

Acupuncture and Preventive Medicine

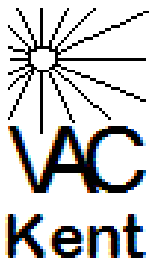
50% Off for Vets

If you have Phantom Limb Pain, your treatments will be FREE!

OFFICE HOURS:

Monday thru Friday 9AM to 7PM
Saturday 9AM to Noon
By appointment only.

Valley Acupuncture Center



755 Alvord Ave. N.
Kent, WA 98031
www.vackent.com
Cell: 206-850-7999

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FEES

For vets with Phantom Limb Pain,
Your treatments will be free.

For all other conditions for vets, your fees will be:

First Visit \$40.00
(Typically 1-1/2 hour)

Follow-up visits \$25.00
(Typically 1 hour)

For Electro-Acupuncture and FSM treatments add \$5.

Or all Others:

Acupuncture (Basic Treatment)
Initial Visit \$95 (takes about 1-1/2 hours)

Followups \$50 (takes about 1 hour)

Electro-acupuncture Add \$10

Cupping or Moxa/Infrared Add \$5

Herb Consult-Initial \$35

Followup \$20

FSM (Non-needle electro-acupuncture)

Initial \$105

(Initial visit usually takes 1-1/2 hours but treating PTSD/stress will take 2-1/2 hours and costs \$165)

FSM (Non-needle electro-acupuncture)
\$60

(Followup visits usually takes 1 hour but treating PTSD/stress will take 2

hours and costs \$120)
Herbs & Supplements \$1 to \$38
House Calls add \$60/hr. for travel time
Bach Flower Remedies \$15
(Individually prepared just for you)

Discount for Cash Customers

You can pay by cash or check. I no longer bill insurance.

DRIVING DIRECTIONS

From I-5 Northbound or Southbound:

Get off at the Kent-Des Moines Rd. exit towards Kent. Follow it down the hill and across the valley. Turn Left onto Central Avenue. Then turn Right when you get to James Street. Turn Left at Alvord Avenue North. Alvord is the first cross street past the church you will see on the Right.

Our address works in mapping applications.

Preventive Medicine

Research has shown that 80% of all diseases are caused by or aggravated by stress. Acupuncture is very good at treating stress. It can calm the sympathetic nervous system and affects brain chemistry. It stimulates

the release of endorphins which not only helps with pain but also affects mood. It can also affect serotonin which helps with depression. I can also use Frequency Specific Multicurrent (FSM) which has been proven effective in treating PTSD and has also been shown to affect brain chemistry. FSM also increases ATP (the energy molecule in cells) production in the cells by as much as 500%! Having more energy available to the cells means they can work better.

Acupuncture can also detect imbalances in autonomic function way before any Western medical test can. If you know what's out of balance, you can push it back in balance.

In terms of frequency of treatment, for preventive care, I recommend once a quarter treatments unless something stressful is going on. Otherwise I recommend getting treatment before a problem would usually come on such as in the spring before allergy season. There are ways to down-regulate the allergic response.

About frequency Specific Microcurrent (FSM)

FSM is a needle-less form of electro-acupuncture. Specifically it is a form of Inferential Electro-acupuncture although the F.D.A. licenses the machine as a form of TENS to treat pain. And it is good at treating many kinds of pain, even difficult cases. And all without needles! So it's a great way to treat someone who is afraid of needles. This technique is based in research done in the 20's and 30's. In 1934, the A.M. A. decided that M.D.'s could only do drugs and surgery. Starting in 1995, Dr. McMakin, a chiropractor in Portland, started using it and developed the technique as it is today. Microcurrent in general has been proven by research to increase ATP (the energy source inside cells) by 500%! That's just from keeping the current below 500 microamps when using electrode pads and below 20 microamps when using needles. Then there's the effects of the frequencies. You put the frequency that's supposed to be associated with the tissue type involved with the condition is put in the first channel. The other channel is put to the frequency supposed to be associated with the condition that the tissue is bothered by. If you guess correctly for both frequencies, you will treat that tissue with that problem. There are frequencies for most tissues and conditions. At least that's the theory. Of course the FDA doesn't

recognize any of this. So I can't advertise or talk about treating any particular condition even though clinically it has proven very useful. Generally, if it works it works but rarely are there no negative effects. There are some generally pleasant side effects due to the increase of endorphins and serotonin that relax you and can make you feel kind of high. But acupuncture can do that too. Just different mechanisms. Even the frequencies supposedly used to treat different emotions follows the same relationships between organs and emotions found in acupuncture. You can even treat pain in an acupuncture channel by treating the organ associated (ex. gall bladder for the GB channel). To get good results with FSM, you need to know anatomy and physiology and think "What tissue is involved with this problem (such as a nerve or tendon) and what's wrong with it (is it inflamed etc.). Another advantage is the results are usually noticeable right after the treatment. I have treated myself for some back pain (irritated my R SI joint) so I treated it with the acute disk protocol and the first treatment took most of the pain away and it was completely gone after 3 treatments!

I have also developed a way to produce a way to make a remedy similar to

homeopathy or Bach Flower Remedies
I call FSM Treatment Remedies.

To learn more, read:

“Frequency Specific Microcurrent in
Pain Management” by Carolyn R.
McMakin, Published by Churchill
Livingstone, Elsevier, ©2011 Elsevier
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and “The Resonance Effect” by
Carolyn McMakin, © 2017 by Carolyn
McMakin, Published by North Atlantic
Books, Berkeley, CA.

You can also see her website
at:<https://frequencyspecific.com>.

If you have any questions or would like
to talk with me about your case, just
call e at 206-850-7999 or you can e-
mail me at info@vackent.com.

More information is available on my
website:www.vackent.com

