



The 8 Keys To Healing

Finding
Balance,
Peace and
Well-Being with
Transformational
Acupuncture



Transformational
Acupuncture
www.DC-Acupuncture.com

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Table of Contents

1. My Story.....	4
2. The 8 Keys to Healing: An Introduction to the 8 Branches of Chinese Medicine	5
3. Cultivate Your Health at the Deepest Level	6
4. The 8 Essential Life Skills – An In-Depth Look	7
Meditation	
Self-Inquiry	
Relationship Skills	
Exercise	
Diet	
Feng Shui	
Astrology	
Healthcare Treatments	
5. Putting it All Together – Creating an Individualized Health Program Using the 8 Branches System	12
The Transformational Acupuncture Workbook	
6. Getting the Support to Transform and Heal	13
7. Transformational Acupuncture Case Study	14
Kathy, a 28 Year Old Law Student	
8. Making an Investment in Your Health	16
The Value of a Transformational Healthcare Practitioner	
The Specific Benefits of Transformational Acupuncture	
9. Jeremy Riesenfeld, M.Ac., L.Ac., and the Transformational Acupuncture Clinic	18
Training and Qualifications	
Patient Experiences	
About the Transformational Acupuncture Clinic: What Sets Us Apart	
What’s Included in Your Treatment Session?	
How Is Transformational Acupuncture Different Than “Normal” Acupuncture?	
Health Insurance	
Making an Appointment	
Weekly Meditation and Non-Dual Spirituality Group	



My Story

After college, at the age of 22, my health basically hit a brick wall. I was experiencing chronic fatigue, a host of digestive problems, depression, and anxiety.

Just out of school, I applied to a work-study position at Heartwood Institute in northern California, a holistic training center that taught a wide variety of healing arts disciplines, including Chinese Medicine. While working there, I received acupressure treatments, Chinese Medicine-based nutrition counseling, Chinese herbal medicine, and training in mindfulness meditation, tai chi, qigong, yoga, and conscious relationship skills.

Over time, I recovered my health, and became interested in becoming an acupuncturist and Chinese Medicine practitioner. I eventually went on to complete my formal training with a Master's in Acupuncture degree at the Tai Sophia Institute for the Healing Arts in Laurel, Maryland.

Because of my early experience, I see healing as a multi-faceted process. Exercise, food, meditation, relationship skills, and healthcare treatments like acupressure, acupuncture, Chinese herbal medicine, and conventional Western medicine are all inter-related, and can all play essential roles in your healing process.

All are important, because all affect your health, on different levels. When you combine the effects of all of these approaches, the result is deep level change and transformation.

By applying these methods, my experience of life has literally been transformed – I am now in touch with a sense of calm, peace, and inner patience that seemed out of reach 10 years ago. My energy and vitality have been restored, and my digestion healed. My relationship with depression and anxiety have changed: while I still have a slight tendency toward anxious and depressed emotions, I experience emotional balance and clarity the majority of the time.

Most importantly, I have learned to experience a deeper state of consciousness – the state that is always there, behind our thoughts, emotions, feelings, and perceptions. The qualities of this consciousness are peaceful, spacious, quiet, silent, loving, alive, and free.

Coming into contact with this inner state results in the deepest level of transformation: internal stress and tension melt away at a deep body level, improving and healing all the functions of the body; painful emotions and thought patterns transform to a sense of freedom and lightness; a sense of aliveness and adventure is restored in one's life.

With the goal of helping people achieve this same inner transformation, and the same deeply sustainable health benefits, I have developed a well-researched and comprehensive program to help you achieve your healthcare and wellness goals. I call this system Transformational Acupuncture, and it is based on the 8 Branches of Chinese Medicine.

The 8 Keys to Healing: An Introduction to the 8 Branches of Chinese Medicine

Unbeknownst to many people, Acupuncture and Chinese Medicine offer far more than the simple performance of an acupuncture treatment or prescription of an herbal formula. There are actually 8 Branches of Chinese Medicine, which cover not just healthcare treatments, but a comprehensive approach to living your life in a way that creates balance, peace, and well-being.

The 8 Branches of Acupuncture and Chinese Medicine are:

1. Meditation
2. Self-Inquiry
3. Relationship Skills
4. Exercise
5. Diet
6. Feng Shui
7. Astrology
8. Healthcare Treatments, including Acupuncture and Chinese Herbal Medicine

Based on a deep understanding of nature, the human energy system, and spiritual practice, the 8 Branches system is a way to:

- care for your physical health in a natural and holistic way
- recover and rejuvenate your energy, vitality, and focus
- transform your stressful thoughts and emotions
- experience true peace and inner balance



Cultivate Your Health at the Deepest Level

Each moment of the day is an opportunity to cultivate our health. There are multiple factors influencing our health and well-being in each moment and in each day, including:

- Awareness of our thoughts, emotions, and physical sensations
- How we respond to stress
- How we communicate and relate with others
- Our posture, breathing, and exercise habits
- The food we eat
- Our home and work environments
- Our daily eating and sleep schedules
- Healthcare treatments

Each of these life factors literally shape our physical body, physiological processes, emotional health, and mental health. The art of self-cultivation – cultivating your own health at the deepest level – consists of consciously and purposefully engaging each of these life factors on an ongoing basis. We can engage each of these life factors by developing the necessary skills.



The 8 Essential Life Skills – An In-Depth Look

Each of the 8 Branches of Acupuncture and Chinese Medicine is a skill set. When put into practice over time, these skills can produce remarkable changes in your physical, mental, and emotional health. Below is an outline of the major skills contained in each branch of the 8 Branches system:

1. Meditation

Meditation is one of the most powerful things you can do to heal yourself of chronic illness or disease. When practiced over time, meditation has a profound ability to help us calm our mind and emotions, regain energy and vitality at a core level, reduce blood pressure, and provide relief for chronic pain, anxiety, depression, insomnia, and low immunity.

Generally speaking, meditation refers to any activity that involves sitting still with your eyes closed. This could include prayer, relaxation exercises, visualization, or mindfulness meditation. In more advanced stages, meditation is practiced with eyes open, in each moment, through all activities of daily life. Meditation offers us a way to:

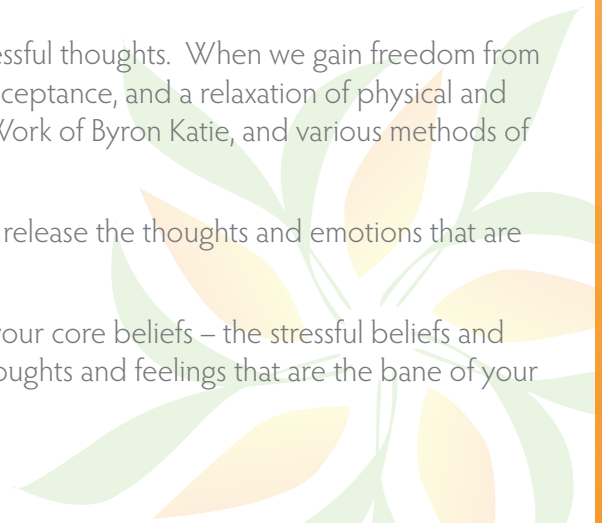
- Gain deeper awareness of your thoughts, emotions, and body
- Gain the strength to face and bring loving presence to your negative emotions, like fear, anger, jealousy and other difficult emotional states
- Practice being in the present moment
- Discover the sense of peace and balance that is always in the background of your consciousness

2. Self-Inquiry

Self-Inquiry is the process of questioning our own thoughts and beliefs, especially the thoughts and belief that cause us stress and emotional pain. When we are experiencing a physical illness or pain, or emotional or mental problem, the chances are pretty good that a stressful thought lies at the root of it.

Self-Inquiry is a method for gaining freedom from our stressful thoughts. When we gain freedom from our thoughts, what is left is an experience of peace and acceptance, and a relaxation of physical and emotional tension. Methods of Self-Inquiry include The Work of Byron Katie, and various methods of psychotherapy. Self-Inquiry offers us a way to:

- Learn how to question, see through, deconstruct, and release the thoughts and emotions that are causing your stress
- Learn how to use self-inquiry to come to peace with your core beliefs – the stressful beliefs and thoughts that keep coming up again and again, the thoughts and feelings that are the bane of your existence



3. Relationship Skills

One of the foremost causes of emotional and mental stress – and the resulting range of physical illness and pain – is relationship stress. Relationships are some of the most rewarding, and yet most difficult, experiences in our lives.

While some difficulty and stress is unavoidable, a great deal of unnecessary suffering can be avoided when one, and preferably both people in a given relationship practice conscious communication skills. Communication skills are one of the most powerful forms of preventative medicine. These skills apply equally to intimate relationships, family, friends, and work colleague situations.

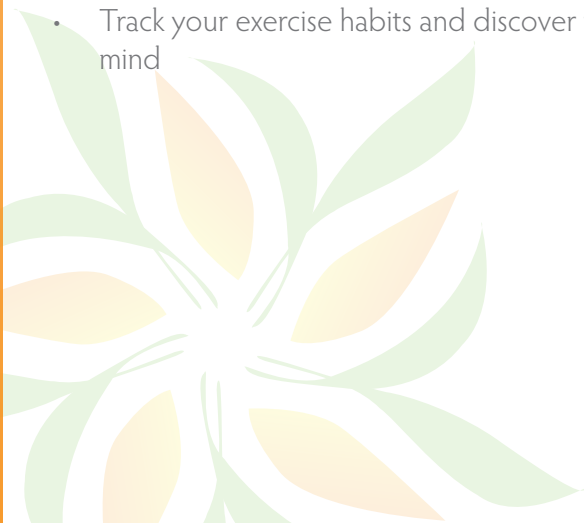
- Practice communicating with others in a way that is honest, caring, non-harmful, self-empowering, and effective
- Learn how to use self-inquiry to question all of your stressful constructs and beliefs about your most difficult relationships, whether they are intimate, family, friends, or work relationships

4. Exercise

While meditation, self-inquiry, and relationship skills address the root causes of stress, exercise is the optimal way to release that stress once it has already formed in the body. Covering the full range of physical activity, exercise keeps the body's systems functioning optimally, increases muscular and bone strength, and can help sustain energy, vitality, and mental productivity.

Since the thoughts, emotions, and physical body are intimately inter-related, exercise also has profound benefits for the emotions and mind – releasing emotional stress, and calming the mind.

- Become more aware of your posture and breathing habits, and learn postural alignment and breathing techniques from qigong, tai chi and yoga
- Learn about and implement the 4 types of exercise: weight bearing, aerobic, stretching, and qi-flow exercises
- Track your exercise habits and discover the exercise program that is optimal for your body and mind



5. Diet

Diet is one of the most important ways to build up our physical health and vitality. While exercise excels at releasing built up stress, the food we eat provides our basic physical strength and energy. Diet also has a profound effect on our emotional and mental state.

For various reasons, the Standard American Diet is composed mainly of foods that have been highly processed and chemically altered. It can often require quite a bit of education to discover what “real” food actually is – but the journey is worth it. When we eat real, high-quality food that is appropriate to our body and constitution, we can experience greater levels of physical, emotional and mental health.

- Gain greater awareness of what and how you are eating, and how your body feels after you eat
- Educate yourself about food quality – conventional vs. organic, local and seasonal foods, chemicals and additives, food production practices
- Educate yourself about food energetics – what foods warm up the body, what foods cool down the body, which foods energize, which foods calm, etc.
- Learn how to shop for and cook high quality food for yourself and your family on a busy schedule.

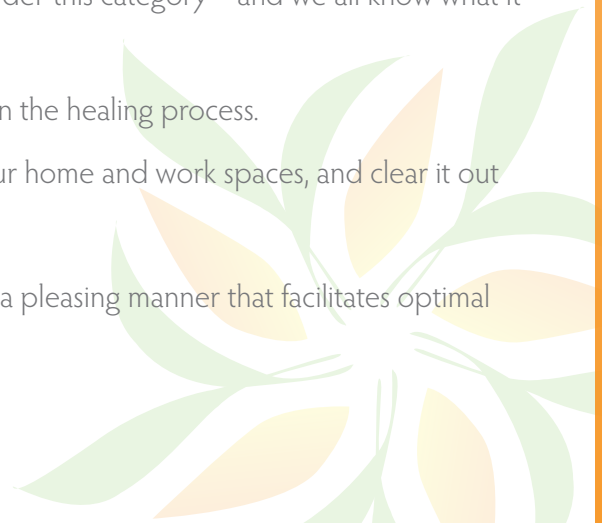
6. Feng Shui

Feng Shui is the traditional art form of working with homes and offices to create harmonious home and work environments. Our physical environment has a strong effect on our physical and emotional health. Feng Shui is like acupuncture for your home or office – it helps to create a stronger and more balanced flow of energy in your environment.

Everyone knows what it feels like to be in a physical space that is balanced – you feel more calm, peaceful and focused just by stepping into the building or room. Likewise, we all know what it is like to live or work in a place that is cluttered, poorly lit, disorganized, and badly decorated – it’s stressful and a drain on one’s energy. Financial organization also falls under this category – and we all know what it feels like when our finances aren’t organized.

Feng Shui can be an essential, but often overlooked step in the healing process.

- Clear your clutter – identify what is not needed in your home and work spaces, and clear it out
- Organize your paperwork and finances
- Decorate and arrange your home and work spaces in a pleasing manner that facilitates optimal energy flow



Patient Experience: “Kate”, a college professor in her 70s, came to me for help with fatigue, a problem with mental focus, and lowered immunity. After inquiring about each of the 8 Branches, we hit upon a gold mine – one of her main personal goals was to finish a 10 year old book project, but her home office was a such a mess that she hadn’t even started on a first draft. After discussing her feelings about this book project in more detail, it became clear that a great deal of her energy was wrapped up in this project. This was most likely a major cause of her fatigue and mental focus issues. I felt that in addition to acupuncture and Chinese herbal medicine, clearing the clutter and disorganization of her physical office would actually be the key to helping her heal her health issues. I helped her hire a professional office organizer, and after 12 hours of work, her office was completely clutter free and reorganized. Kate reported a lift in energy and spirits, and a return of mental focus. She is now on Chapter 5 of her book.

7. Astrology

Astrology refers to the movement of the planets, and how they affect us. Most obviously, we are affected by the cycle of the sun and moon, which create the day-night cycle. The way we schedule our activities in relationship to the day-night cycle can have a powerful influence on our health and wellness.

The seasons are also astrological cycles, and when we follow them harmoniously, for example by eating seasonally, and adjusting our sleep and activity schedules for the season, then our health reaps the rewards.

On a deeper level, the formal art of astrology posits that the planets and stars in the night sky can be used to understand our basic personality and relationships with others.

- Track and modify your daily eating and sleep schedules
- Learn to adapt your life habits to each season
- Gain a deeper understanding of your personality characteristics and relationships with others through your natal astrology chart



8. Healthcare Treatments

Healthcare treatments are powerful methods for creating a change in our physical bodies, energy flow, and mental and emotional states. Healthcare treatments fall into the categories of transformational, preventive, and palliative.

- **Transformational treatments** are oriented toward helping an individual transform their negative habits and states of mind into positive qualities such as greater peace, focus, energy, creativity, emotional connection, compassion, and so on, by learning to experience a deeper state of consciousness.
- **Preventive treatments** are designed to help individuals manage and reduce negative lifestyle habits and states of mind before they turn into a physical or mental illness.
- **Palliative treatments** are used to reduce physical, emotional and mental disease symptoms once they have already occurred.

An individual will gain benefit from using one, two, or all three of these approaches in the same treatment session. For instance, he or she may be working on cultivating a greater ability to sustain creative energy and focus (transformational), but at the same time are working on increasing their immunity (preventive), and getting relief for a sore low back (palliative).

Gaining the knowledge of how and when to use healthcare treatments is a very important skill for individuals and for families. It takes an investment of time and money to experiment and learn which types of treatments, and which healthcare providers, work the best for you and your family. However, the investment is well worth the future benefits of greater health, improved productivity, more harmonious relationships, and increased overall quality of life.

- Learn how and when to utilize the three levels of healthcare treatment:
 1. Transformational
 2. Preventive
 3. Palliative
- Learn how and when to utilize different types of healthcare treatments:
 1. Acupuncture
 2. Acupressure
 3. Chinese Herbal Medicine
 4. Essential Oils
 5. Other Holistic Healing Methods
 6. Conventional Western Medical Treatments



Putting it All Together – Creating an Individualized Health Program Using the 8 Branches System

If you've done any research into holistic health, personal development, or spirituality, you know there are hundreds of methods, programs, and ideas about how to help yourself. It can be overwhelming to face this mountain of options – you know you want to help yourself, but it can be confusing and hard to know how to proceed. Plus, you have limited time and resources, so you can only focus on one or two lifestyle changes at a time. How can you prioritize your options?

More importantly, how can you create a plan for improving your health, or developing yourself emotionally, mentally, or spiritually, that truly reflects your individual situation and needs?

The Transformational Acupuncture Workbook

I've developed a simple workbook to guide you step by step through the process of creating your own individualized health program. The process consists of 5 steps, which are basic to most plans. The 5 steps are:

1. Assessment: Assess your current health condition and wellness program
2. Prioritization: Prioritize your next steps in your wellness program
3. Skills-Acquisition: Acquire any skills needed to move forward
4. Implementation: Implement your wellness program
5. Re-assessment: Re-assess your health condition

This is the basic workbook format that I use with my patients. If you would like to learn more about each step of this process, and get the workbook forms to use for yourself, you can download this workbook for free at www.dc-acupuncture.com/workbook.



Getting the Support to Transform and Heal

Healing can be a tricky process. When faced with a health condition, it is often confusing and demoralizing to try to sort through the hundreds of often contradictory websites, books, and articles that offer advice on what you should be doing. Doctors and other health care providers may be too busy to really hear what is happening with you, much less take the time to listen to and understand the deeper reasons for why you are sick.

It can be very helpful to enlist the help of a healthcare provider who has a “transformational” orientation, for assistance with navigating the healing process. This type of health care provider will:

- Listen to your story and health history in depth, in a non-judgmental way
- Look at your health condition in the context of your lifestyle habits, and how you are living your life as a whole
- Ask about the emotional and mental underpinnings of any physical symptom
- Help you discuss and articulate your wellness goals, without imposing their views
- Assist you in creating a wellness program that is personalized to your unique situation
- Discuss their diagnosis and treatment plan in a way that you understand and are comfortable with



Transformational Acupuncture Case Study:

Kathy, a 28 Year Old Law Student

When “Kathy” first came into my office 6 months ago, as she described it, she was “a mess”. Kathy was just finishing her 2nd year of law school, while working as a law clerk at a local law office. Due to her tight schedule, and high workload, she was experiencing high stress levels.

When I asked her how this stress affected her physically and emotionally, Kathy reported that she experienced fairly frequent episodes of anxiety and panic attacks, where she felt shortness of breath and a feeling like there was a tight ball in her chest, piercing her from front to back. She also felt that her mind couldn't be put to rest – her thoughts would just keep going and going, constantly analyzing and thinking.

At the same time, due to her long history of a hypothyroid condition, Kathy had been on continuous thyroid medication since the age of 14. She never felt fully rested, and upon waking, felt extremely groggy, like she was “wearing 100 extra pounds.” It was hard to make herself move, to get up and get going. She said that now, 14 years after her diagnosis, she was “tired of feeling sick” and wished she could just feel like a “normal” person for once in her life.

At our first appointment, I asked Kathy about her wellness program, using the 8 Branches system as a guide. When I asked her about meditation, self-inquiry, and relationship skills, I discovered that she was seeing a psychotherapist, and that they were working together with some success on strategies for addressing her stressful thoughts and emotional states. I felt comfortable that she was addressing these areas in an effective manner, so I moved on to diet and exercise.

After having her fill out a diet, exercise and sleep journal for the following week, we discovered a major gap in her wellness program – she was eating a very low fiber diet, with a large amount of processed and frozen foods. As she incorporated more fresh and high fiber foods into her diet, not only did her energy levels rise, her long-term symptom of constipation also resolved.

Next I asked Kathy about Feng Shui and Astrology. She reported that her house and finances were very neat and organized, but in terms of her daily schedule, she had a difficulty when it came to her sleeping patterns. Her husband liked to go to bed with lights and TV on, and this made it difficult for her to sink into a deeper sleep state. After some negotiations with her husband over the next month, the lights and TV were off at bedtime. With the addition of some Chinese herbal medicine and mineral supplements, Kathy now reports that she sleeps through the night and wakes up rested – no more of the “extra 100 pounds” feeling. Also, her long-term night sweats have disappeared.

Acupuncture proved to be a very beneficial healthcare treatment for Kathy. Beginning with weekly treatments for the first 8 weeks, and then moving to bi-weekly treatments, Kathy reported that acupuncture was the only place where “my mind actually stops.” After each session, she would report being more relaxed, more energized, and on a more even keel emotionally. Combined with the psychotherapy sessions she was receiving at the same time, her relationship to her stressful thoughts and emotions has shifted in a fundamental way.

Now, Kathy's thyroid levels are stable, her energy levels are increased, her sleep is better, and her stress and anxiety are decreased by 50%. Her thoughts don't get out of control anymore, and she no longer feels like she's about to get a cold or flu all the time. Describing her overall experience, Kathy says:

“I wasn't quite sure what to expect when I first came to see Jeremy for acupuncture treatments. Immediately, Jeremy's good nature, compassion and attentiveness put me at ease. He really listened to my complaints and I could feel he really wanted to help me. The calm and relaxation that comes over me during my acupuncture treatments is nothing like I have felt before. For lack of better words, I can only describe it as a meditative state where I can't tell where my body ends and the acupuncture table begins. It has truly helped me de-stress and bring a sense of balance back to my life. Anyone who is considering acupuncture should really give it a try. With Jeremy's help I'm sure anyone can achieve their wellness goals, whatever they may be.”



Making an Investment in Your Health

Let's face it – acupuncture costs money. Unless you have an uncommonly good insurance plan (see below for more information on that), or a wealthy benefactor, you will be paying for your acupuncture visits out of pocket.

In light of the current economic downturn, disposable income has become a more precious commodity. Therefore, most people need to be cautious and judicious with their financial decisions.

When you make an investment, what are you looking for? What sort of return on investment would make the investment worthwhile? When considering whether the Transformational Acupuncture approach is right for you, consider these 2 basic questions:

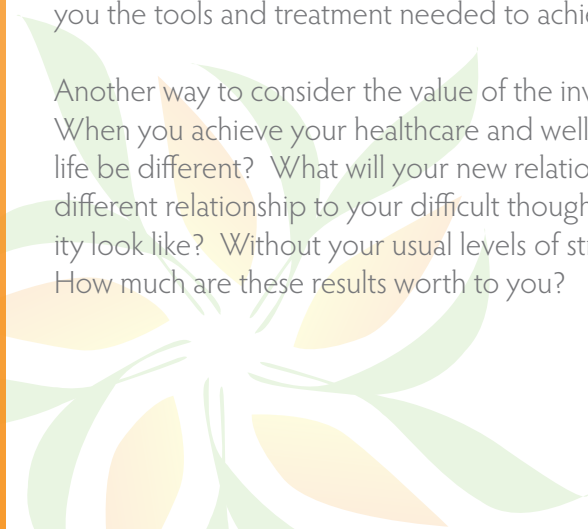
1. Are you looking just for relief of a particular symptom?
2. Or are you looking to also find out why you have that symptom, and to resolve that symptom in a natural way, on a more permanent basis?

The Value of a Transformational Healthcare Practitioner

There comes a point for some of us when you realize that you don't just want to get rid of your health symptoms (although you do want that, too). You want to truly address the causes of your symptoms, to truly end the cycle, and address the problem at the root. You want to resolve, or at least minimize, your symptoms on a permanent, ongoing basis, with a minimum of side effects.

When this internal shift of attitude happens, you become willing to slow down, take a thorough assessment of your overall health and life, and proceed from there. The value of enlisting the aid of a "transformational" healthcare practitioner at this point in your journey is very high: With their healthcare treatments, coaching, guidance, encouragement, sensitivity, and skill, they can dramatically increase the odds that you will succeed in making the changes you are looking for. Other practitioners will help you relieve your symptoms for the moment, but only transformational healthcare practitioners give you the tools and treatment needed to achieve sustained health over the long term.

Another way to consider the value of the investment in Transformational Acupuncture treatment: When you achieve your healthcare and wellness goals, how will you feel? How will the quality of your life be different? What will your new relationships be like? What will it feel like to have a significantly different relationship to your difficult thoughts and emotions? What will your productivity and creativity look like? Without your usual levels of stress, what will your physical and emotional health look like? How much are these results worth to you?



How Can Transformational Acupuncture Help You?

The specific benefits of Transformational Acupuncture include:

- Long term, sustainable healing
- Heal physical and emotional health issues naturally and holistically, with a minimum of side effects
- Avoid or minimize risky surgery and medications, when possible and appropriate
- Preventative medicine – catch and treat imbalances now, before they become chronic or serious physical or emotional health issues
- Gain in-depth awareness of the connection between your physical symptoms, emotions, and thought patterns
- Gain in-depth knowledge of the “triggers” that cause your health symptoms, and how to overcome them
- A focus on identifying and making the fundamental life habit changes that are needed to achieve your goals
- Personalized wellness coaching, education and guidance on each of the 8 Branches of Chinese Medicine
- Deep level transformation and change on the mental, emotional, physical, and spiritual levels



Jeremy Riesenfeld, M.Ac., L.Ac., and the Transformational Acupuncture Clinic

Training and Qualifications

- Licensed to practice acupuncture in Maryland and Washington DC
- Masters in Acupuncture (2007); Certificate in Chinese Herbal Medicine (2008)
Tai Sophia Institute for the Healing Arts
- BA, Ancient Greek Language and Philosophy, 2000
University of California, Berkeley

Additional Healing Arts Training

Qigong, Tai Chi, Meditation, and Yoga:

- 10 years training in Qigong, Tai Chi, Yoga and Taoist Meditation
- 9 years study and practice of non-dual spirituality
- 3-month Taoist Meditation and Qigong Retreat Training (2004)
- 1-month Zen Meditation Retreat Training at Zen Mountain Monastery (2008)

Nutrition:

- Certificate in Chinese Nutrition and Food Energetics with Paul Pitchford, author of *Healing with Whole Foods*
- Training in nutrition of traditional societies with the Weston Price Foundation

Bodywork:

- Training in Zero Balancing, Shiatsu, Jin Shin Do Acupressure, Chi Nei Tsang Abdominal Massage



Jeremy Riesenfeld, M.Ac., L.Ac. Owner of the Transformational Acupuncture Clinic

Patient Experiences

Stress, Poor Sleep, Personal Transformation

“As an IT executive I came in with stress, poor sleep and a huge sugar habit. I was resigned and cynical about my life, yet hopeful that acupuncture might at least help me feel more relaxed and ‘stress-free’. With the very first needle I felt an amazing sensation in my body I had never felt before. I had the best night of sleep that night than I’d had in months and I returned to the office without a care in the world.

Jeremy’s ability to be present with you, his wisdom and authentic interest in your excellence goes beyond medicine to addressing the core of what is possible for you as a human being regardless of where you are in your life.

Through working with Jeremy I discovered that I set the bar of my health too low. Well-being is not simply the absence of illness - it’s a sense of vitality and aliveness. What began with compassionate understanding and a few needles ended up completely transforming my life. Within two years of my initial treatment I resigned as a VP from my company, sold my condo, and moved to Hawaii to study acupuncture and help people find out what it means to be alive, on a individual by individual basis.

Thank you, Jeremy, for the treatment and care that opened me up to my true calling so that I can give back the gift of transforming life and well-being to others.”

— MD, Boulder, CO

Stress, Anxiety, Restlessness

“When I first came to see Jeremy, I was a mess. As law student I find myself under large amounts of stress and difficult time constraints, sometimes for months at a time. Anxiety and restlessness had become a part of my daily life. After working with Jeremy, the treatments, herbal medicines, and most importantly Jeremy’s compassion together have brought a sense of calm to my life. Most importantly, I feel back in control of my health and well-being. I am so thankful to Jeremy for all his skill and devotion to the healing arts.

— KL, Columbia, MD

Greater Balance, Inner Peace, Self-Inquiry

The acupuncture sessions with Jeremy have helped both my wife and I through a very difficult time in our lives. It has helped to return us to a sense of balance. Time and again he has offered non-judgmental insightful advice. Our time with Jeremy has helped us to question our original thought patterns and begin the process of changing us into the people we want to become. Jeremy truly listens and conveys a strong sense of empathy and compassion. We look forward to a session with Jeremy knowing that he will help us to create a sense of inner peace.

— JK, Rockville, MD

Infertility, Stress

I started acupuncture almost a year ago to complement my fertility treatments. It was a wonderful stress relief and helped my body and spirit during a very difficult period. Jeremy is a very positive person to work with. He is knowledgeable about various illnesses and suggests natural solutions for healing. In addition, he is sensitive to concerns and a good listener. I believe the acupuncture was key to my success in getting pregnant and maintaining good health throughout the pregnancy.

— JD, Laurel, MD

Foot Pain (Metatarsal Neuroma), Emotional Healing

Jeremy is a miracle worker. My foot was killing me. I was on crutches and my regular doctors were nonplussed. After a few sessions with Jeremy I was running around DC again. Even after my foot healed I continue to see him regularly. Our sessions help center and balance me. I have worked through some complex and difficult emotional problems talking to Jeremy. I sleep better, am better equipped to confront any issues I encounter and I stress out a whole lot less. I highly recommend him.

— CN, Washington, DC

About the Transformational Acupuncture Clinic: What Sets Us Apart

Different from many acupuncture clinics, at the Transformational Acupuncture Clinic, I only see one patient per hour. This is different from acupuncturists who see 2, 3, or 4 patients each hour. This means that when you are in my clinic as a client, my full attention and energy are directed toward helping you to achieve your health and wellness goals. It also means that I have the time to offer you the combination of healthcare treatments that truly fit your particular needs.

What's Included in Your Treatment Session?

The modalities that I work with include:

- Acupressure
- Acupuncture
- Moxibustion
- Chinese Herbal Medicine
- Cupping
- Essential Oils

With some clients, I will do a full hour of acupressure. With others, I will do just acupuncture. And at other times, I will use several modalities in one session. While I will have recommendations for you, the decision on what modalities are used in your session is always up to you.

Additionally, in each client session, I employ the full range of approaches in the 8 Branches system. Depending on what you most need at that time, this may include instruction, guidance and discussion on:

1. Meditation
2. Self-Inquiry
3. Relationship Skills
4. Exercise, including qigong and conscious breathing
5. Nutrition Recommendations
6. Feng Shui
7. Astrology
8. Referrals to other Healthcare Practitioners

How Is Transformational Acupuncture Different Than “Normal” Acupuncture?

When you go into the office of many acupuncturists, the major focus is on the delivery of the acupuncture treatment, and prescription of Chinese herbal medicine. In essence, even many acupuncturists and other holistic practitioners take a solely “symptomatic” approach to treatment. In contrast, Transformational Acupuncture provides each patient with a comprehensive, individualized approach to achieving their personal health and wellness goals.

Health Insurance

I am a participating provider with Blue Cross, Blue Shield, and CareFirst insurance companies. I also provide out-of-network discounts for several other insurance plans. If you would like to know if you have any insurance benefits that cover acupuncture treatment, please contact my office with your insurance information, and we'll be happy to verify your coverage for you.

To Make an Appointment

Please call (202) 297-7404, or send an email to info@DC-Acupuncture.com.

Weekly Meditation and Non-Dual Spirituality Study Group

The core of my personal transformational process has occurred through meditation and the study and practice of non-dual spirituality. To pass on these benefits, I have established a weekly meditation and non-dual spirituality study group. This free group meets weekly and is open to patients and members of the general public. It is a great way to establish a sitting meditation practice, and to learn more about the simple but profound approach of non-dual spirituality, which is typified by teachers like Eckhart Tolle, Adyashanti, Francis Lucille, and Rupert Spira. To find out more about meditation and non-dual spirituality, and details about the study group, please visit my website at www.dc-acupuncture.com/meditation.



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