

# Are You Suffering from PTSD?

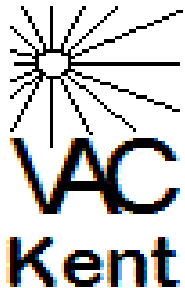
## Acupuncture for PTSD

Free for Vets

If you have Phantom Limb Pain, PTSD  
or Depression,  
your treatments will be free!

### NORMAL OFFICE HOURS:

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



#### Valley Acupuncture Center

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Rev. 6/30/2019



1. Mark Reinhard B.E.E., L. Ac.
2. Electrical Engineer
3. Licensed Acupuncturist

### *About the Practitioner*

Mr. Reinhard graduated from Georgia Tech in 1981 with a Bachelor's Degree in Electrical Engineering, specializing in Fiber Optics and Integrated Optics. He then moved to Seattle to work for Boeing. In 1983 he learned Therapeutic Touch and discovered his true calling in Alternative Medicine. He received his training as an Acupressure Therapist from the Northwest Institute of Acupuncture and Oriental Medicine (NIAOM) and was licensed as a Massage Therapist in 1987. In 1990 he graduated from NIAOM as an Acupuncture Therapist and received his State License (L.Ac., Washington) and National Board (Dipl. Ac. (NCCAOM)) Certification in Acupuncture. After working part-time with an MD and a Naturopath- Acupuncturist, Mark founded Valley Acupuncture Center in 1991. In 1992, he was certified as a detox acupuncturist by the National Acupuncture Detoxification Association (NADA). Mark worked at a detox clinic in Tacoma, WA. Mark has been a frequent guest on the cable health show "The Healers" and is former Membership Director and Treasurer for the Acupuncture Association of

Washington. He has taught Electro-acupuncture at NIAOM, SIOM and Bastyr University. He is also writing 2 books, the first book titled "Acupuncture and Stroke, a personal experience". In it he describes his experience using acupuncture to treat himself. He is also writing a book on electro-acupuncture for practitioners and includes a very detailed section on how acupuncture works. His specialties are Electro-Acupuncture and Scalp Acupuncture and combining West with East. Over 80% of the patients he treats find at least some relief. His background gives him unique perspective on how acupuncture works, leading him to develop unique new treatment techniques that have proven useful in treating patients conditions other practitioners (both Chinese and Western) can't figure out. One works like cortisone (using electricity instead of chemistry) which doesn't have the downsides of cortisone. The other is based on his understanding of what the acupuncture meridians are and has proven useful in treating burning or achy pains mostly in the legs and feet including in gout, diabetic neuropathy and in pains the doctors can't figure out what's causing it. You'll find more information on how acupuncture works on my website: [www.vackent.com](http://www.vackent.com).

### REGULAR ACUPUNCTURE

Is good for a wide variety of conditions due to its influence on the autonomic nervous system (the body's automatic control system). It is especially good at treating stress. It can cause the release of endorphins which causes a reduction of pain and a relaxation response. There are also points that increase serotonin which helps with depression. I have treated PTSD with

acupuncture many times with patients who were in severe auto accidents. For more information on how acupuncture works and how it can treat various conditions, see my website at vackent.com.

### FREQUENCY SPECIFIC MICROCURRENT (FSM)

FSM is a non-needle form of electro-acupuncture that is painless and a great way to treat patients afraid of needles (although needles don't really hurt). For vets, it is good at treating stress, PTSD, Traumatic Brain Injury (TBI), Concussions, and many kinds of difficult to treat pain conditions. Again, see my website for more on FSM. FSM was used at Walter Reed Medical Center and proved to be effective at treating PTSD, even if it was long duration!. With FSM, a treatment takes 2-1/4 hours, but works well and has no side effects. The flashbacks and nightmares usually stop after 4 treatments. It usually takes 6-8 sessions to recover, even if chronic.

FSM has been proven to increase serotonin, so it acts like an SSRI antidepressant. It also releases endorphins.

By using both together, you will tend to strengthen the effects and lengthen the time between visits. Both acupuncture and FSM use Chinese Medicine's connection between specific organs and specific emotions. For example, the Liver and Gall



Bladder are associated with anger, irritability and frustration. The Heart and Pericardium (the envelope that surrounds and protects the heart) is associated with difficulties with relationships with people you care about. Also with your own self-image and self-worth. The Lungs are associated with crying too much or for no good reason. The Spleen and Stomach is associated with thinking too much or inability to stop thinking about things that upset you (one cause of insomnia). The Kidneys and Bladder are associated with fright and fear. And so on. So identifying the specific emotions you're dealing with is important to getting the best results. I don't need to know the details, just which ones are bothering you.

### FEES

For vets with Phantom Limb Pain, PTSD, or Depression, your treatments will be **free**.

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

First Visit (for PTSD) \$65.00

( Typically 2-1/2 hour)  
Follow-up visits (for PTSD) \$50.00  
(Typically 2 hour)  
You can pay by cash or check.

Our clinic has been in Kent since 2003. We are handicap accessible.

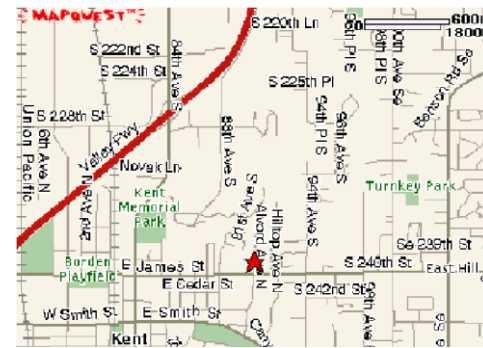
As you can see I work out of my home. There's plenty of parking, and is quiet. It also allows me to be flexible on my work hours when necessary.

### 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 Alvard Avenue North. Alvard is the first cross street past the church you will see on the Right.

Driving applications work fine, unlike my previous location.



Rev. 6/28/2018