

WHAT CAN TCM TREAT?

The following is a list of ailments for which the National Institute of Health (NIH) and the World Health Organization (WHO) recognize TCM to be effective:

- ◆ Addiction
- ◆ Anxiety
- ◆ Arthritis
- ◆ Asthma
- ◆ Bronchitis
- ◆ Carpal Tunnel Syndrome
- ◆ Chronic Fatigue Syndrome
- ◆ Colitis
- ◆ Common Cold
- ◆ Constipation
- ◆ Dental Pain
- ◆ Depression
- ◆ Diarrhea
- ◆ Digestive Trouble
- ◆ Dizziness
- ◆ Dysentery
- ◆ Emotional Problems
- ◆ Eye Problems
- ◆ Facial Palsy / Tics
- ◆ Fatigue
- ◆ Fertility
- ◆ Fibromyalgia
- ◆ Headache
- ◆ Hiccough
- ◆ Incontinence
- ◆ Irritable Bowel Syndrome
- ◆ Low Back Pain
- ◆ Menopause
- ◆ Menstrual Irregularities
- ◆ Migraines
- ◆ Morning Sickness
- ◆ Nausea or Vomiting
- ◆ Osteoarthritis
- ◆ Pain
- ◆ PMS
- ◆ Pneumonia
- ◆ Rhinitis
- ◆ Sciatica
- ◆ Seasonal Affective Disorder
- ◆ Sinusitis
- ◆ Sleep Disturbances
- ◆ Sore Throat
- ◆ Stress
- ◆ Tennis Elbow
- ◆ Trigeminal Neuralgia
- ◆ Urinary Tract Infections

THE PRACTITIONERS

Robert Gendreau spent years studying and working in Japan and China before heading to San Francisco to complete his Masters degree in Traditional Chinese Medicine. He is currently working on completing a Doctoral degree in the medicine.



Jill Kleiber is a Licensed Acupuncturist with a Master of Science Degree in Oriental Medicine from the Academy of Oriental Medicine in Austin, TX. Jill has been practicing acupuncture professionally for over 10 years, specializing in fertility, healthy pregnancy, and women's health.



Matt Maneggia received his bachelor's degree in Psychology from Brown University and his Master's degree in Acupuncture and Oriental Medicine at the Academy of Oriental Medicine in Austin, TX. He also completed an internship at the Chengdu University of Traditional Chinese Medicine in Chengdu, China.



Arlen Crocker-McClellan is a graduate of the University of Bridgeport Acupuncture Institute, and is currently completing work for her Doctorate in Traditional Chinese Medicine. Arlen specializes in sports injuries, acute and chronic pain, and post-surgical recovery.



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“Traditional Chinese Medicine serves over a quarter of the world’s population and is one of the most respected forms of medicine around the globe.”

OUR MISSION

Every human being has the potential to achieve and maintain health naturally through the body’s inherent healing capabilities. At Connecticut Family Acupuncture, our job is to facilitate that healing using the ancient, profoundly effective art and science of Traditional Chinese Medicine (TCM).

FREQUENTLY ASKED QUESTIONS

HOW DOES IT WORK?

In a nutshell, acupuncture induces a strong antiinflammatory response in the body and increases blood circulation to any compromised tissues, muscles, joints, ligaments and organs. Additionally, your body produces lots of endorphins, serotonin and dopamine in response to acupuncture which accounts for the relaxation and stress-relieving effects of the procedure.



WHAT DOES ACUPUNCTURE FEEL LIKE?



Acupuncture is mainly painless and many people do not feel the needles at all. A sensation of warmth, tingling, or pressure at the acupuncture point is common. Once all the acupuncture needles are in place, you will generally be resting on the massage table

for 30-45 minutes. Most people find the treatments pleasant and deeply relaxing and many people even fall asleep.

HOW MANY TREATMENTS WILL I NEED?

This depends on a number of factors including how long you’ve had the condition, the nature and severity of the condition, and your general state of health. Prior to beginning treatment, we will discuss with you our best plan for getting you better. Our goal is to get you out of treatment as soon as possible.

DOES INSURANCE COVER ACUPUNCTURE?

Many insurance plans do pay for acupuncture treatments. We are in-network with most of the major providers and we always do our best to work with your insurance company. We are happy to check your insurance policy for you to determine if you have acupuncture benefits.

DO YOU USE CHINESE HERBAL MEDICINE?



Yes, herbal medicine is often an important part of an effective treatment plan. Chinese herbal formulas are generally a combination of up to 20 different substances that work in unison to address the specific needs of each patient. However, we

understand some people do not wish to include herbs in their treatment, and we are never pushy or insistent on their use.

DO YOU DO CUPPING?

Yes, training in therapeutic cupping is integral to the post-graduate training we have all received in acupuncture school. Cupping is sometimes used in treatment to increase blood circulation and stimulate the body’s healing response. We do offer sessions of cupping alone without acupuncture.

