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Live Well Acupuncture

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Acupuncture has been cited by the World Health Organization to treat over 43 conditions including Fibromyalgia, pains, depression, digestive trouble, sleep problems, stress and many more. The National Institute of Health Conference (NIH) stated that "there is clear evidence that needle acupuncture treatment is effective for postoperative and chemotherapy nausea and vomiting, nausea of pregnancy, and postoperative dental pain." In addition, their 12 member panel also released a statement saying "there are a number of other pain-related conditions for which acupuncture may be effective as an adjunct therapy, an acceptable alternative, or as part of a comprehensive treatment program."

Acupuncture is a Chinese medicine that treats patients by manipulating thin, solid needles that have been inserted into acupuncture points in the skin. These points can correct imbalances in the flow of qi through

channels known as meridians. This stimulates circulation and releases neurotransmitters.

Nancy Fuller, owner of Live Well Acupuncture, knows firsthand how powerful acupuncture treatments can be when she was treated for back pain and then later nasal congestion. This experience led her to learn more about TCM (Traditional Chinese Medicine) and then continued to fuel her passion while she became a doctor of Oriental Medicine. Nancy graduated from a five-year graduate level program at East West College of Natural Medicine in Sarasota, Florida. She then earned a Master of Science in Oriental Medicine and a Bachelor of Professional Health Sciences.

Through TCM Nancy is able to help her patients get to the root of their issues rather than simply treating the symptoms. Most of the time the body can heal itself; however, there are outside influences that can create imbalances in the body. Things like weather, work, trauma or stress can affect the proper functioning of the body's internal systems. Acupuncture along with herbs, dietary changes, life style consultation and tuina can aid the body in functioning in the way it was designed to.

When working with Nancy, one can expect to take a thorough health intake prior to starting any treatments. Then a diagnoses and treatment plan are created. Treatments take about 40 minutes and relaxation is important; breathing out then taking deep breathes in. For many the mere thought of a needle piercing the skin is frightening, but acupuncture needles are very small and designed to part the skin rather than tear it. Acupuncture is painless and has been practiced for over 5,000 years!

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