

Asian Healing Arts & Acupuncture

Mary Maurer, L.Ac., Dipl. Ac., LMT, IYT

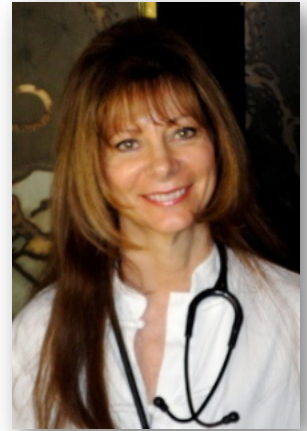
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Mary is an Oriental Medical Practitioner & Licensed Acupuncturist bringing years of recognized training and experience to her patients. Her journey began in 1992 in Okinawa, Japan, with Namikoshi style Shiatsu and Ancient Japanese Anma massage, and continued in the Japanese 5 Elements style of Hatha yoga and Japanese Constitutional Acupuncture. Returning to the US, Mary graduated from the Phoenix Institute of Herbal Medicine and Acupuncture. She is Board certified by the National Commission for the Certification of Acupuncturists & Oriental Medicine (NCCAOM), and also serves on the Board of the Arizona Society of Oriental Medicine & Acupuncture (AZsoma).

Mary's broad-based education led to her development of the Acu-ShiMa™ treatment, a unique combination of Asian based specialty therapies and acupuncture. She is delighted to offer this complete natural healing system, building your body's innate energy system as a means of jump-starting and furthering your personal healing process.



● **Acu-ShiMa™**

Combines Acupuncture, Shiatsu, Anma massage and related modalities, with Hatha Yoga based stretches and breath awareness techniques as needed.

- **Acupuncture:** The ancient form of Traditional Chinese Medicine dating as far back as 3,000 years. Thin filiform disposable needles are inserted into specific points to elicit energetic changes within the body's system.
- **Shiatsu:** Pressure applied to various points on the body that influence the internal organs, to help achieve and maintain balanced physical and psychological functions of the body.
- **Anma:** Used to improve muscle condition and function through the circulation of Qi (vital energy) and Blood. Anma releases pain, tension and inflammation, thus healing injuries.
- **Moxibustion:** A treatment that uses an herb called mugwort. It may be burned on the handle of a needle, above the skin, on salt or on a slice of ginger. This is used to "warm" acupuncture points or larger areas to quicken the healing process in cases where there is deficiency of Qi.
- **Cupping:** A treatment that uses glass cups and heat to move blood & Qi stasis from a particular constricted area of the body, particularly the back.

● **Personalized Nutritional & Herbal Consultations based on Oriental Medicine**

- Chinese herbal medicine addresses a full range of health challenges.* (list on next page)
- Free from harmful side effects that are commonly associated with allopathic medicines.

● Auricular Acupuncture

This is a microsystem of points located within the ear. Musculoskeletal, internal organ, and neuroendocrine (hormone system) points are used in the treatment of:

- Chronic pain
- Substance abuse
- Mental health
- Anxiety and depression
- Stress (physical and emotional)
- Addictions (over indulgence of anything)

● ZenYOGA Acu-Stretch™

This is a yin restorative style of Hatha Yoga that Mary has developed for her patients.

Participating in this style, you are encouraged to be at one with spirit, finding peace of mind while lengthening and stretching your body, enhancing the overall body-mind connection. During this combo of yoga and acupressure, asanas (positions) are practiced while acupressure points are held, increasing the movement of Qi throughout the body. One-on-one sessions are available at 60 or 90 minutes.

- Build muscle tone and spinal flexibility
- Harmonize internal organs and systems
- Release muscular tensions and spasms
- Strengthen your immune system
- Stimulate relaxation and your innate healing response

***Acupuncture is recognized by the National Institutes of Health (NIH) and the World Health Organization (WHO) as effective in treating these conditions:**

Addiction-alcohol, drug, smoking	Facial palsy/tics	Pneumonia
Anxiety	Fatigue	Reproductive problems
Arthritis	Fertility	Rhinitis
Asthma	Fibromyalgia	Sciatica
Bronchitis	Gingivitis	Seasonal affective disorder (SAD)
Carpal tunnel syndrome	Headache	Shoulder pain
Chronic fatigue	Hiccough	Sinusitis
Colitis	Incontinence	Sleep disturbances – insomnia
Common cold/flu	Indigestion	Smoking cessation
Constipation	IBS	Sore throat
Dental Pain	Low back pain	Stress
Depression	Menopause	Tennis elbow
Diarrhea	Menstrual irregularities	Tonsillitis
Digestive trouble	Migraine	Tooth pain
Dizziness	Morning Sickness	Trigeminal neuralgia
Dysentery	Nausea	Urinary tract infections
Emotional problems	Osteoarthritis	Vomiting
Eye problems	Pain	Wrist pain
	PMS	

Acupuncture along with Chinese Medicine is a safe, effective and drug-free alternative to western medicine. These ancient therapies treat a wide variety of common ailments & pain.

For more information or to make an appointment, please call Mary at:

480.201.6744

or email her at: **firedeva@mac.com**

Visit Mary's website at: **www.asianhealingartsacademy.com**