

WHAT IS ACUPUNCTURE?

Acupuncture is a healing modality that dates back over 2,000 years. It is based upon the idea that we have a system of pathways of energy that moves through our body. These energy pathways are connected to our physical body. When this flow is moving smoothly, we have health and wellness. At times, we develop blockages or imbalances occur. Acupuncture helps with releasing these blockages so healing and energy can occur throughout the body.

WHAT DOES ACUPUNCTURE TREAT?

According to the World Health Organization

Acupuncture treats a wide variety of health conditions. It has been recognized as a viable healing solution for over 40 years by WHO. Current conditions include but not limited to the following:

- Allergies
- Arthritis
- Asthma
- Colds & Flu
- Diabetes
- Depression
- Digestive Disorder
- Fatigue
- Fertility
- Headaches
- High Blood Pressure
- Menopause
- Chronic Pain
- Smoking Cessation
- Sports Injury
- Sciatica
- Immunity



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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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YMCA WELLNESS CENTER

ACUPUNCTURE

Healing from within
FOR A BETTER YOU



WHO CAN HELP

Dr. Shawn Harris DACM, L. Ac.



Dr. Harris is a leader in the field of neuromuscular pain management. He was the lead acupuncturist for the Beckley VA medical center and continues to work extensively with veterans. As an Acupuncturist he can provide: Acupuncture, Chinese herbal medicine, Electro-Stimulation, Nutrition Counseling, Asian bodywork & traditional naturopathy.

Specializing in the following areas for treatment:

- * Chinese and Japanese Acupuncture
- * Battlefield Acupuncture
- * Neuromuscular Stimulation
- * Chinese Herbal Medicine
- * Cupping and Guasha
- * Nutritional Advising
- * Lifestyle Coaching



I could hardly walk when I first met Dr. Harris at the VA hospital. Now my pain is practically gone. He really saved my life! – Doug S.

Donna Harris MTCM, L. Ac.



Donna studied for five years at Five Branches University in Santa Cruz, California, one of the oldest and most respected acupuncture schools in the country. She has lived in Grants Pass for much of her life. Her family owned a nursery on Rogue River Hwy for over a decade. While living in pain due to an auto accident a friend told her about acupuncture. The acupuncture treatments completely removed her pain. This experience led her to go to school for her Masters in Acupuncture, where she learned to treat everything from the common cold to infertility, but she specialized in pain management. She moved to Grants Pass from her Boise, Idaho practice.

Specializing in the following areas for treatment:

- * Neurological
- * Respiratory
- * Musculoskeletal
- * Digestive Disorder
- * Eye, Ear, Nose, Dental
- * Respiratory
- * Gynecological

I had shoulder and foot pain due to injuries. I got relief from my pain in just a few visits. – Meade F.

What to Expect

First we meet with you to determine your particular needs. We will review your medical history and discuss what you want to achieve with each treatment. Treatment frequency is determined on an individual basis, as each patient has different needs. We recommend discussing this with your practitioner on your first visit.

The procedure is painless. Tin, hair thin needles are placed on the body to balance your natural energy. Depending on your treatment, needles are left on the body from as few as 10 seconds to 30 minutes. Throughout the entire visit, you can trust that you are receiving the best quality care.

SCHEDULE

Donna	(Group) Mon.	10am – 1pm
Dr. Harris	(Private) Tues.	10am – 6pm
Donna	(Group) Thurs.	3pm – 6pm
Dr. Harris	(Group) Fri.	10am – 3pm
Donna	(Private) Sat.	1pm – 4pm

PRICING

Private 1 HR – Member Rate \$75 / Non member \$90

Group 1 HR – Member Rate \$45 / Non Member \$55

Private package of 5 – Member Rate \$350 / Non Member \$425