

Acupuncture

Acupuncture is one of the oldest healing modalities on the planet. Very thin needles are painlessly placed at specific points on the body. This naturally stimulates the circulatory & nervous system, your endocrine system & the immune system.

Dry Needling

Dry needling is a type of acupuncture that targets specific areas in muscle tissue. The needles are used to release tight bands known as “knots”. The needles can also be used to reset a dysfunctioning nerve to strengthen muscle.

Manual Therapy

Massage and manual therapy are also very ancient healing modalities. We do soft tissue work using a variety of modalities such as tui na, cupping and gua sha. Another modality we use is low level laser therapy, also known as photobiomodulation.

Fertility Coaching

You need an advocate to navigate the complexities of the infertility. The internet is filled with BAD medical advice. Many of our patients have been taking the wrong supplements. Some fertility clinics don't have your best interest at heart. End the overwhelming and receive real support.

Pharmaceutical Grade Supplements

Supplements that are made in a way to ensure an extremely high standard of purity and maximum absorption are certified pharmaceutical grade and only can be obtained through a licensed healthcare professional. Only certain supplements are safe and effective for women with the MTHFR mutation.

Meditation

In the Tibetan language, meditation means “to become familiar with”. Your mindset can affect your body. Having a clear and calm mind is paramount for all aspects of health. We can teach you how to gain control of a cluttered and chaotic mind.

Herbal Medicine

Modern medicine has roots in herbology. Drugs such as aspirin, morphine, quinine, penicillin and digoxin were originally derived from plants. Herbs can be used to help balance the body. In addition to Chinese herbs, we also use herbal therapies such as moxibustion, essential oils and vaginal steams.

Traditional Exercises

We use movement therapies such as qi gong, tai chi, yoga and postural restoration to align the whole body into balance. When things are out of alignment, such as your pelvis, this can cause health issues, such as infertility.

Nutrition

Your body needs a different diet depending on your health goal. What a body builder needs nutritionally is very different than a marathoner. It's the same with infertility or PCOS. We customize the right plan to achieve your health goals.

Mayan Abdominal Massage & Chi Nei Tsang

These special massages restore the body for a wide range of health conditions by correcting the position of organs that have shifted, which can restrict the flow of blood & lymph and nerve conduction. These massages can also break up scar tissue from previous surgeries.

Reiki and Energy Medicine

Using hands to heal can be seen as far back as in the bible with Jesus and his followers. Reiki is made of two Japanese words - Rei which means "Higher Power" and Ki which is "life force energy". Reiki is the spiritually guided life energy that runs through us. Anyone can connect with this energy and strengthen it to help others.