription medications and support in post-surgical healing. It effectively addresses chronic or stubborn issues, thereby potentially reducing the reliance on medication.

We strongly encourage all our patients to inform their medical doctors and primary healthcare practitioners about the treatments they receive at our clinic. This allows your primary physician to objectively assess your progress and subsequently tailor your medical treatments accordingly.

At our clinic, we do not conduct or interpret physical examinations, imaging techniques, or blood tests for two significant reasons:

(1) Asian medicine has its own distinct approach to diagnosis and assessment. While it is essential to inform us of any relevant medical information to better understand your body's condition, disease diagnosis does not directly influence acupuncture treatment decisions. The rich history of Asian medicine practice, based on the theory of Yin and Yang, has proven its value in assessing and treating health issues effectively.

(2) Your primary physician specializes in objective medicine, which involves using biomolecular medicine to gather concrete data measured with devices. This data is invaluable for verifying any changes, establishing statistical models, and standardizing treatments. Integrating acupuncture as a complementary approach allows natural and biomolecular medicine to work together in a practical and harmonious manner.

## (11) Health Insurance Coverage



Acupuncture treatments are often covered by most medical insurance plans. However, it is essential to note that coverage may vary depending on your specific plan. To ensure you understand the extent of your benefits, we recommend verifying the inclusion of acupuncture in your insurance coverage. Notably, all private insurance companies are required to cover acupuncture, except those with headquarters outside of California. Additionally, we accept worker's compensation and personal injury cases through authorization by the insurance company.

If you are uncertain about your insurance coverage, our clinic can assist in determining your eligibility. Simply provide us with a front and back copy of your insurance card, along with your date of birth. For further information or to schedule an appointment, please feel free to contact us at 805-497-6200 or visit our website at [www.davidleeacupuncture.com](http://www.davidleeacupuncture.com). We are here to help you navigate the insurance process and provide the care you need.

## (12) Out-of-Pocket

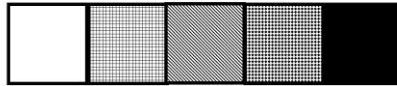


If you do not have insurance coverage, we offer the option to pay out-of-pocket for acupuncture treatments. Rest assured that acupuncture is budget-friendly for those who choose to self-pay. Its cost-effectiveness is one of its significant advantages. You'll likely be pleasantly surprised by how quickly it can relieve chronic conditions, with the relief often lasting for an extended period.

To further enhance cost-effectiveness, we offer package pricing. Feel free to inquire about our package prices, which are designed to optimize the number of treatments required for maximum benefits. At our clinic, we prioritize providing effective and affordable care, ensuring you receive the best value for your investment in your health and well-being.

## (13) Diseases Treated with Eastern Medicine

### Acupuncture Treats A to Z



The National Institutes of Health (NIH) is a U.S. government agency that funds and conducts independent health research and experiments. The NIH currently recognizes acupuncture treatment for asthma, carpal tunnel, drug addiction, endometriosis, fibromyalgia, headache, menstrual cramps, muscular pain, nausea & vomiting from postoperative surgery and chemotherapy, osteoarthritis, low back pain, stroke rehabilitation, and tennis elbow. The World Health Organization (WHO) added diarrhea, constipation, and bronchitis to this list. Our clinic treats all these conditions.

For thousands of years, people in Asia have relied mainly on acupuncture and herbs as primary methods of treatment for a wide range of illnesses from muscle and joint pain to internal problems. The rate of prevalence may have varied, but they have the same kinds of diseases and health concerns that we experience today. Many people in the United States are receiving this medicine's benefit of significant relief from chronic and stubborn ailments.

Because Asian medicine was developed independently, it has its own set of rules of disease differentiation. It uses the ancient philosophy of Yin-Yang and Five Elements to derive diagnosis and treatment for the conditions listed below. Regardless, it is a different system for the treatment of the same diseases.

- Acne
- Addiction, Chemical Dependency
- Asthma
- Bronchitis
- Crohn's
- Cystitis
- Depression/Anxiety
- Diabetes Mellitus
- Dysmenorrhea
- Eczema
- Fibromyalgia
- Headache
- Hot Flashes
- Inflammation
- Hyperthyroidism
- Hypothyroidism
- Immune System Disorders
- Infection, recurrent
- Irritable Bowel Syndrome
- Lupus Erythematosus
- Menstruation Disorder
- Muscle and Joint Pain
- Ovarian Cysts
- Pneumonia
- Post-surgical recovery

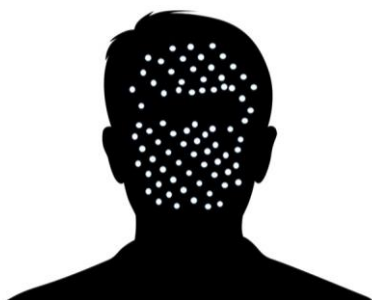


- Prostatitis
- Shingles
- Sjögren's
- Ulcerative Colitis

Consider giving Asian medicine a try if you are experiencing any of these conditions, as it may offer lasting relief. Our objective is to reverse the problem, enhancing your quality of daily living and overall well-being. Embracing Asian medicine's natural approach could be the key to finding lasting relief and achieving a better, healthier lifestyle.

The following are descriptions of some of the frequent conditions we treat at our clinic. The rate of improvement depends on the individual's responses and the patient's follow-through with the treatments.

## Acne (Cystic)



For some individuals, cystic acne goes beyond being a passing phase. This type of acne is characterized by painful, inflammatory cysts that extend deep into the skin from the surface, often persisting and affecting the entire face. The symptoms can be severe, featuring pus-filled pimples and large, red, tender bumps, leaving conventional treatments like creams, cleansers, and antibiotics with limited success.

Fortunately, Asian herbal medicine offers a promising solution for treating acne. Within just 30-60 days of treatment, you can expect noticeable improvement. Subsequently, acne gradually reduces monthly, with a potential reduction of up to 80% within 3 to 6 months, even in severe cases. Moreover, the

treatment can effectively address maintenance, ensuring further reduction and continued improvement.

If you or anyone you know is struggling with cystic acne, our clinic is here to provide expert care through Asian herbal medicine, offering a path to long-lasting relief and improved skin health.

# Addiction, Chemical Dependency



Chemical dependency and recreational drug additions are serious issues and requires your medical doctor's attention while working with other therapies as well as social and family support and rehabilitative programs to help the recovery process. Acupuncture can be used to reduce physical craving and emotional lows so that you can stop taking the drug completely or taper off medication for pain, anxiety, or depression. There are no negative side-effects with acupuncture. We have seen good relief for those who were on opioids, SSRIs selective serotonin reuptake inhibitors, and benzodiazepines.

Many patients find the withdrawal attacks to be significantly less after 3-4 acupuncture visits and continue to improve with additional treatments at twice a week visits. The total treatment course usually lasts between two to three months with an expected improvement of at least 80%.

Chemical dependency and drug addiction are serious and complex issues that require the attention of your healthcare practitioner, in conjunction with social and family support, and rehabilitative programs, to facilitate the recovery process. Acupuncture can play a crucial role in this journey by helping to reduce physical cravings and emotional lows, enabling individuals to either completely cease drug use or gradually taper off medications for pain, anxiety, or depression. One of the significant advantages of acupuncture is its lack of negative side-effects, making it a safe and viable option for addiction treatment.

At our clinic, we have witnessed positive results for patients who were dealing with opioid, methamphetamine, SSRI (selective serotonin reuptake inhibitor), and benzodiazepine dependencies. Within just 3-4 acupuncture sessions, many patients experienced a notable reduction in withdrawal symptoms. By continuing with twice-weekly visits, individuals often observe further improvement as they progress through their recovery journey. The total treatment course typically spans two to three months, with an anticipated improvement of at least 80% in most cases.

By incorporating acupuncture into your recovery plan, you can enhance your chances of successful rehabilitation and achieve a healthier, drug-free life. We are dedicated to supporting you throughout this process and providing effective and compassionate care tailored to your specific needs.

# Allergy and Hay Fever



Over 70 million Americans, which amounts to one out of five individuals, are currently facing various types of allergies. Among this population, 17% are affected by allergic rhinitis, more commonly known as hay fever. Allergic rhinitis stands as the most prevalent chronic disease experienced by Americans, and the occurrence of allergies in developed countries is on a sharp incline.

Hay fever occurs when the immune system reacts to airborne particles that are typically harmless to the body. These particles can be pollen, animal dander, dust, mold, certain foods, or insect feces. When individuals with allergies inhale these substances, their bodies perceive them as invading pathogens, leading to bothersome symptoms like sneezing, a runny nose, wheezing, and red, itchy, and watery eyes.

Asian medicine perceives environmental allergens as aggravators that affect already sensitive bodies. Often, irritant foods trigger the immune system to react more readily. Acupuncture can offer immediate relief in such cases. Furthermore, by identifying your body type, we can determine which harmful foods need to be avoided or reduced, as some environmental allergies may originate from food intolerance. For others, foods may not be the primary cause, and the body's imbalanced immune system may be the underlying reason for its inability to handle allergens effectively. In such instances, treating the imbalance through acupuncture and Asian herbs may significantly alleviate the conditions.

Whether the cause is related to food or immune system imbalance, patients usually experience notable relief within three weeks through twice-weekly acupuncture visits. To establish lasting relief, a typical total treatment period of 2-3 months is recommended. In some cases, only 6 to 10 treatments immediately reduce the seasonal allergy until the following year. Our goal is to provide effective and comprehensive care, ensuring that you experience significant relief and improved well-being.

# Anxiety, Depression



Occasionally, many individuals experience feelings of sadness or low mood, often triggered by valid reasons such as work setbacks or tragic events. Typically, these emotions are manageable and eventually subside. However, anxiety and depression may arise from prolonged stress or even without a clear cause, leading to a growing interference with one's ability to function optimally.

Acupuncture offers valuable support in rebalancing and stabilizing the mind, helping individuals feel more at ease and capable of handling daily activities. By addressing mental and physical health, acupuncture aims to harmonize these aspects of life, making it more enjoyable and fulfilling.

In addition to acupuncture, Chinese herbs containing health-benefiting phytonutrients can be utilized to elevate mood and enhance overall well-being. By incorporating these approaches into a comprehensive treatment plan, maximum and lasting relief can be achieved.

Remarkably, patients undergoing acupuncture treatments 2-3 times per week have demonstrated significant



improvement within the first three weeks. As progress is made, the frequency of visits is gradually reduced to 1 time per week and then to every few weeks.

The total treatment period typically spans 2-3 months, during which patients can experience transformative improvements in their mental and emotional states, ultimately leading to a better quality of life. Our aim is to provide holistic care, ensuring that you feel empowered and supported throughout your healing journey.

# Anti-aging



Aging is a gradual, continuous process resulting in lack of energy, forgetfulness, hypo-functioning of organs and glands, loss of bone and muscle mass, and propensity for bacterial and viral infection. Many bodily functions begin to gradually decline at around age 40, at which time these symptoms are noticeable. Good habitual activities with healthy foods and mind-body exercise are the foundation of anti-aging but often are not enough.

The goal of anti-aging is to improve and maintain the health of all the cells. Asian medicine using acupuncture, body type diet, and Asian herbs optimizes the cells of organs, glands, nerves, immune system, and brain. This is accomplished by supporting body to maintain homeostasis and to self-treat a disease. Acupuncture promotes healing of mind and body, resulting in less stress, pain, and inflammation. Healthy foods and Asian herbs are packed with phytonutrients as antioxidants for reparation and detoxification. In addition, these phytonutrients participate in normalizing many physiological activities.

Benefits are multi-fold. Your mind is clearer, more focused, clarity, and integrated. Your body experiences less pain and inflammation while the stamina is higher and physical movements are easier.

You should have a significant improvement within 30 days of treatment. It only takes twice a week acupuncture visit along with taking Asian herbs and adjusting food ingredients for your constitution. In the second month, you experience additional benefits, which are even more stable at the improved state. The visits are tapered down from the third month, and your body is automatically maintaining the higher health and sense of well-being. Consult with us to identify your constitution so that the treatments are customized for you.

Aging is a natural, gradual process that can lead to reduced energy, forgetfulness, decreased organ and gland function, loss of bone and muscle mass, and increased susceptibility to infections. These symptoms typically become noticeable around age 50 as various bodily functions begin to decline.

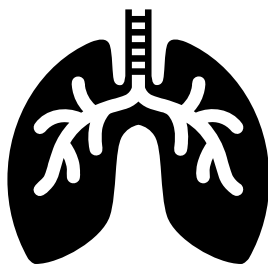
While adopting good habits such as a healthy diet and mind-body exercises can form a foundation for anti-aging, they may not always be sufficient. The goal of anti-aging is to enhance and maintain the health of our cells. In Asian medicine, practices like acupuncture, body type diet, and the use of Asian herbs are employed to optimize the cells of organs, glands, nerves, immune system, and brain. These methods support the body in maintaining balance (homeostasis) and enable it to address problems.

Acupuncture, for instance, promotes healing of both the mind and body, resulting in reduced stress, pain, and inflammation. Meanwhile, healthy foods and Asian herbs are rich in phytonutrients that act as antioxidants, aiding in cellular repair and detoxification while also helping to normalize various physiological activities. The benefits of these practices are numerous. Your mind becomes clearer, more focused, and integrated. Physical discomfort and inflammation are reduced, and you experience increased stamina and ease of movement.

The positive changes should become evident within 30 days of treatment. Regular acupuncture visits twice a week, along with the use of Asian herbs and adjustments to your diet based on your constitution, can bring about significant improvements. In the second month, you will notice additional benefits that will stabilize and further enhance your well-being. As your body adapts to the treatments, the frequency of visits can be gradually reduced from the third month onwards, while your body continues to maintain its improved state of health and well-being.

To receive the most personalized treatment, we encourage you to consult with us to identify your constitution, enabling us to tailor the treatments specifically for you.

# Asthma



Asthma is a respiratory condition characterized by breathing difficulties. It involves the constriction of air passages, which hinders the smooth flow of air in and out of the lungs. The inflammation of bronchi and the secretion of sticky mucus by the lining membranes further exacerbate the symptoms, leading to wheezing, coughing, and difficulty breathing. While asthma often begins during an early age, it can also develop in adults and may persist as a long-standing and stubborn condition.

Fortunately, Asian medicine offers potential relief for persistent asthma. Through a comprehensive treatment plan, lasting up to three months, significant improvements can be achieved. Many patients notice positive changes within just three weeks of undergoing twice-weekly treatments.

If you or a loved one suffers from asthma and seeks effective and natural approaches to manage the condition, consider exploring Asian medicine to find potential solutions and alleviate the burden of breathing difficulties.

# Carpal Tunnel Syndrome



Carpal tunnel syndrome encompasses a range of distressing symptoms that specifically affect the hands and wrists. Currently, around eight million Americans are estimated to be affected by this syndrome, with its prevalence often attributed to occupational factors. Common symptoms include persistent numbness, burning sensations, tingling in the hands, stiffness, swelling, weakened hand strength, reduced dexterity, and difficulty with fine movements, particularly worsening at night. Individuals whose jobs or hobbies involve repetitive hand motions are particularly vulnerable to developing this condition.



Thankfully, relief is attainable through effective treatments such as acupuncture. Many patients experience immediate relief after undergoing 3-4 acupuncture sessions. Significant improvement, with relief of over half the symptoms, is often realized after six treatments. Typically, acupuncture visits are recommended twice a week for up to two months, varying based on the severity of the condition. In cases where carpal tunnel syndrome is linked to ongoing repetitive activities, maintenance treatments may be necessary, with a frequency of once a week or every two weeks.

If you or someone you know is suffering from carpal tunnel syndrome and seeking a non-invasive and potentially beneficial treatment approach, consider exploring acupuncture to alleviate symptoms and improve hand and wrist functionality.

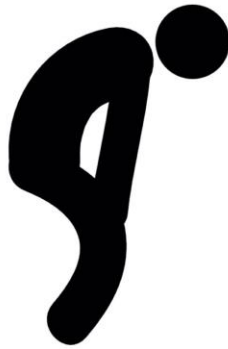
# Chemotherapy Side Effects



Chemotherapy and radiotherapy often present challenging experiences for patients due to their debilitating side effects, such as neuropathy, pain, fatigue, insomnia, hot flashes, nausea, and vomiting. However, there is a promising solution to alleviate these symptoms - acupuncture treatments. Administered twice a week, acupuncture has proven to be highly effective in providing relief. In fact, after just four acupuncture sessions, many patients report a significant improvement in their condition.

Moreover, for individuals with estrogen-receptor-positive cancers, a crucial component of their treatment involves taking medication for 5-7 years to eliminate all estrogen. Unfortunately, this approach often leads to severe menopausal symptoms, including troublesome hot flashes. Nevertheless, acupuncture has shown promise in mitigating these adverse effects, offering much-needed relief and comfort to patients during their cancer journey.

# Chronic Fatigue Syndrome



Chronic fatigue syndrome is characterized by persistent and incapacitating exhaustion. This syndrome can manifest after an infectious illness or arises during periods of heightened stress, with some cases showing a gradual onset without any apparent cause. The condition is associated with various potential factors, including hormone deficiencies, allergies, dietary factors, stress, reactivation of dormant viruses, and the lingering effects of previous illnesses.

In the realm of Asian medicine, the treatment of chronic fatigue syndrome revolves around enhancing the body's innate ability to restore balance to its physiology, much like a rejuvenating tune-up. By tapping into the body's remarkable self-healing capacity and promoting homeostasis, Asian medicine aims to boost energy levels and sharpen mental clarity. Moreover, when the body functions optimally, it becomes more resilient against opportunistic infections.

Remarkably, most patients experience a noticeable increase in energy within just three weeks of treatment, and a complete course of therapy typically spans 2-3 months. Notably, this improvement is achieved without resorting to the use of stimulants.

# Cold Hands and Feet

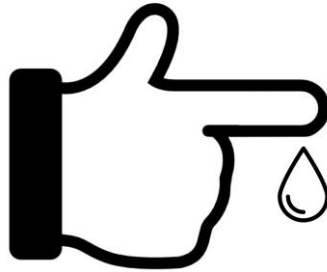


Raynaud's disease is a severe circulatory disorder characterized by spasms in the arteries that supply blood to the fingers and toes. These spasms are typically triggered by exposure to cold temperatures or emotional stress. Among the most common symptoms are feelings of coldness, numbness, and tingling in the affected areas. The skin undergoes distinct color changes, appearing pale pink or white due to reduced blood flow, turning blue as the affected tissues receive insufficient oxygen, or becoming deep red as excess blood rushes to the region. Over time, the condition may progress, leading to a smooth, shiny, and tight appearance of the skin on the affected fingers and toes due to underlying tissue loss.

Fortunately, Asian herbal treatment has shown promise in addressing this condition. Within just two months of receiving such treatment, patients often report a noticeable increase in warmth in their hands and feet. To achieve lasting improvement, it is recommended to continue the herbal

treatment for approximately two additional months and subsequently schedule periodic maintenance visits. This holistic approach can significantly enhance the overall quality of life for those affected by Raynaud's disease.

# Diabetes



The incidence of type 2 diabetes is steadily increasing, primarily due to overeating and a lack of exercise, which remains the most common cause. Notably, the United States has the highest obesity rate globally. However, there are effective solutions available to help normalize blood sugar levels by stabilizing cellular metabolism, such as dietary adjustments and incorporating Asian herbs.

By following this approach, some patients experience quick responses within a few weeks, and their blood sugar levels can be normalized within 2-4 months, reducing the need for medication or eliminating it altogether. Moreover, maintaining an improved state of health is achievable by adhering to a healthy and empowering diet.

Furthermore, weight loss resulting from this lifestyle change leads to a significant increase in energy levels. As your body becomes slimmer and healthier, you'll notice a considerable boost in your overall vitality and well-being.

# Dysmenorrhea



Female health holds a vital place in Asian medicine, as the well-being of a woman's reproductive system is closely linked to her overall health.

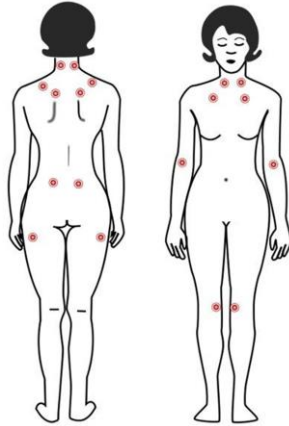
Many women commonly experience discomfort, such as abdominal cramps and pelvic heaviness, just before or during menstruation. Usually, these symptoms subside after a day or two of menstrual flow. However, in cases where cramps are severe and prolonged, the condition is known as dysmenorrhea or difficult menstruation. Fortunately, acupuncture has been shown to be a highly effective remedy, with significant relief reported through twice-weekly visits for 1-2 months. To maintain and enhance improvement, regularly scheduled intermittent treatments can be pursued thereafter.

In addressing specific physical issues like polycystic ovarian syndrome, a combination of Asian herbal treatments can be administered. Moreover, for concerns related to prolonged periods and heavy flow, herbal medicine may alleviate the condition without necessitating the removal of the uterus.



By incorporating these approaches into female health care, Asian medicine provides valuable solutions to various challenges, promoting overall well-being and a better quality of life for women.

# Fibromyalgia



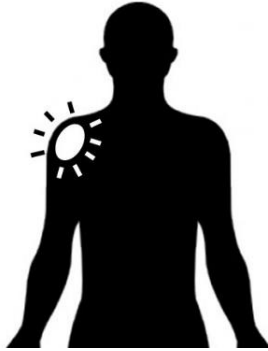
Fibromyalgia syndrome is a prevalent condition that primarily affects women aged 20 to 50. It is characterized by chronic, widespread, and severe muscular ache, pain, stiffness, along with symptoms like insomnia, fatigue, and depression. This complex disorder is neither rheumatic, inflammatory, progressive, nor degenerative, and while it is not solely a psychosomatic or psychiatric disorder, it can have psychological components.

Approximately 70 to 90% of individuals with fibromyalgia experience additional symptoms such as post-exertion malaise, sleep disturbances, headaches, swollen feet, numbness and/or tingling, cognitive difficulties, dizziness, sensitivity to light, noise, and smells, heightened stress sensitivity, painful menstruation, and dry mouth. Diagnosis involves identifying tenderness when applying pressure to at least 11 of 18 specific points on the body, distinguishing it from other chronic muscle-joint pains.

In Asian medicine, fibromyalgia is perceived as a condition arising from the accumulation of Qi stagnation at a pace that surpasses the body's ability to eliminate it. The key to improvement lies in reducing this "toxin" production and allowing the body to recover. Acupuncture, Asian herbs, and avoiding harmful foods are integral components of the treatment, aimed at restoring both mental and physical health. Remarkable improvements are often seen within two weeks of treatment with 2-3 visits per week. Subsequently, ongoing progress can be achieved with 1-2 weekly visits, and it may take 3-4 months to attain the maximum improvement. Regular maintenance treatment is advisable to sustain the benefits.

With a comprehensive approach rooted in Asian medicine, individuals with fibromyalgia can find relief and renewed well-being, leading to an improved quality of life.

# Frozen Shoulder

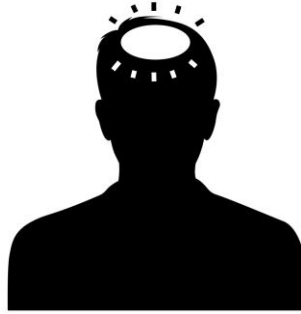


Frozen shoulder, also known as adhesive capsulitis, starts with mild pain and gradually progresses to severe discomfort, particularly worsened by shoulder movement. Over time, the shoulder joint can stiffen to the point of limited or no mobility. The condition is often triggered by a minor injury that leads to inflammation. Unfortunately, the natural response of avoiding movement to protect the painful joint can lead to the formation of adhesions—constricting bands of tissue that further exacerbate the problem. This creates a vicious cycle, making shoulder movement increasingly difficult and painful. The continued presence of adhesions can result in the shrinking of the shoulder joint's capsule due to scar tissue formation.

Fortunately, acupuncture has shown promise in providing relief for frozen shoulder. With treatments administered 2-3 times a week for a duration of 3-4 weeks, patients can experience significant improvements in their condition. However, it is essential to seek care promptly, as delaying treatment may necessitate more extensive therapeutic interventions. The total treatment time typically spans up to 2 months, during which acupuncture helps to break the cycle of adhesions, promote healing, and restore shoulder mobility.

By seeking early and consistent acupuncture treatment, individuals with frozen shoulder can enhance their chances of regaining shoulder function and alleviating discomfort, ultimately leading to an improved quality of life.

# Headache



A headache refers to any pain felt in the head, and the discomfort experienced can vary significantly. Headaches may manifest as dull or sharp, throbbing, or constant, and they can be localized to a specific area or affect the entire head. While some people suffer from occasional headaches, others face the problem on a daily or frequent basis, leading to a significant impact on productivity with approximately 75 million workdays lost due to various types of headaches.

There are several potential causes for headaches, including stress, fatigue, blocked sinuses, allergies, irritated or inflamed blood vessels in the scalp, adverse reactions to substances, hormonal changes, weather fluctuations, and certain foods.

The most common type of headache is the simple tension headache, while classic migraines are characterized by a warning aura, dizziness, mood changes, loss of appetite, and visual distortions like flashing lights and blind spots. Common migraines, on the other hand, develop suddenly due to blood vessel dilation, resulting in throbbing pain. Cluster headaches, often referred to as "suicide headaches" due to their severity, are caused by abnormalities in the blood vessels of the head.

Acupuncture offers an effective approach to alleviate and manage headaches. The goal of acupuncture treatment is to reduce the intensity, frequency, and duration of headaches to a tolerable level, and in many cases, complete elimination of headaches is possible. Patients can experience significant relief within just three weeks of treatment with twice-weekly acupuncture visits. Typically, a course of treatment spans 2-3 months, during which acupuncture helps address the root causes of the headaches and promotes overall well-being.

By seeking acupuncture treatment, individuals suffering from headaches can find relief, leading to an improved quality of life and increased productivity in their daily activities.

# Hot Flashes



During the menopausal transition, women commonly experience a range of symptoms, including physiological and psychological changes, hot flashes, dryness, heart palpitations, mood swings, and insomnia. For some, these symptoms can be relentless and severe, impacting their daily life and well-being.

Fortunately, acupuncture offers a promising solution for menopausal symptom relief. With just 4 acupuncture treatments within a 2-week period, significant relief can often be achieved. These sessions target specific points to address the root causes of the symptoms, leading to improved comfort and well-being.



To ensure continued benefits, a maintenance program is typically scheduled every 2 weeks after the initial one month of treatments. This approach ensures that the positive effects of acupuncture are sustained throughout the entire duration of menopause, promoting a more normalized experience during this transitional phase of life.

Even if you have been enduring unpleasant menopausal symptoms for more than five years, acupuncture can still provide considerable relief and enhance your overall quality of life. Don't hesitate to explore the benefits of acupuncture to find the comfort and support you need during this natural phase of life.

# Irritable Bowel Syndrome



Irritable bowel syndrome (IBS) is a gastrointestinal motility disorder that affects the intestines, causing varying degrees of abdominal pain, constipation, and diarrhea. These symptoms often worsen in response to stress, significantly impacting the daily lives of those affected. It is estimated that approximately 10 to 20% of American adults experience IBS symptoms.

Thankfully, IBS can be effectively treated through various approaches, including acupuncture, Asian herbal medicine, or a combination of both. Additionally, dietary adjustments play a crucial role in managing the condition.

Patients typically experience significant relief within 2 to 4 weeks of treatment, with the total treatment duration ranging between 2 to 3 months. However, for individuals with more severe forms of IBS, such as Crohn's disease or ulcerative colitis, the treatment period may extend to 3-4 months to achieve optimal results. Thereafter, periodic maintenance treatment is recommended to sustain the improvements and ensure long-term well-being.

If you or a loved one is dealing with IBS, exploring these holistic treatment options can offer relief and a better quality of life, allowing you to manage the condition effectively.

# Low Back Pain



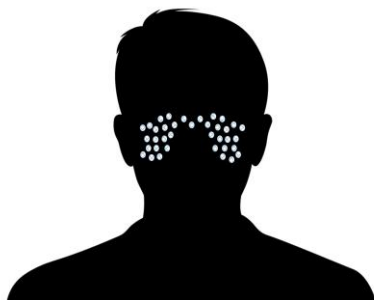
Low back pain can manifest in the lower lumbar, lumbosacral, or sacroiliac regions, often accompanied by radiating pain down one or both buttocks and legs. This widespread issue is a common complaint, affecting at least half of all individuals aged 60 years and older and contributing to a significant loss of work hours.

The nature of low back pain can vary, classified as either acute or chronic. While some may find it simply annoying or irritating, others endure unbearable physical and emotional suffering. For many, seeking relief becomes a priority.

Acupuncture treatments offer a promising solution for managing low back pain. In the case of chronic conditions, initial treatment typically involves 2-3 sessions per week for the first two weeks, gradually reducing visits as inflammation, muscle spasm, and pain improve. For those with extensive physical involvement in joints, such as disc herniation, joint degeneration, or bone spurs, the realistic expectation is a reduction in pain and the use of acupuncture maintenance treatments to minimize flare-ups.

Exploring the benefits of acupuncture can lead to significant relief, improved quality of life, and better overall well-being. Whether the condition is acute or chronic, acupuncture provides a viable approach to manage and alleviate low back pain effectively.

# Lupus Erythematosus



Systemic lupus erythematosus (SLE) is a significant autoimmune disorder characterized by the body's immune system attacking connective tissues, leading to widespread inflammation and tissue damage. This condition primarily affects the heart, joints, skin, lungs, blood vessels, liver, kidneys, and nervous system, causing diverse and serious health implications.

Acupuncture and Asian herbal medicine offer valuable support for individuals dealing with SLE. These holistic treatments not only provide relief from inflammation and pain but also work to reduce the frequency and intensity of autoimmune attacks. Many patients experience noticeable improvement within the first four weeks of treatment, with a steady course of therapy lasting around 3-4 months to achieve maximum relief and overall improvement. Combination of medications and East Asian medicine is safe, including herbal medicine with prescription.

Following the initial treatment phase, monthly maintenance visits are recommended to sustain the positive outcomes and promote ongoing well-being.

By incorporating acupuncture and Asian herbs into the treatment plan, individuals with SLE can find valuable support in managing the condition and enhancing their quality of life. These natural approaches offer a comprehensive solution to address both the symptoms and the underlying immune system dysfunction associated with systemic lupus erythematosus.

# Neck Pain



Chronic neck pain can be triggered by various factors, including whiplash accidents, poor posture, excessive stress, and consuming harmful foods. Muscle spasms are a common occurrence in the neck and upper shoulders due to these issues. Moreover, diffuse muscle tension may extend throughout the body, affecting blood vessels, the diaphragm, stomach, and intestines as a generalized reaction to stress. This tension in muscles can disrupt proper body functions and, if left untreated for an extended period, may potentially lead to chronic problems like disc herniation or arthritis.



To alleviate tension in the entire body and manage chronic neck pain effectively, a multi-faceted approach is crucial. Acupuncture, stress management techniques, and the avoidance of harmful foods all play vital roles in promoting relief. Patients often experience significantly lessened pain and increased range of motion after just a few acupuncture treatments, typically scheduled 2-3 times per week. Addressing the root causes of muscle tension and incorporating these therapeutic modalities can lead to a marked improvement in overall well-being.

As stress is an inevitable part of life, regularly scheduled maintenance treatments are recommended to ensure maximum comfort and long-term relief. With this proactive approach, individuals can better manage chronic neck pain and enhance their overall quality of life.

# Neuropathy



Neuropathy, also referred to as peripheral neuropathy or neuritis, is characterized by inflammation in the nerves that serve parts of the body outside the brain and spinal cord. The inflammation disrupts the smooth transmission of messages along these nerves, leading to distressing symptoms such as pain, numbness, weakness, and tingling sensations.

The development of neuropathy can be linked to various factors, including repetitive motion, prolonged periods in cramped position, nerve damage, infection, hardening of the arteries, chemotherapy, rheumatoid arthritis, scleroderma, lupus, shingles, and diabetes.

Among the array of treatments available, acupuncture stands out as one of the most effective methods for alleviating nerve pain. Acupuncture treatments can address both the root cause of the condition and its distressing symptoms, providing lasting relief. For individuals dealing with neuropathy, acupuncture sessions, scheduled twice a week for a period of 2-3 months, can lead to significant improvements and relief.

By incorporating acupuncture into the treatment plan, individuals with neuropathy can experience reduced pain and discomfort, ultimately enhancing their quality of life and well-being. This holistic approach offers a valuable solution to manage and alleviate the challenging symptoms associated with neuropathy.

# Plantar Fasciitis



Plantar fasciitis ranks among the leading causes of heel pain, involving inflammation of the thick band of tissue that connects your heel bone to your toes along the bottom of your foot. This condition leads to stabbing pain, typically experienced with the first steps in the morning. As your foot warms up and becomes more flexible, the pain of plantar fasciitis usually subsides, but it may return after prolonged periods of standing or getting up from a seated position.

When seeking effective relief and reversal of even the most stubborn and chronic plantar fasciitis, acupuncture stands out as one of the best treatments available. In just 4-6 acupuncture sessions, an average person can experience a dramatic improvement of 30-50% in pain relief—a remarkable outcome. To achieve lasting relief, it is recommended to undergo acupuncture treatment two times a week for up to 2-3 months.

By embracing acupuncture as part of the treatment plan, individuals dealing with plantar fasciitis can expect significant and

lasting relief. This holistic approach offers a swift and effective solution, allowing individuals to regain comfort and mobility, and ultimately leading to an improved quality of life.

# Post-Surgical Recovery



Extensive surgeries, such as joint replacement, tendon repair, or abdominal procedures, necessitate a minimum of several weeks of rest and may even require several months for a full return to normal activities. For many individuals, this prolonged downtime is not a feasible option as it puts their life on hold. Moreover, without adequate rest, complete recovery becomes challenging, leading to persistent and unrelenting pain.

Thankfully, acupuncture offers a valuable solution by significantly accelerating the healing process and enhancing the body's inherent ability to recover. Additionally, it effectively addresses any residual pain and inflammation that may persist beyond the expected recovery period. By incorporating acupuncture into the post-surgery care plan, patients experience a more rapid recovery and an earlier return to their normal daily activities.

To maximize the benefits, acupuncture is typically scheduled for 2-3 times a week until the patient is well-healed. Remarkably, many patients report more relief in their condition after each acupuncture treatment, providing further validation of its effectiveness.

By embracing the benefits of acupuncture, individuals undergoing extensive surgeries can experience a smoother and swifter recovery journey, ultimately regaining their quality of life and well-being. Acupuncture serves as a valuable and natural complement to post-surgery care, promoting optimal healing and relief from pain.

# Pregnancy



A pregnancy is sacred and should be approached with utmost care. Acupuncture is gentle and can be used regularly during pregnancy to increase comfort and relieve symptoms. During the first trimester, acupuncture can relieve dizziness, nausea, and vomiting. It can also help with back pain during third trimester as the baby is grows larger and pushes against the spine. Premature contractions occurring one or two months prior to the delivery date are well-relieved with acupuncture to help achieve a full-term birth. Even a slow dilation of cervix past the due date of 40 months can be hastened.

A pregnancy is a sacred journey that deserves the utmost care and consideration. Fortunately, acupuncture offers a gentle and safe approach that can be utilized regularly during pregnancy to enhance comfort and alleviate symptoms.



In the first trimester, acupuncture has been shown to effectively relieve common issues like dizziness, nausea, and vomiting, offering much-needed relief to expectant mothers. As the pregnancy progresses and the baby grows larger, the third trimester may bring about back pain due to pressure on the spine. Thankfully, acupuncture can provide relief from such discomfort, promoting a more comfortable experience for the mother-to-be.

Moreover, when faced with premature contractions occurring one or two months before the expected delivery date, acupuncture has proven to be an effective method for achieving a full-term birth, thereby ensuring the best possible outcome for both the mother and the baby. In cases where there is slow dilation of the cervix beyond the due date of 40 weeks, acupuncture can also play a role in hastening the process, offering a natural means to support the progression of labor.

With its gentle nature and therapeutic benefits, acupuncture serves as a valuable tool in supporting the well-being of pregnant women and fostering a smoother, more enjoyable pregnancy journey.

# Prostate Enlargement

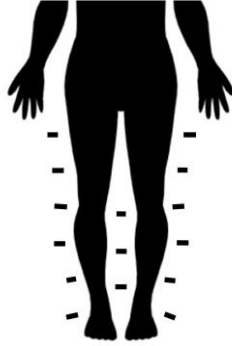


Prostatitis refers to the inflammation of the prostate gland, situated just below the bladder and surrounding the tube that carries urine from the bladder. Common symptoms of prostatitis include painful urination, hesitancy in urination, urgency to urinate, and frequent nighttime urination.

In approximately 90% of cases, prostatitis is due to benign prostate enlargement. However, with appropriate Asian herbal treatment, significant improvement can be achieved, often up to 30%, within just four weeks. The herbal treatment effectively reduces the size of the prostate and lowers PSA levels, contributing to overall improvement in symptoms. The total treatment duration generally spans 2-3 months, which can lead to a substantial 80% reduction in the expected frequency and urgency of urination.

By embracing Asian herbal treatment as part of the care plan, individuals with prostatitis can experience noticeable relief and enhanced quality of life. This natural approach provides a valuable means to address the condition effectively and promote prostate health. With the potential for significant improvement, individuals can regain normalcy in their daily lives.

# Restless Leg Syndrome



Uncomfortable sensations can trigger an overwhelming urge to move one or both legs, with the discomfort often concentrated in the calf, although the thighs and feet may also be affected. These symptoms tend to manifest when sitting or lying down, particularly when attempting to fall asleep. Involuntary leg movements can disrupt sleep, causing further discomfort and sleep disturbances. Stress and hereditary factors can contribute to the development of these symptoms.

Thankfully, acupuncture and Asian herbal treatments offer a promising solution to significantly reduce leg jerking and improve the overall quality of sleep. With a treatment plan that typically involves twice-a-week visits during the initial weeks, patients can experience relief from these symptoms. Continuing the treatments for two or three months can lead to lasting and sustained relief.

By incorporating acupuncture and Asian herbal treatments into the care plan, individuals suffering from uncomfortable leg sensations can find significant improvement in their sleep quality and overall well-being. This holistic approach provides valuable support in addressing the root causes of the condition, allowing patients to enjoy a more restful and comfortable night's sleep.

# Sprain



A sprain refers to the stretching or tearing of ligaments that connect bones at a joint, while tendons, which link muscles to bones, can also suffer strain of stretching or tearing. The injury may extend to the surrounding blood vessels, leading to bruising. Despite the inherent strength of ligaments and tendons, a simple fall or misstep can force a joint into an unnatural position, resulting in a sprain and strain. These injuries are not limited to specific joints and can occur in various areas of the body, including the spine, ribs, fingers, hands, wrists, elbows, shoulders, hips, knees, ankles, feet, and toes. Among sports-related injuries, ankle sprain/strain stands as the most common.

Acupuncture offers a highly effective approach for both acute and chronic injuries, providing significant pain and inflammation reduction with just 1-3 visits. Moreover, a few additional acupuncture treatments can expedite the recovery process, in some cases, facilitating healing two or three times faster. As a result, acupuncture emerges as one of the most advantageous treatments, enabling patients to swiftly resume their daily or athletic activities.

By integrating acupuncture into the treatment plan, individuals with sprains and strains can experience rapid relief, improved recovery, and enhanced overall functionality. This natural and effective method aids in addressing both acute and chronic injuries, empowering patients to return to an active and pain-free lifestyle.

# Urgent Bladder



An overactive bladder presents with distressing symptoms, including a sudden urge to urinate, frequent urination, and incontinence. The condition can arise due to various factors such as recurrent bacterial or fungal infections, prolapse, prostate enlargement, aging, or even from unknown causes.

Fortunately, regardless of the underlying causes, acupuncture and Oriental medicine offer effective treatment options for managing an overactive bladder. If you have been grappling with these issues for an extended period and have yet to find a reliable solution, our clinic can pleasantly surprise you with significant improvements and relief.

Through a trial of acupuncture or a combination of acupuncture and Asian herbs, you can experience notable relief within just one month. As the treatment progresses, further improvements are observed, aiming to correct the problem as much as possible rather than merely controlling the symptoms. Depending on the severity of the condition, a



typical treatment plan may span between 2 to 4 months. During this time, acupuncture and Oriental medicine work safely and effectively to empower your body and help your bladder function normally.

By embracing this holistic approach, individuals dealing with an overactive bladder can regain control of their daily lives and experience improved bladder function. Acupuncture and Oriental medicine provide a safe and natural means to address the issue, promoting lasting relief and overall well-being.

# David Lee Acupuncture

Four Body Wellness 

appointment 805-497-6200

166 N. Moorpark Rd., Suite 201  
Thousand Oaks, CA 91360

[www.davidleeacupuncture.com](http://www.davidleeacupuncture.com)