Bliss Acupuncture Wellness Clinic

Finding Your Bliss: A Deep Dive into Bliss Acupuncture Wellness Clinic

Are you searching for a path to better health and well-being? Feeling overwhelmed, stressed, or experiencing persistent pain? Then you've come to the right place. This in-depth guide explores Bliss Acupuncture Wellness Clinic, detailing its services, philosophy, and the transformative benefits of acupuncture and holistic wellness. We'll delve into why Bliss stands out, providing you with all the information you need to decide if it's the perfect fit for your wellness journey.

Understanding Bliss Acupuncture Wellness Clinic: More Than Just Acupuncture

Bliss Acupuncture Wellness Clinic isn't your average acupuncture practice. It's a holistic wellness center dedicated to helping individuals achieve optimal physical and mental health through personalized care. Unlike many clinics that focus solely on treating symptoms, Bliss takes a comprehensive approach, addressing the root cause of your imbalances and empowering you to take control of your well-being. This means they go beyond simply sticking needles; they create a tailored plan for each patient, considering their unique lifestyle, health history, and overall goals.

A Holistic Approach to Wellness: What Sets Bliss Apart

Several key factors differentiate Bliss Acupuncture Wellness Clinic from other practices:

Experienced and Compassionate Practitioners: The clinic boasts a team of highly qualified and experienced acupuncturists who are deeply passionate about their work. They're not just skilled technicians; they're compassionate caregivers who take the time to listen, understand, and build a genuine connection with each patient. This personalized approach fosters trust and creates a comfortable environment for healing.

Individualized Treatment Plans: Forget cookie-cutter treatments. At Bliss, your journey is unique. Your practitioner will conduct a thorough assessment, taking into consideration your medical history, lifestyle, and presenting concerns, before developing a customized treatment plan specifically designed for you. This personalized approach maximizes the effectiveness of your therapy.

Beyond the Needles: A Multifaceted Approach: Bliss understands that true wellness encompasses more than just acupuncture. They often incorporate other complementary therapies to enhance your treatment, such as herbal remedies, nutritional counseling, and mindfulness techniques. This integrative approach addresses various aspects of your health, leading to more sustainable and profound results.

Focus on Prevention: Bliss isn't just about treating existing conditions; it's about preventing future health problems. They emphasize proactive wellness strategies, helping you cultivate healthy habits that support long-term well-being. This preventative approach empowers you to take charge of your health and reduce the likelihood of future imbalances.

Commitment to Patient Education: Bliss believes in empowering its patients with knowledge. They take the time to educate you about your condition, your treatment plan, and how to maintain your progress. This collaborative approach fosters a sense of partnership and empowers you to actively participate in your healing process.

Services Offered at Bliss Acupuncture Wellness Clinic

Bliss Acupuncture Wellness Clinic offers a wide range of services tailored to meet diverse needs. These typically include, but are not limited to:

Traditional Acupuncture: Addressing a vast array of conditions, from pain management to stress reduction.
Cosmetic Acupuncture: A natural approach to facial rejuvenation, improving skin tone and reducing wrinkles.
Cupping Therapy: A gentle technique using suction cups to promote blood flow and relieve muscle tension.
Herbal Medicine: Personalized herbal formulas to support your body's natural healing processes.
Nutritional Counseling: Guidance on dietary changes to improve your overall health and well-being.
Mindfulness and Relaxation Techniques: Tools to manage stress, anxiety, and promote inner peace.

Testimonials and Success Stories from Bliss Acupuncture Wellness Clinic Patients

(This section would ideally include actual testimonials from satisfied clients. For this example, I'll create a placeholder.)

"Since starting treatment at Bliss, I've experienced a significant reduction in my chronic back pain. The practitioners are incredibly knowledgeable and compassionate. I highly recommend them!" - Jane D.

"I was skeptical about acupuncture at first, but the results have been amazing. My anxiety has significantly decreased, and I feel so much more relaxed and balanced. Thank you, Bliss!" - John S.

Finding Bliss: Contact and Location Information

(This section should include the clinic's address, phone number, website, and hours of operation. This information should be readily available on the clinic's actual website.)

Conclusion: Your Journey to Wellness Starts at Bliss

Bliss Acupuncture Wellness Clinic offers a unique and holistic approach to wellness, emphasizing personalized care, preventative strategies, and a commitment to patient education. Whether you're seeking relief from pain, managing stress, or simply striving for optimal health, Bliss provides a supportive and nurturing environment to help you achieve your wellness goals. Take the first step towards a healthier, happier you – schedule a consultation today.

Frequently Asked Questions (FAQs)

Q1: Does Bliss Acupuncture Wellness Clinic accept insurance?

A1: (Insert accurate information regarding insurance acceptance.) It's always best to contact the clinic directly to confirm your specific insurance coverage.

Q2: What should I expect during my first appointment?

A2: Your first appointment will begin with a thorough consultation to discuss your health history, concerns, and goals. Your practitioner will then perform a physical examination and develop a personalized treatment plan. The initial appointment typically takes longer than follow-up sessions.

Q3: Is acupuncture painful?

A3: Most patients describe the sensation as a mild prick, or a dull ache. Your practitioner will work with you to ensure your comfort throughout the treatment.

Q4: How many acupuncture treatments will I need?

A4: The number of treatments varies depending on individual needs and the specific condition being treated. Your practitioner will discuss a treatment plan and provide an estimated timeline during your initial consultation.

Q5: What are the contraindications for acupuncture?

A5: While acupuncture is generally safe, there are some contraindications. These include certain bleeding disorders, pregnancy (in some cases), and the presence of implanted medical devices in certain areas. Your practitioner will assess your overall health to determine if acupuncture is appropriate for you. It is crucial to always disclose all medical conditions and medications you are taking.

bliss acupuncture wellness clinic: *Plants First* Katie Takayasu, 2021-11-09 Have you heard that a plant-forward lifestyle is better for you, but you don't know why you should make plant-based foods a bigger part of your diet? Or maybe you understand the why, but you've had trouble figuring out how to improve your vegetable intake. In Plants First, Dr. Katie Takayasu helps you understand the reasons for prioritizing plant-powered foods to clean up the hormonal cascades that cause cravings and leave you feeling sick and tired. She offers approachable science lessons that explain how a plant-forward diet can correct issues like inflammation and hormonal imbalances to help your body find its healthy weight and experience more restorative sleep. Then Dr. Katie explains how to make small, steady shifts in your lifestyle to calm and refresh your brain and body through her five-day plant-powered health reset, which will help tap into your body's innate wisdom for natural detoxification. She explains how to stock your Kitchen Pharmacy with good foods and supplements for a plant-forward diet, and with her yummy, family-friendly recipes, you will start creating balance on your plate and move along the path to a healthier lifestyle. Sample Recipes Include: • Almond Furikake Crusted Halibut with Roasted Vegetables, Black Rice and Coconut Lime Cream • Ginger Mandarin Almond Cake with Chocolate Ganache • Lavender Antioxidant Dream Milk • Slow Cooker Apple Pie Oatmeal • Roasted Chicken with Pears & Figs on Swiss Chard • Thai Coconut Curry Noodle Soup • Arugula, Lentil and Roasted Eggplant • "Menstrual Health" Salad with Lemon Balsamic Dressing • Kale & Quinoa Greek Salad • Coriander & Flax Roasted Eggplant

bliss acupuncture wellness clinic: Bliss Norman C. Shealy, 2025

bliss acupuncture wellness clinic: Gutbliss Robynne Chutkan M.D., 2014-10-07 A renowned physician shares her complete 10-day digestive tune-up for women, with important revelations about good gastrointestinal health. Many so-called cures for women's bloating and indigestion, from juice cleanses to specialty diets, are based on junk science. For women seeking true relief from that overall feeling of discomfort in any size jeans, Dr. Robynne Chutkan has the perfect plan for feeling light, tight, and bright in ten days. Gutbliss offers: A primer on the real reasons for gastrointestinal distress, and why it's much more common in women A look at the debilitating side effects of supposedly healthy habits—from Greek yogurt to bloat-inducing aspirin An expert analysis of symptoms that could indicate a serious underlying condition An indispensable checklist to pinpoint the exact cause of your bloating Just a few small changes in diet, lifestyle, and exercise can make a huge difference in a woman's digestive health, but the changes have to be the right ones. Going beyond the basics of top sellers such as Wheat Belly, Dr. Chutkan's Gutbliss empowers women to take control of their gastrointestinal wellness.

bliss acupuncture wellness clinic: Living Bliss C. Norman Shealy, M.D./Ph.D., 2014-06-05 From the best-selling author of 90 Days to Self-Health Discover how no-needle acupuncture, using only essential oils, can bring pain relief, longevity, and blissful living. Almost a century of research has shown that the most conscientious individuals enjoy longer and healthier lives. The crucial feature of conscientiousness is the ability to be organized and responsible, which are the traits that

contribute most positively to society in general. In this book, you will find the tools to accomplish this, which as a result will optimize your self-esteem, health, and longevity. During the 1960s, the use of transcutaneous electrical nerve stimulation (TENS) took acupuncture to a new level, revolutionizing pain management. Now the most important acupuncture advancement in 4,000 years is the activation of the hormone oxytocin, without needles or electrical stimulation. By using essential oils on acupuncture points, C. Norman Shealy, M.D., Ph.D., shows you how to create the bliss that enables you to fulfill your potential for conscientious living. Based on research of the past two decades, it is now possible for you to activate five specific acupuncture circuits. Using different blends of natural, essential oils, you can do your own transcutaneous acupuncture—with no needles and in only 30 seconds! In this wonderfully informative book, Dr. Shealy shares many intimate details about his fascinating and inspiring life, as well as explains the science and research behind his many cutting-edge advancements in holistic medicine.

bliss acupuncture wellness clinic: Drunk Yoga Eli Walker, 2019-01-15 The OFFICIAL Drunk Yoga book by the rebel behind the viral phenomenon! The Drunk Yoga craze is taking over… not even your bookshelf is safe! The official Drunk Yoga book includes 50 fun (and funny!) variations on traditional yoga poses including: Merlot-sana Vino-yasa WERK-Sasana Shot-a-runga Sip-da-Vino-sana Malbec-asana Bottle-konasana and so much more! In addition, you'll learn the Drunk Yoga rules (so you don't make any pour decisions), partner activities (so you won't have to drink alone), hilarious fun facts, crazy stories from real Drunk Yoga classes, poems, drawings, and other fun surprises! Full of wine, yoga, jokes, and joy, Drunk Yoga is for the experienced yogi, the average barfly, the social butterfly, and the wallflower who needs a few sips of liquid courage. It's about wine. And yoga. And not taking yourself too seriously. Already a huge hit for bachelor and bachelorette parties, birthday celebrations, and even office and team-building activities, this official book is founder Eli Walker's newest way to bring Drunk Yoga to you, wherever you are. Drink wine. Do yoga. Be happy.

bliss acupuncture wellness clinic: *The Practice of Chinese Medicine* Giovanni Maciocia, 2008 The new edition of this popular clinical text describes the application of traditional Chinese medical theory to the diagnosis and treatment of up to 48 diseases, conditions, and disorders. In addition to the existing 34 covered in the first edition, 14 new conditions and symptoms have been added.

bliss acupuncture wellness clinic: Sweet Spots Mattie-Martha Sempert, 2021-12-30 Sweet Spots thinks transversally across language and body, and between text and tissue. This assemblage of essays collectively proposes that words--that is, language that lands as written text--are more-than-human material. And, these materials, composed of forces and flows and tendencies, are capable of generating text-flesh that grows into a thinking in the making. The practice of acupuncture--and its relational thinking--often makes its presence felt to twirl the text-tissue of the bodying essays. Ficto-critical thinking is threaded throughout to activate concepts from process philosophy and use the work of other thinkers (William James, Felix Guattari and Gilles Deleuze, Baruch Spinoza, and Virginia Woolf, to name a few) to forge imaginative connections. Entangled in the text-tissue are an assortment of entities, such as bickering body parts, quivering jellyfish, heart pacemaker cells, a narwhal tooth, Taoist parables, always with ubiquitous, stretchy connective tissue--from gooey interstitial fluid to thick planes of fascia--ever present to ensure that the essaying bodies become, what Alfred North Whitehead calls the one-which-includes-the-many-includes-the-one. The essaying bodies orient towards the sweetest sweet spot which is found, not in the center, but slightly askew, felt in the reverbing more-than that carries their potential. Crucially, this produces a shift in perspective away from self-enclosed bodies and experts toward a care for the connective tissue of relation.

bliss acupuncture wellness clinic: New York , 2006

bliss acupuncture wellness clinic: *Health and Wellness Tourism* Melanie K. Smith, László Puczkó, 2009 Health and Wellness Tourism takes an innovative look at this rapidly growing sector of today¿s thriving tourism industry. This book examines the range of motivations that drive this diverse sector of tourists, the products that are being developed to meet their needs and the

management implications of these developments. A wide range of international case studies illustrate the multiple aspects of the industry and new and emerging trends including spas, medical wellness, life-coaching, meditation, festivals, pilgrimage and yoga retreats. The authors also evaluate marketing and promotional strategies and assess operational and management issues in the context of health and wellness tourism. This text includes a number of features to reinforce theory for advanced students of hospitality, leisure and tourism and related disciplines.

bliss acupuncture wellness clinic: Fertile Life Kirsten Wolfe, 2016-11-30 The Fertile Life eBook is a clear, concise, practical, no-nonsense and proven method for conceiving your baby. But, it's not just about conceiving. It's about first creating the best possible version of yourself and your partner.

bliss acupuncture wellness clinic: Albemarle , 1997-02

bliss acupuncture wellness clinic: Real Food All Year Nishanga Bliss, 2012-04-01 For thousands of years, human lives and diets have been closely tied to the rhythms of the seasons—and for good reason. Following the season-by-season nutritional principles of Chinese medicine is the best way to maximize the nutrients in your diet and strengthen your body. Real Food All Year offers seasonal shopping lists and meal suggestions, detoxifying cleanses drawn from the wisdom of ancient traditions, and tips for putting together quick snacks on the go. This guide includes everything you need to enjoy the pleasures of eating fresh foods and nourishing your body in the way nature intended. In Real Food All Year, you'll learn to: • Use Eastern medicinal principles to balance your diet for greater energy • Understand how each season affects your body's health • Refresh your body with simple, energy-building cleanses • Prepare delicious meals using over 35 gluten-free recipes

bliss acupuncture wellness clinic: Miracle Creek Angie Kim, 2019-04-16 Winner of the Edgar Award for Best First Novel A Time Best Mystery and Thriller Book of All Time The "gripping… page-turner" (Time) hitting all the best of summer reading lists, Miracle Creek is perfect for book clubs and fans of Liane Moriarty and Celeste Ng How far will you go to protect your family? Will you keep their secrets? Ignore their lies? In a small town in Virginia, a group of people know each other because they're part of a special treatment center, a hyperbaric chamber that may cure a range of conditions from infertility to autism. But then the chamber explodes, two people die, and it's clear the explosion wasn't an accident. A powerful showdown unfolds as the story moves across characters who are all maybe keeping secrets, hiding betrayals. Chapter by chapter, we shift alliances and gather evidence: Was it the careless mother of a patient? Was it the owners, hoping to cash in on a big insurance payment and send their daughter to college? Could it have been a protester, trying to prove the treatment isn't safe? "A stunning debut about parents, children and the unwavering hope of a better life, even when all hope seems lost (Washington Post), Miracle Creek uncovers the worst prejudice and best intentions, tense rivalries and the challenges of parenting a child with special needs. It's "a quick-paced murder mystery that plumbs the power and perils of community" (O Magazine) as it carefully pieces together the tense atmosphere of a courtroom drama and the complexities of life as an immigrant family. Drawing on the author's own experiences as a Korean-American, former trial lawyer, and mother of a "miracle submarine" patient, this is a novel steeped in suspense and igniting discussion. Recommended by Erin Morgenstern, Jean Kwok, Jennifer Weiner, Scott Turow, Laura Lippman, and more--Miracle Creek is a brave, moving debut from an unforgettable new voice.

bliss acupuncture wellness clinic: The Way of the Fertile Soul Randine Lewis, 2007-11-06 Being fertile and fruitful can mean giving birth to a child -- but to have a fertile soul means to give birth to the true self a woman wants to be: to live a life filled with passion, strength, joy, and adventure. In The Way of the Fertile Soul, Dr. Randine Lewis outlines ten ancient Chinese medical and Taoist secrets that hold the little-known key to successfully conceiving babies, new dreams, and a fulfilling life for women at any phase in their lives. The Way of the Fertile Soul encourages women to strive toward health, abundance, and a fruitful, joyous approach to life. By using diagnostic questionnaires, qi gong exercises, and guided meditations to help the reader understand how the

elements of nature express themselves in her body, mind, and spirit, The Way of the Fertile Soul provides the tools to greatly increase a woman's chance of conceiving, identify imbalances, reduce stress, increase energy, and uncover her intrinsic creativity and express it fully.

bliss acupuncture wellness clinic: Medical Acupuncture Jacqueline Filshie, Adrian White, Mike Cummings, 2016-03-10 Comprehensively revised and expanded with vital new content, the second edition of Medical Acupuncture continues to explore the realistic integration of acupuncture into conventional medicine. Advocating the Western medical acupuncture approach (WMA), this science-based compendium provides the trained practitioner with all the latest research on the effectiveness of WMA and its associated mechanisms, techniques, clinical practice and evidence. Medical Acupuncture demonstrates a variety of needling techniques and clinical applications within the context of WMA and its evolution from traditional Chinese acupuncture using current knowledge of anatomy, physiology and pathology alongside the principles of evidence-based medicine. Split into seven sections the book begins by establishing the roots of WMA in the Introduction and then progresses on to describe the mechanisms of action in Section 2, including peripheral components of stimulation and evidence from neuroimaging. Sections 3 and 4 cover clinical approaches (eg, superficial needling, electroacupuncture, safety of acupuncture) and techniques related to acupuncture (TENS, laser therapy). Section 5 takes a closer look at the difficulties faced by trials and reviews while Section 6 goes on to showcase 21 clinical uses of WMA, ranging from chronic pain, mental health, obstetrics and primary care to sports medicine, respiratory conditions and neurology. The final reference section contains dermatome/myotome maps, meridian/channel charts and standard international nomenclature. - Comprehensive coverage of the scientific evidence and clinical application of acupuncture in medicine - Balances the genuine benefits of acupuncture against unfounded claims - Presents a wide range of treatable conditions from psychiatry and palliative care through to the pain clinic and veterinary medicine - Clinical points boxes highlight key knowledge and learning - Illustrated with over 130 drawings and photographs - Content restructure and overhaul with contributions from over 40 world leading experts - Individual chapters on the use of acupuncture for a wide range of medical conditions including gynaecology and infertility, cancer and palliative care, drug dependence, obesity, sports medicine, dentistry and veterinary practice - Updated with the latest scientific evidence - Expanded information on neuroanatomical and neurophysiological considerations in relation to the mechanisms of acupuncture

bliss acupuncture wellness clinic: Face Reading in Chinese Medicine Lillian Bridges, 2012-07-10 An exciting new, full-colour edition of Face Reading in Chinese Medicine featuring over 200 colour photographs and practical instructions on how to conduct a face reading! Face reading has been part of Traditional Chinese Medicine for many centuries, and Professor Lillian Bridges is a popular academic and international lecturer on the subject who gained her fascinating knowledge through her family line of Master Face Readers in China. Based on an understanding of the shapes, markings and features of a face, practitioners can learn about the health and life of a patient relating to the principles of Chinese medicine. In addition to understanding how the body's internal functions - physical, psychological and emotional - can be seen on a face, practitioners can also learn how to evaluate Shen to understand non-verbal expressions.Technical and detailed information is presented in an upbeat, insightful and highly readable manner. This was the first book to focus on the deeper aspects of face reading and diagnosis, this edition includes ancient Taoist knowledge regarding the Original Face and Facial Jing and Qi markers which have previously only been taught through the oral tradition. - Clear discussions demonstrate how this technique can be used as a supplement to other diagnostic tools in Traditional Chinese Medicine. - Engaging, insightful, highly readable text is written by a well-known and experienced lecturer in the field. - Extensive illustrations give you a clear understanding of theories and techniques. - A focus on the deeper aspects of face reading and diagnosis helps readers become more conscious of their actions, reactions, and the health consequences of behavior.

bliss acupuncture wellness clinic: *The Birth of Acupuncture in America* Steven Rosenblatt,

Keith Kirts, 2016-09-06 The Birth of Acupuncture in America: The White Cranes Gift is the first accessible and entertaining introduction to acupuncture and Traditional Chinese Medicine for the ordinary reader. A basic overview of the field that has long been missinga short and readable, but authoritative guidebook that thousands of Americans who rely on acupuncture have always wanted. Even better, its author is one of the actual founders of this field in the U.S., Dr. Steven Rosenblatt. Among its many virtues, The Birth of Acupuncture is a narration of the story of Dr. Ju Gim Shek. As revealed in this book for the first time, Dr. Ju was a real-life medical hero, a deeply devoted teacher who first brought the gift of acupuncture and Chinese medicine to America. Beginning with a chance meeting in 1968, Dr. Ju passed his knowledge to the author, Steven Rosenblattwho he affectionately called the Chairmanand to a handful of other students. This small group of bold pioneers was the first graduating class in a field that has now grown to 18,000 licensed practitioners in the U.S.

bliss acupuncture wellness clinic: The Sweetest Little Life Courtney Hanson, 2018-08-14 Do you know the path you're on? Is it a clear, freshly paved cement road? Is it more of a dusty desert storm with tumble weeds blowing everywhere and smacking you in the face as you try to walk? Either way, this book is for you. Finding your direction is crucial in creating your personal brand or small business. How do we know which way to run if we can't even walk properly first? Do you know how you work best? How you thrive? By the end of this journey my goal is to have you feeling inspired, motivated, and excited to wake up each day and live the life you've always dreamed of creating for yourself. The questions that are hard to answer when your mind feels cluttered - were sweeping the storm.

bliss acupuncture wellness clinic: Wellness Counseling Paul F Granello, 2013-04-09 This is the eBook of the printed book and may not include any media, website access codes, or print supplements that may come packaged with the bound book. Developed by a professor who has been teaching a popular and innovative wellness counseling course for over a decade, this new text is organized into a format specifically designed to meet the needs of both counselor education graduate students and their teachers — making both teaching and learning the material easier and more intuitive. Giving a general but comprehensive overview of the subject of wellness, Wellness Counseling offers students a compelling balance of the science and research in the field, the theories that have emerged from this research, and the practical applications that we can take away from practicing these theories. Holistic, scientific, and ultimately concerned with the humanity of counseling, this text strives to be inclusive — especially of the psychological and social aspects of wellness that have gained more attention in recent years. The book is organized in three main sections. While Section One is concerned with the background of wellness as a healthcare paradigm in the United States and major theories of wellness, and historical context for wellness, Section Two contains specific information on the social, physical, emotional, and cognitive domains of wellness. The last main section of the book synthesizes the first two sections of the book to extract practical applications of wellness in behavioral healthcare intervention counseling.

bliss acupuncture wellness clinic: Yoga Mama, Yoga Baby Margo Shapiro Bachman, L.Ac.,DOM, 2013-11-01 Pregnancy is an extraordinary time of transformation and a profound rite of passage that requires special care and guidance. The complementary tools and practices of Ayurveda and yoga have been used together for thousands of years to support a healthy body, balanced mind, and higher consciousness. With Yoga Mama, Yoga Baby, Margo Shapiro Bachman brings readers the first book to show how these sister sciences can support the miraculous journey of pregnancy. This thoroughly detailed guidebook shares practical and easy-to-apply teachings and information to help women experience pregnancy with radiant health and abundant joy, including: The basics of Ayurveda, yoga, diet, and lifestyle—cornerstone principles, basic terms and concepts, essential self-assessments, and moreMonth-by-month exercises and practices, including meditation, mantra, breathwork, asana, journaling, and massagePractical tips to encourage natural labor and deliveryGuidance on staying healthy and happy in the precious first postpartum weeks with baby For women everywhere, Yoga Mama, Yoga Baby is an indispensable resource for treasuring every moment of pregnancy and blessing the mother and child with health, happiness, consciousness, and

love.

bliss acupuncture wellness clinic: Herbs & Natural Supplements Lesley Braun, Marc Cohen, 2010 Presents evidence based information on the most popular herbs, nutrients and food supplements used across Australia and New Zealand. Organised alphabetically by common name, each herb or nutrient listed includes information such as daily intake, main actions/indications, adverse reactions, precautions, and much more.

bliss acupuncture wellness clinic: Dhea: The Youth and Health Hormone C. Norman Shealy, 1999-02 Discover its powerful antiaging properties.

bliss acupuncture wellness clinic: Energy Medicine for Beginners Sarah Parker Thomas, 2021-05-25 Bring body and spirit into balance with healing energy For those who are seeking to improve holistic wellness and energy flow, Energy Medicine for Beginners is the perfect place to start. Discover exactly what energy medicine is and how to harness it to align the physical, mental, and spiritual self. These meditative exercises are designed for anyone to begin anytime, to start feeling healthier and more positive right away. Holistic healing strategies—Practice guided techniques to relieve a range of emotional and physical conditions, from anxiety and grief to back pain and sinus pressure. An energy medicine overview—Discover the historical and cultural roots of energy medicine and an introduction to the core healing modalities, including chakras, meridians, and auras. Modern and relatable guidance—Clear language, labeled illustrations, and examples from real life make this book an ideal companion for independent energy healing. Promote healing inside and out with the power of energy medicine.

bliss acupuncture wellness clinic: *Awake Kundalini* Pt.Rajnikant Upadhyaya & Pt. Gopal Sharma, 2006

bliss acupuncture wellness clinic: Starry Eyes Jenn Bennett, 2019-01-08 When teens Zorie and Lennon, a former couple, are stranded in the California wilderness together, they must put aside their differences, and come to terms with lingering romantic feelings, in order to survive.

bliss acupuncture wellness clinic: San Diego Magazine , 2008-09 San Diego Magazine gives readers the insider information they need to experience San Diego-from the best places to dine and travel to the politics and people that shape the region. This is the magazine for San Diegans with a need to know.

bliss acupuncture wellness clinic: Handbook of Health Social Work Sarah Gehlert, Teri Browne, 2006-03-20 The Handbook of Health Social Work provides a comprehensive and evidence-based overview of contemporary social work practice in health care. Written from a wellness perspective, the chapters cover the spectrum of health social work settings with contributions from a wide range of experts. The resulting resource offers both a foundation for social work practice in health care and a guide for strategy, policy, and program development in proactive and actionable terms. Three sections present the material: The Foundations of Social Work in Health Care provides information that is basic and central to the operations of social workers in health care, including conceptual underpinnings; the development of the profession; the wide array of roles performed by social workers in health care settings; ethical issues and decision - making in a variety of arenas; public health and social work; health policy and social work; and the understanding of community factors in health social work. Health Social Work Practice: A Spectrum of Critical Considerations delves into critical practice issues such as theories of health behavior; assessment; effective communication with both clients and other members of health care teams; intersections between health and mental health; the effects of religion and spirituality on health care; family and health; sexuality in health care; and substance abuse. Health Social Work: Selected Areas of Practice presents a range of examples of social work practice, including settings that involve older adults; nephrology; oncology; chronic diseases such as diabetes, heart disease, and HIV/AIDS; genetics; end of life care; pain management and palliative care; and alternative treatments and traditional healers. The first book of its kind to unite the entire body of health social work knowledge, the Handbook of Health Social Work is a must-read for social work educators, administrators, students, and practitioners.

bliss acupuncture wellness clinic: *How Tobacco Smoke Causes Disease* United States. Public Health Service. Office of the Surgeon General, 2010 This report considers the biological and behavioral mechanisms that may underlie the pathogenicity of tobacco smoke. Many Surgeon General's reports have considered research findings on mechanisms in assessing the biological plausibility of associations observed in epidemiologic studies. Mechanisms of disease are important because they may provide plausibility, which is one of the guideline criteria for assessing evidence on causation. This report specifically reviews the evidence on the potential mechanisms by which smoking causes diseases and considers whether a mechanism is likely to be operative in the production of human disease by tobacco smoke. This evidence is relevant to understanding how smoking causes disease, to identifying those who may be particularly susceptible, and to assessing the potential risks of tobacco products.

bliss acupuncture wellness clinic: *Making Babies* Jill Blakeway, Sami S. David, 2009-08-12 Making Babies offers a proven 3-month program designed to help any woman get pregnant. Fertility medicine today is all about aggressive surgical, chemical, and technological intervention, but Dr. David and Blakeway know a better way. Starting by identifying fertility types, they cover everything from recognizing the causes of fertility problems to making lifestyle choices that enhance fertility to trying surprising strategies such as taking cough medicine, decreasing doses of fertility drugs, or getting acupuncture along with IVF. Making Babies is a must-have for every woman trying to conceive, whether naturally or through medical intervention. Dr. David and Blakeway are revolutionizing the fertility field, one baby at a time.

bliss acupuncture wellness clinic: Total Recovery Gary Kaplan, 2014-05-06 About 100 million Americans live with some form of chronic pain—more than the combined number who suffer from diabetes, heart disease, and cancer. But chronic pain has always been a mystery. It often returns at the slightest provocation, even when doctors can't find anything wrong. Oddly enough, whether the pain is physical or emotional, traumatic or slight, our brains register all pain as the same thing, and these signals can keep firing in the nervous system for months, even years. In Total Recovery, Dr. Gary Kaplan argues that we've been thinking about disease all wrong. Drawing on dramatic patient stories and cutting-edge research, the book reveals that chronic physical and emotional pain are two sides of the same coin. New discoveries show that disease is not the result of a single event but an accumulation of traumas. Every injury, every infection, every toxin, and every emotional blow generates the same reaction: inflammation, activated by tiny cells in the brain, called microglia. Turned on too often from too many assaults, it can have a devastating cumulative effect. Conventional treatment for these conditions is focused on symptoms, not causes, and can leave patients locked into a lifetime of pain and suffering. Dr. Kaplan's unified theory of chronic pain and depression helps us understand not only the cause of these conditions but also the issues we must address to create a pathway to healing. With this revolutionary new framework in place, we have been given the keys to recover.

bliss acupuncture wellness clinic: *The Body Connection* Suzanna Hammond, 2019-07-21 Understand how to make big-time improvements in real-time. Finally ditch a few habits which are so automatic you may not be aware they're fast-tracking you to poor health, anxiety, depression, obesity, diabetes, burnout and chronic pain? The Body Connection is guaranteed to make you feel more alive... and it just might save your life!

bliss acupuncture wellness clinic: Esoteric Acupuncture: Gateway to expanded healing Mikio Sankey, 2002

bliss acupuncture wellness clinic: Constitutional Facial Acupuncture Mary Elizabeth Wakefield, 2014-04-08 We are re-defining the face of ageing on a daily basis, with the Baby Boom generation in the vanguard, followed by younger generations who are similarly intrigued by non-invasive natural solutions that are integrative rather than purely cosmetic. Constitutional Facial Acupuncture has begun to make an impact on popular culture and outmoded perceptions about the nature of authentic beauty and the ageing process. Acupuncturists who practice in this field are increasingly expected to have specialized training and knowledge, outside the customary parameters

of the more traditional approaches. This book introduces a complete Constitutional Facial Acupuncture protocol that is comprehensive, effective and clearly organized, with illustrative color photographs and facial needling diagrams. Its strong constitutional components are unique, adhere to the principles of Chinese medicine, and are rooted in the three levels of treatment – Jing, Ying and Wei. - A new and detailed Constitutional Facial Acupuncture protocol highlights acu-muscle points, Shen imbalances, lines and wrinkles, needling technique, relevant points and their locations. - A comprehensive constitutional treatment approach - A customized, modular topical herbal protocol that is enriched with the use of essential oils and natural cleansers, creams, etc. - Practical step-by-step instructions on how to integrate the needling protocols with the topical herbs, jade rollers, gem eye discs, etc. - A complete Constitutional Facial Acupuncture needling protocol for 12 problematic areas of the facial landscape, i.e., droopy eyelids, sagging neck, crow's feet, sunken cheeks, etc. - Contraindications, benefits, and personal advice drawn from the author's 30+ years of experience - An essential text for students or practitioners of facial acupuncture, and also for those readers who are interested in the field of healthy aging

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