



ACUPUNCTURE

- **Helps reduce the side effects of chemo/radiation**

(nausea, fatigue, constipation/diarrhea, pain, headaches, hot flashes, dry mouth, depression, anxiety, fear, neuropathies and urinary symptoms)

- **Helps strengthen the immune system**

- **Helps build strength before and after surgery**

- **Helps with all types of pain**

The practice of Acupuncture has been documented in China for over 2,500 years.

Acupuncture has been proven to treat 28 common diseases and disorders, according to the World Health Organization. Acupuncture is also said to balance one's Qi (energy), helping the body to heal itself.

All Acupuncturists in California undergo a four-year Masters Program in Western and Chinese Medicine and are Medical Board Licensed. Acupuncture is safest and most effective when done by a well-trained practitioner.

Acupuncturists treat the whole body by inserting "hair thin" sterile, disposable needles into "acupuncture points" that stimulate various systems within the body, creating desirable effects. Multiple sessions are often needed before results occur.

An Acupuncture session lasts approximately 45 minutes.

Mandatory Orientation Class is required for all new SDCRI clients before accessing the program. Call the SDCRI Program Coordinator to sign up: 760-536-7679.