

Suffering From Stress?

If you suffer from stress in Petaluma, CA, **acupuncture** **Traditional Chinese Medicine** can help safely and effectively!

Chinese Medicine sessions are known to leave patients feeling relaxed and restored.

Biologically, the treatments moderate people's cortisol levels, bringing stress hormones back to their natural levels.

"Many studies have shown **acupuncture** **Chinese Medicine** can reduce stress."

Schedule an Appointment

Many studies have shown **acupuncture** **Chinese Medicine** can reduce stress, so scientists are exploring which biological mechanisms are stimulated by Chinese Medicine and cause this reaction in the body. The feeling of stress in our

Chinese Medicine acts like physical therapy for the nervous system. **The tiny needles** **TCM techniques including acupressure, ear seeds and herbs** retrain the nervous system and the brain, balancing cortisol levels and retraining the nervous system to only release cortisol in true "flight or fight" scenarios rather than maintaining chronic high levels of cortisol that are seen in patients with anxiety and stress.

**Acupuncture** **Chinese Medicine** effectively addresses and relieves stress

Are there side effects?

**Acupuncture can cause minor bruising and** **Some techniques may cause temporary** tenderness around where the **needles are inserted.** **acupoints are stimulated.** **This is especially common** **when ear seeds are utilized.** **This** **bruising** **tenderness** will go away within a **couple of days** **few hours** after your treatment.

Our **acupuncture clinic** **wellness center** is located in Petaluma, CA. **We are** **licensed** **acupuncturists** **Our providers have over a decade** experience treating the root cause(s) of your stress. Schedule an appointment below.