



Oriental Medicine

Oriental Medicine, herbology, and acupuncture have taken the forefront in the growing field of CAM, or Complimentary and Alternative Medicine. Many allopathic medical schools and hospitals now have CAM departments and it is becoming rare for a health insurance plan not to offer some kind of coverage for acupuncture.

Experienced Doctors of Oriental Medicine are gaining reputations as valuable professional members of the health care industry and medical legal systems. It is common for practitioners of Oriental Medicine to have at least some experience in martial arts, tai chi, yoga, or other systems of energy healing, and many have experience that is quite extensive.

Any person that desires to experience the greatest possible health, or who feels as if they have fallen through the cracks of the medical system after being examined, analyzed, and treated by the panoply of allopathic medicine without success, should seek an experienced Doctor of Oriental Medicine for evaluation and treatment.

The effects of Oriental Medicine's arsenal are often subtle, but profound, and any patient that is willing to work hard and participate in the cause of their own health and recovery will find an able partner in a Doctor of Oriental Medicine. You can expect positive results that will affect every aspect of your physical, mental, and emotional life.

Acupuncture and Chiropractic

Many patients coming to the Salt Family Clinics have back and neck problems from injury or disease and are under the care of the Chiropractic Physicians.

Acupuncture and chiropractic treatments are a wonderful combination for these patients. Most find that acupuncture helps their adjustments hold longer, and for those difficult-to-adjust patients acupuncture can relax deep spinal muscles and aid in their chiropractic treatments.

For patients with any kind of acute pain or serious muscle spasms acupuncture is a perfect adjunct to the physical therapies your Doctor of Chiropractic may prescribe.

www.acupuncturechulavista.com

Salt Family Clinics

272 Church Ave #1
Chula Vista
619.420.7858

2452 Fenton St #206
Eastlake Chula Vista
619.426.2225

Richard Dinsmore, O.M.D.
Board Certified Acupuncturist

Richard Dinsmore, O.M.D.
Board Certified Acupuncturist

Acupuncture
Really Works!



www.acupuncturechulavista.com

Serving South Bay Since 1986
Experience counts!

Acupuncture Can Help Everyone!

www.acupuncturechulavista.com

Who Comes For Acupuncture?

A wide variety of people come for acupuncture treatment, for all kinds of different complaints. Some feel Western medicine is unable to help them and some are referred by their doctors. Acupuncture is the first choice treatment for many people while others turn to it after unsuccessful attempts at other therapies.

As well as seeking help for physical problems, many people come for stress-related disorders and the effects of mental and emotional conflicts in their lives. Acupuncture affects the whole person - body, mind, and spirit - and will help a wide range of different symptoms.

Acupuncture is an excellent form of preventive health care, and is especially valuable in dealing with the everyday stresses of our modern lifestyle. Many people have acupuncture to maintain and enhance their vitality, even though they have no particular health problems. Everyone over the age of seven should have preventive acupuncture treatment to balance their energy - once during each season of the year.

What To Expect

When considering having acupuncture treatments, many people are curious about the needles. Because acupuncture needles are extremely fine there is usually no discomfort upon insertion of the needles. In fact, most people who are normally afraid of needles receive acupuncture treatments comfortably and often don't feel the insertions at all.

An average of four to eight needles are used during acupuncture treatment. In the vast majority of instances, they are inserted into acupuncture points on the arms or legs. Pre-sterilized disposable needles are used to eliminate the risk of any infection.

The duration and frequency of treatment depends upon many factors. Normally, treatments are twice a week until some improvements have been maintained. The treatments are then scheduled bi-weekly, then monthly, and eventually there is only a need for a check-up every two or three months.

Some people notice a marked improvement in their symptoms right away. Others notice a gradual improvement in their symptoms along with a general improvement in their overall state of health. Some people feel immediately revitalized physically and emotionally, while with others the changes are more subtle and can best be appreciated over time.



Salt Family Clinics

272 Church Ave #1
Chula Vista
619.420.7858

2452 Fenton St #206
Eastlake Chula Vista
619.426.2225

Richard Dinsmore, O.M.D.
Board Certified Acupuncturist