



**Tired of being in pain? Want to get off your narcotic medications? Give acupuncture a try.**



Dr. Eleanor Host, MD is a graduate of UCLA's Medical Acupuncture Course, now known as the Helms Medical Institute. Her training there required 300 hours, where only 50 is needed each year to maintain her medical license.

She is a member of the American Academy of Medical Acupuncture and has over 18 years of experience in the practice of acupuncture.

Dr. Host has training in the Craig PENS technique, Battlefield Acupuncture, NADA detoxification, Korean Hand Acupuncture, Chinese Scalp Acupuncture and many French energy balancing treatments.

Acupuncture moves the body's energy, or 'qi', through channels which may be blocked, causing the end result of pain. It also helps the body produce its own natural pain killers. Finally, evidence from functional MRI scans shows it actually changes the brain connections.

Most patients start to see improvement after 3 to 5 sessions. Some old and chronic problems may require monthly treatments to maintain results. However, most patients improve after as few as 10 sessions and only return once a year or less if needed to remind the body how to redirect the energy.

We use only sterile, single-use acupuncture needles.

Whole Family Medical is a cash only practice. You may wish to send in your own insurance claim, and we can provide you with the codes, but we do not do any insurance billing.

Contact us at: [wholefamilymedical.com](http://wholefamilymedical.com) or call 419-872-3250

#### Sources:

Berman BM, Langevin HM, Witt CM, et al. Acupuncture for chronic low back pain. *New England Journal of Medicine*. 2010;363(5):454-461.

Vickers AJ, Linde K. Acupuncture for chronic pain. *JAMA*. 2014;311(9):955-956.

Linde K, Allais G, Brinkhaus B, et al. Acupuncture for tension-type headache. *Cochrane Database of Systematic Reviews*. 2009;(1):CD007587. Accessed at [www.thecochranelibrary.com](http://www.thecochranelibrary.com) on July 2, 2014.