



Acupuncture is a form of Chinese medicine that has been practiced for centuries. It's based on the theory that energy, called Qi (chi), flows through and around your body along pathways called meridians.



Ideal Health and Wellness

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Ideal Health and Wellness

ACUPUNCTURE

*Dr. Katy Frega
DC, ND, FIAMA*



*Acupuncture is a form of alternative medicine. It is commonly used for pain relief though it is also used to treat a wide range of conditions

*The number and frequency of acupuncture sessions vary.

*Some insurance policies will cover acupuncture.

*At Ideal Health and Wellness, Dr. Frega offers multiple forms of acupuncture therapies. She will work with you to find the right therapy for the results you are looking for.



Auricular, commonly known as ear acupuncture, involves inserting needles to stimulate points on the outer ear.



Cupping is a form of therapy, which a local suction is created on the skin; which mobilizes blood flow in order to promote healing.

CALL TO SCHEDULE AN APPOINTMENT TODAY
563-359-4106



Acupressure, a non-invasive form of bodywork, uses physical pressure applied to acupressure points by the hand, elbow, or with various devices.



Gau Sha is a treatment in which the skin is scraped to produce light bruising. This releases unhealthy elements from injured areas, stimulating blood flow and healing.