Acupuncture and Western Medicine: Complementary Treatments

Working together to improve patient health.
Chinese Medicine is a 2,500-year-old practice of treating the whole person. One quarter of the world’s population uses it today.

It is a holistic way of strengthening the body and resolving damage from modern-day stress and environmental hazards. Chinese Medicine strives to attain balance among all sectors of the body – strengthening vital energy, or qi, so the body can heal itself. Qi and energy are manifested through endorphin and enkephalin release and helps strengthen the immune system.

Acupuncture, the insertion of fine needles to mobilize qi and invigorate blood flow, is a cornerstone of Traditional Chinese Medicine. It is often done in concert with dietary modifications, Chinese herbal medicine and other lifestyle changes.

**Eastern approach:**
- considers health as a balanced state and disease as an unbalanced state
- focuses on balance and a state of equilibrium

*The main difference between Western symptoms, same signs, same patient - perceived*
is an ever-evolving process of understanding the root cause of disease and how to treat it. Western medicine uses technology to study health and wellness with a goal of finding cures on a global level and eliminating, or minimizing, illness. In Western nations, medical experts use technology to isolate the smallest possible particle to understand a disease at its core.

The Western approach to healing and health creates institutions of medicine with ongoing research toward finding cures and solutions for common ailments. This approach involves a combination of treatment modalities including prescription medication, surgery and other therapies.

**Western approach:**
- divides health from disease
- makes changes to the environment to achieve optimal health

about medicine and Chinese medicine: same different ways of organizing information.
“Acupuncture has real effects on the human body...the use of acupuncture is growing – often alongside conventional medicine.”

“Acupuncture given with embryo transfer improves rates of pregnancy and live birth among women undergoing in vitro fertilization.”
collaborative study from University of Maryland, Georgetown, University Amsterdam De Boelelaan

“Acupuncture may reduce high blood pressure...”
Massachusetts General Hospital

“Nocturnal hot flash severity decreased significantly with acupuncture.”
collaborative study from Stanford University, Harvard University, New England School of Acupuncture

“Pregnant women resolved low back and posterior pelvic pain with acupuncture.”
collaborative study from Yale-New Haven Hospital and University of California-Irvine

“Using acupuncture to change the position of a breech fetus at 33 weeks gestation was the most successful approach and reduced the number of C-sections.”
University Medical Center Rotterdam, The Netherlands

“Acupuncture is an effective treatment of post-menopausal vasomotor symptoms.”
Klamath Pain Clinic, Oregon

“Physicians have had favorable experiences using acupuncture as an alternative modality for chronic pain management.”
Massachusetts General Hospital and Harvard Medical School

“A single preoperative acupuncture treatment decreased incidence and severity of postoperative nausea in patients undergoing coronary artery bypass graft and cardiac valve surgery.”
Mayo Medical School, Mayo Clinic College of Medicine, Rochester, Minnesota
Who To Refer...

Acupuncture is an advisable treatment for your patients who:

- have high stress levels
- desire complementary treatments
- are not responding well to medication

...What We Treat

Acupuncture is an effective treatment for many disorders including:

- Musculoskeletal conditions
- Muscle strain and sprain
- Low back pain including sciatica
- Tendonitis and tennis elbow
- Carpal Tunnel
- Neck and shoulder pain

Women’s Health Issues

- Fertility
- Menstrual irregularities
- Peri-menopause-menopause
- Fibroids
- Endometriosis
- Pregnancy, labor and post-partum

Auto-immune Disorders

- Chronic fatigue
- Lupus
- Fibromyalgia
- Rheumatoid arthritis

Gastrointestinal Disorders

- Diarrhea
- Acid reflux
- Constipation
- GERD
- Gas and bloating

Respiratory Disorders

- Allergies
- Colds

- Asthma
- Sinus conditions

Neurological Disorders

- Headaches
- Multiple sclerosis
- Bell’s palsy

Physical & Emotional Issues

- Addictions
- Insomnia
- Fatigue
- Anxiety
- Depression
- Side effects of cancer therapy
We Are Here for You

Acupuncture Healthcare Associates of Michigan seeks partnerships with health care providers to offer our patients complete and total health care in a complementary fashion. Acupuncture and Traditional Chinese Medicine are a piece of a complicated puzzle in the quest for ongoing good health and well-being.

We enhance what you do.
We make your job easier.
We’re here to help ensure your patients achieve lasting success.

Julie Silver

Julie Silver, MSW, Dipl. Ac. is founder of Acupuncture Healthcare Associates of Michigan. She is a NCCAOM Board Certified Acupuncturist and has a Master’s degree in Social Work from Wayne State University.

Julie is past Vice President of the Michigan Association of Acupuncture and Oriental Medicine. She is a member of RESOLVE and is a member of the AAAOM. In her practice she works with a variety of Traditional Chinese Medicine techniques, using acupuncture and Chinese herbs as the foundation. Julie is dedicated to providing an integrated approach to healing. She is proud to be a part of the Detroit healthcare community.

Monica Mae Leibson

Monica Mae Leibson, Dipl. Ac. earned her Master’s degree at the Santa Barbara College of Oriental Medicine and is a NCCAOM Board Certified Acupuncturist. Monica is Treasurer of the Michigan Association of Acupuncture & Oriental Medicine and is a member of the AAAOM. She has been trained to treat physical and musculoskeletal injuries and alcohol and drug detoxification. Monica has also obtained specialized training in fertility, pregnancy and post-partum care. She is a member of the Michigan Midwives Association and has completed DONA-Certified Doula Training. Monica’s passion is to support women in the childbearing years through education and integration with Western medicine.
“I started acupuncture treatments after undergoing two IVF cycles and enduring frequent sinus headaches and constant anxiety. My third IVF was successful and acupuncture helped me throughout the pregnancy. I no longer feel anxious or endure headaches.”

“I took allergy medicine every day of my life since the age of 5 until well into my 30s. It got to where I was taking 4 prescription meds every day and I still couldn’t mow my lawn. Doing acupuncture and taking Chinese herbs daily has allowed me to better manage my symptoms and reduce my medications.”

“After years of low back and sciatic pain, I tried acupuncture. After one treatment, I was 80% better. Three sessions later, I was pain-free and back to my full physical routine of long walks, bike riding and yoga.”

“For three decades, I suffered debilitating migraines that lasted 72 hours, with extreme pain, light sensitivity and vomiting. Seeing a neurologist, making dietary changes and doing acupuncture was the perfect combination to eliminate my migraines.”

Julie Shindler-Cohen

Julie Shindler-Cohen, Dipl. OM. earned her undergraduate degree in Cellular and Molecular Biology from the University of Michigan and her Master’s degree from the Pacific College of Oriental Medicine in Chicago. She completed an internship in Chinese Medicine at the Zhejiang University teaching hospital in Hangzhou, China. She is NCCAOM Board Certified in Acupuncture and Chinese Herbology and is a member of the MAAOM and AAAOM. Julie is an authority on Chinese Herbology and is dedicated to maintaining expertise in the integration of herbs and pharmaceuticals. Julie is dedicated to the growth and development of metropolitan Detroit.

Jen Green, N.D.

Jen Green, ND is a graduate of the Canadian College of Naturopathic Medicine and specializes in pediatrics, women’s health and cancer care. She oversaw a holistic health center and worked at a Toronto-based HIV clinic. She helped initiate a breast cancer program at the CCNM and has published articles in the Journal of Complementary and Integrative Medicine and the Townsend Letters. Jen is also on staff at Beaumont Hospital Center for Integrative Medicine.