



### ***New Patient Exam-Initial Visit***

Your initial visit involves a thorough questionnaire, diagnosis and treatment using various modalities of Acupuncture and Oriental Medicine (90 min).

### ***Acupuncture***

Acupuncture is the insertion of very fine needles which are placed in specific acupuncture points to assist in the rebalancing of disharmonies of the body, mind, & spirit (60 min).

### ***Acupuncture Facial Rejuvenation***

Reverse the aging process naturally. No cosmetic surgery, botox, or anti-aging skin creams are needed to achieve beautiful skin! Cosmetic facial rejuvenation generally takes 10-30 treatments and is much healthier, safer and far less expensive than conventional medical face lifts. (90 min).

### ***Seasonal Acupuncture Treatment***

Wise patients use acupuncture for preventative measures, especially at the change of seasons, giving the body an extra boost of Qi (energy).

### ***Auricular Acupuncture***

Also referred to as Auricular Medicine, practitioners all over the world use this therapy to treat pain, addictions and internal disorders with excellent results. Often used in conjunction with other treatments.



***Mary Maurer, M.Ac., L.Ac., Dipl. Ac.***

\*NCCAOM Board Certified

Mary is an Oriental Medical Practitioner/Licensed Acupuncturist bringing years of recognized training and experience to her patients. Mary began her personal healing journey in 1992 while employed by the Army at the 10th Area Support Group, in Okinawa, Japan. Completing her Masters of Science in Natural Health to include Namikoshi Shiatsu, Japanese Anma massage, Five Elements Yoga and Eastern Religions. Mary is a graduate of the Phoenix Institute of Herbal Medicine and Acupuncture. In 2006 she completed her OM externship in Cheng-du, China. She is Board certified by the \*National Commission for the Certification of Acupuncturists & Oriental Medicine. Mary serves as VP for the Arizona Society of Oriental Medicine and Acupuncture (AZsoma). Mary's broad-based education led her to develop Acu-ShiMa™ a treatment combination of ancient Asian specialty therapies and acupuncture. She is delighted to offer these time tested internal medicine healing paradigms, as they strengthen and hasten the body's innate healing abilities.



**ASIAN HEALING ARTS**

.....  
acupuncture  
herbal therapies  
oriental bodywork

## ***Acupuncture and Oriental Medicine (OM) Spa Menu***

**Village Club & Spa @ DC Ranch**

**480.515.5522**

**480.201.6744**

[www.asianhealingartsandacupuncture.com](http://www.asianhealingartsandacupuncture.com)

# AHAA Specialty Acupuncture...

## *Acu-ShiMa™ 90-120 min*

Any non-needling therapy listed that may be added to the acupuncture treatments.

### *Needle N' Stone*

This unique therapy combines the use of hot and cold stones with acupuncture. The use of heated and cooled stones relieve stiffness and soreness, restoring energy to aching and Qi deprived muscles and joints. With the addition of channel & organ therapy via the Acupuncture.

### *Tuning Forks (TF)*

#### *Meridian and Organ Based*

Meridian Tuning Forks are used to strengthen and balance the body's energetics. Based on the TCM differential diagnosis of each individual's inherent and acquired energetic systems along with their functional imbalances. Acupuncture may be added to enhance the treatment offering a deeper healing experience for the patient. *TF's* are a wonderful alternative for needle-phobics and children.

### *Children & Teens*

Accidents, falls, environment, diet & emotions all block the free flow of Qi. Eventually, this may lead to less than adequate nourishment for the body leading to illness. Acupuncture is safe, natural, drug free and effective. It's the perfect way to help your child grow and thrive.

### *Men's Health*

A man's health is influenced by the quality, quantity and balance of Qi (energy). When out of balance or restricted in the male, illness and symptoms-prostate problems or infertility may result. Refer to Mary's full listing of male concerns that Acupuncture & OM provide successful and positive treatments for.

## *Non-Needling OM Therapies*

### *Anma /Shiatsu/Tui-Na*

Ancient Asian massage techniques used to stimulate or make active the flow of energy (Qi) deep within and throughout the 12 meridians, tendons, and musculo-skeletal systems.

### *Chinese Medical Cupping*

Glass cups are used to create suction on the skin to increase warmth and circulation in the body releasing constrictions within sore muscles, and congested lymph tissues, bringing pain relief.

### *Chinese Reflexology*

A therapeutic approach in which pressure is applied to specific acu-reflex points on the feet, hands, head, and ears to restore the flow of energy throughout the body.

### *ZenYOGA Acu-stretch™*

Meridian Based Asanas (One-on-One)  
These ancient Tibetan 8's are a set of 13 healing asanas combining Hatha Yoga with a series of Qi Gong movements. This Life Force emanates through every organ via the 12 meridian channel cycles. Negative energies are alkalized during deep hara breathing into lighter energies leaving patients with profound feelings of peace, happiness and wellbeing.

### *Chinese Herbal Medicinal Therapy*

Individualized formulas are created for each patient's health pattern. TCM formulas may consist of 2-9 herbs and may be in the form of a tea or encapsulated. Refer to Mary's brochure on TCM medicinals for information regarding this holistic approach towards lasting health.

*Gift Certificates Available 60/90 min.*



### *Fertility Enhancement Treatments*

Fertility enhancement protocols are non-invasive and non-humiliating allowing for a pleasant and natural conception to occur without the stress of hormonal related drugs. Oriental Medical protocols are between 3-6 months prior to natural conception occurring. This results in increased chances of becoming pregnant, whether couples choose a completely natural approach or use these treatments as an adjunctive therapy to applied reproductive technology.

### *Asian Maternity Massage*

Specific Shiatsu and Anma massage protocols and techniques that are used with women who are pregnant. Increasing circulation, decreasing prematurity, relieving aches and pains with the accompanying of stiff joints. Promoting a sense of well-being and reducing labor complications.

### *Acupuncture & IVF*

A systematic review & meta-analysis suggested that women undergoing IVF were 65% more likely to conceive when integrating Acupuncture into their normal IVF treatments.

