

Holistic Healing

with Acupuncture



THE
DAY
SPA

at Florida Hospital Celebration

IN THEIR OWN WORDS

“I cannot more highly recommend this to anyone who has any pain. The only thing you have to lose is your pain. In a few minutes, these tiny little needles reduced my pain from a seven or eight, at that point, to a two or three.”

— Sharon

“I can’t thank you enough for relieving me of my chronic hip pain. I have taught eight fitness classes since I saw you on Tuesday and I am totally amazed at how great I feel.”

— Linda

“I have been a patient of Donna’s for over a year. Her treatments have greatly alleviated chronic pain in my neck and shoulder ... as well as my joints due to arthritis and side effects of medication for breast cancer treatment. It has improved my quality of life.”

— Constance



ACUPUNCTURE EXPLAINED

Acupuncture is an effective form of healthcare that has evolved into a complete and holistic medical system. Acupuncture practitioners have used this noninvasive medical system to diagnose and help millions of people who want to get well and stay healthy.

An acupuncturist will place fine, sterile needles at specific acupoints on the body. These points are selected to promote natural healing by enhancing recuperative power, immunity, and physical and emotional health. The treatment can also improve overall function and well-being. It is a safe, painless and effective way to address a wide variety of medical problems. Acupuncture — combined with regular exercise and a healthy diet — can keep you feeling and performing at your best.

YOUR EXPERIENCE

An acupuncturist will start with the initial exam where a full health history is taken. Questions are asked regarding health, symptoms and lifestyle. An appropriate physical exam may be conducted, which may include a pulse and tongue evaluation. Gathering of information enables the practitioner to effectively diagnose and detect any specific imbalances that may have contributed to a person's health problems.

The practitioner can then create a well-structured treatment plan. After the interview process, you may receive an acupuncture treatment, which may include additional modalities such as cupping, massage, exercise and relaxation techniques. The first session with your acupuncturist may last for 60 – 90 minutes.

ACUPUNCTURE BENEFITS

Acupuncture is recognized by leading national and international health organizations to be effective in the treatment of a wide variety of medical problems. Some of the common health concerns that acupuncture can help with include:

- Allergic symptoms
- Fatigue, stress and anxiety
- Insomnia
- Migraine/tension headaches
- Pain management
- Skin conditions and inflammation

ADDITIONAL THERAPIES

Sports Performance & Recovery Acupuncture

This session is designed for athletes interested in improving performance and/or recovering from a specific sports injury or activity. Each session begins with a short assessment followed by a treatment session which may include a combination of acupuncture, cupping, micro-current therapy and soft tissue manipulation.

Cupping Therapy

Cupping is combined with acupuncture in one treatment, but it can also be used alone. The suction and negative pressure provided by cupping can loosen muscles, encourage blood flow, and sedate the nervous system (which makes it an excellent treatment for high blood pressure). Cupping is used to relieve pain in the neck, back, shoulders, elbows, knees and other joints, as well as to relieve stiff muscles, anxiety, fatigue, migraines and rheumatism. Cups are retained on acupuncture meridians for 10-15 minutes.

Ear Acupressure Therapy

This non-needling treatment involves placing herbal seeds on specific ear acupuncture points to address many ailments. This treatment complements acupuncture therapy between regular visits.

*“Living a healthy lifestyle
can be easy when there
are options available
to maintain balance of
mind, body and spirit.”*

— Donna



ABOUT DONNA KINI-BOWEN, AP

Donna Kini-Bowen is a Florida State Licensed Acupuncturist and a Diplomate in Oriental Medicine by the National Certification Commission for Acupuncture. She graduated with honors (Summa Cum Laude) from the Florida College of Integrative Medicine and received a Master of Science in Oriental Medicine and Bachelor of Science in Professional Health Studies.

Donna has been in practice for more than 12 years, specializing in pain management, sport-specific injury prevention and women's health. She has served as a member of the Board of Directors and Executive Secretary for the Florida State Oriental Medical Association. Her hands-on experience in health and wellness includes over 20 years of experience as a health and fitness trainer/instructor, and corporate health and wellness advisor. She also has 14 years of experience practicing therapeutic massage.





Appointments:
Monday-Wednesday & Friday, 9:00 am - 5:00 pm

Book your appointment today.
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