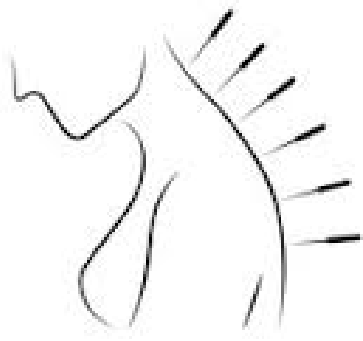


# Acupuncture. . . . AND MORE

PERFORMED BY DR. ASHLEY KIRKLAND, DC, ATC

What is it?

Acupuncture is an ancient Chinese medical practice that involves inserting very thin needles into specific points on the body to balance energy (Qi), promote healing, and relieve pain.



Benefits:

- Reduces acute & chronic pain (back, neck, knee, shoulder)
- Headaches/Migraines
- Plantar Fasciitis
- Sinus congestion
- ADD/ADHD
- Improves mental health (anxiety, depression)
- Enhances overall wellness

How it feels: Most people experience minimal to no discomfort — many describe it as deeply relaxing.

## Cupping

What is it?

Cupping therapy uses special cups placed on the skin to create suction. This suction helps improve blood flow, reduce inflammation, and promote relaxation.

Dry Cupping: Only suction is used.

Benefits:

- Eases muscle tension
- Encourages blood circulation
- Helps detoxify the body
- Supports healing of deep scar tissue

**What to expect:** Temporary circular marks (like bruises) are common and fade in a few days.

## Dry Needling

What is it?

Dry needling targets trigger points (tight areas in muscles) using fine needles to relieve pain and improve movement. It's based more on modern Western medicine principles rather than traditional Chinese medicine.

Benefits:

- Reduces muscular pain and stiffness
- Improves flexibility and range of motion
- Speeds up recovery from injuries

**Key differences from acupuncture:** Dry needling focuses primarily on muscular issues and trigger points, while acupuncture addresses a broader range of health concerns including energy balance.

**How it feels:** You might feel a twitch or mild ache, but treatments are generally quick and effective.

## VISIT US

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