

What can Acupuncture and Herbal medicine treat?

Acupuncture is recognized by NIH(National Institute of Health) and WHO to be effective in the treatment of a Wide health concerns that acupuncture has been effective in treating.

- **Digestive disorders:** gastritis and hyperacidity, spastic colon, constipation, diarrhea, indigestion, IBS, nausea and vomiting.
- **Respiratory disorders:** sinusitis, sore throat, bronchitis, asthma, recurrent chest infections.
- **Neurological & Muscular disorders:** headaches, facial tics/palsy, neck pain, frozen shoulder, tennis elbow,, various forms of tendinitis, low back pain, arthritis, trigeminal neuralgia, sciatica, fibromyalgia.
- **Mental disorders:** anxiety, depression, stress, insomnia.
- **Urinary, menstrual and reproductive problem**
- **Lose weight etc.**

About Dong-Kun Lee, L.Ac.



I was born in Korea and I am a second generation acupuncturist. My father was a good acupuncturist in Korea for 40 years. Thus during my childhood, I was influenced by my father's exercise. It was motivation for me to be a doctor of Oriental Medicine and gave me a confidence.

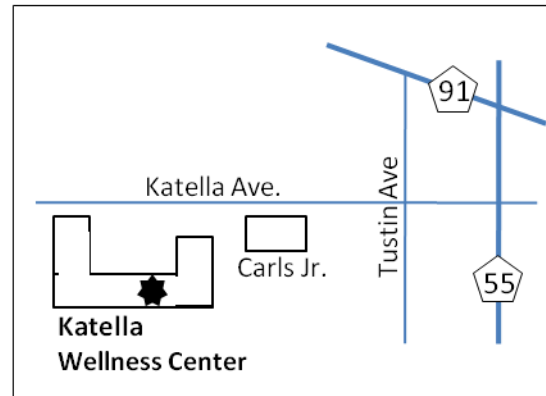
I completed a master degree in Oriental Medicine and Acupuncture at South Baylo University in Anaheim,CA.

Hours

Mon, Wed	9:00 am ~ 12:30 pm 2:30 pm ~ 6:00 pm
Tue, Thu	9:00 am ~ 12:30 pm 2:30 am ~ 5:00 pm
Fri	9:00 am ~ 12:30 pm
Sat	10:00 am ~ 12:00 pm (Appointment only)

Location

KATELLA WELLNESS CENTER is located in the 1500 Professional/Medical Complex just west of the 55 Freeway, next to Norman and Cal's Jr.



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Acupuncture & Herbal Medicine

for Pain control and
Natural healing



KATELLA WELLNESS CENTER

Dong-Kun Lee, L.Ac.

Acupuncturist & Herbalist

WWW.ACUDK.COM

Acupuncture works as an effective alternative and adjunct treatment modality.
It is a safe, effective, and natural approach to maintain health and well being

Acupuncture

What is Acupuncture?

Acupuncture is one of the oldest, most commonly used medical procedures in the world. It's originated in China more than 2,000 years ago. The term acupuncture describes a family of procedures involving stimulation of anatomical points on the body by a variety of techniques.

The Acupuncture technique that has been most studied scientifically involves penetrating the skin with thin, solid, metallic needles that are manipulated by the hands or by electrical stimulation.

Is Acupuncture safe?

Acupuncture is extremely safe. It is an all natural, drug free therapy, yielding no side effects except feeling of relaxation and well being.

There is little danger of infection from acupuncture needles because they are sterile, used once and then discarded.

How many treatments needs?

The number of treatment needed differs from person to person. For complex or long standing conditions, one or two treatment a week for several months may be recommended. For acute problems, usually fewer visit are required, and for health.

How does Acupuncture work?

The classical Chinese explanation is that channels of energy run in regular patterns through the body and over its surface. These energy channels, called meridians, are like rivers flowing through the body to irrigate and nourish the tissues. An obstruction in the movement of these energy rivers is like a dam that backs up in others.

The meridians can be influenced by needling the acupuncture point; the acupuncture needles unblock the obstructions at the dam, and reestablish the regular flow through the meridians. Acupuncture treatment can therefore help the body's internal organs to correct imbalances in their digestion, absorption, and energy production activities, and in the circulation of their energy through the meridian.

The modern scientific explanation is that needling the acupuncture points stimulates the nervous system to release chemicals in the muscles, spinal cord, and brain. These chemicals will either change the experience of pain, or they will trigger the release of other chemicals and hormones which the body's own internal regulating system.

The improved energy and biochemical balance produced by acupuncture results in stimulating the body's natural healing abilities, and in promoting physical and emotional well-being.

Herbal Medicine

Herbal medicine have served as the foundation of Traditional Chinese Medicine over 5,000 years.

Herbal formulas include hundreds of popular organic ingredients that work in harmony to produce the desired effects in a person's body. These ingredients are primarily of plant origin, and may include roots, bark, seeds, flowers and leaves.

Herbal medicine can be used to expedite the healing process, and strengthen, support or tonify the body. These formulas have the capacity to address the underlying root cause of various medical conditions, whether acute or chronic. When prescribed and used correctly, herbal formulas rarely cause unwarranted side-effects.

Herbal medicine is a safe, effective and drug-free way to alternative medicine.