



Description of Therapies

ACUPUNCTURE:

The application of ultra-fine gauge, sterile, single-use needles just under the skin is the most common procedure in acupuncture. Stimulation of certain acupoints can also be attained by heat, scraping, cupping or rubbing. The earliest use of acupuncture needles dates back to around 1000 BCE. It is one of the oldest and most well developed forms of healing in the world. For more than 2000 years, acupuncture has been used to treat practically every system in the body including the mental and emotional aspects. The mechanism of action, simply put, is a chemical, lymphatic, hormonal and circulatory response which creates a chain reaction in the body. This in turn effects many areas including the central nervous system which helps to regulate and assist the body's natural processes.

NUTRITIONAL ASSESSMENT:

A series of surveys designed to assess dietary needs and basic brain chemical balance.



Susan Jeffries, M.S., L.Ac.

I have always taken an interest in the human body and health. Following a ten year neuro-muscular massage practice and a deep study of Jin Shin Jyutsu, I earned a masters of science from Pacific College of Oriental Medicine in San Diego, CA. Healing is a discovery, so I have refined a gentle approach to the body to ensure a profound experience while receiving acupuncture and body work. What you will find in my clinic is meticulous attention to comfort and thorough care.



28 Monarch Bay Plaza, Suite A,
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Set the foundation
for your body to function
As Designed

SERVICES OFFERED

Acupuncture

Herbal Therapy

Non-Surgical Face Lift with Acupuncture

Nutritional Assessment

Neuromuscular Massage Therapy

Craniosacral Therapy

Jin Shin Jyutsu

949.412.6815

www.asdesignedwellness.com

Insurance may cover treatment. Free consultations.

DESCRIPTION OF THERAPIES

HERBOLOGY:

Herbs are natural medicines prescribed to restore balance according to your personalized Chinese medical diagnosis. Chinese herbs are most often used in combination as herbal teas and formulas. Consuming herbal teas is an effective way to regulate and nourish the body. As Designed Wellness herbal prescriptions are of superior quality, completely tailored to you and from suppliers who ensure their products have been tested to be free of chemical, metal or other harmful contaminants.

NON-SURGICAL FACE LIFT WITH ACUPUNCTURE:

Within facial acupuncture, or, Mei Rong, constitutional imbalances are addressed in order to achieve health and beauty from the inside and out. Facial acupuncture is a relaxing way to reduce fine lines and wrinkles, even the skin tone, reduce puffiness and tone the muscles. It is also found to lighten moods, improve sleep, increase mental clarity and create a healthy glow. This facial session includes a full body acupuncture treatment and a gentle facial massage. The main tools used are extremely fine needles and gentle micro-current with a focus on muscle motor points, areas of congestion and wrinkles.

MASSAGE THERAPY:

Neuromuscular Therapy: NMT addresses the lack of blood supply to soft tissues. This type of therapy eases highly irritated points in muscles which refer pain to other parts of the body, eliminates

nerve compression by soft tissue and corrects postural imbalances. NMT is a mix of different techniques: trigger point therapy which breaks the pain cycle; myofascial release which works directly with adhesions and tissue restrictions; PNF which is a type of stretching that reeducates the muscle back to appropriate lengths; and Swedish massage to relax your nervous system and prevent build up of lactic acid. Simple home exercise and postural corrections are an important part of this therapy.

AMPUKU PSOAS RELEASE™:

Ampuku means deep abdominal massage, yet this massage is done with almost no pressure. Gentle rolling and passive joint movement allows therapeutic hands to access the deepest abdominal muscle, the iliopsoas. This muscle is at the center of movement and gravity, so results are rapid and lasting. It is common for bones to realign on their own after the tissues have relaxed.

LYMPHATIC DRAINAGE:

The lymph system is responsible for immune response, cleansing and removal of wastes in the body. Lymphatic massage facilitates the effectiveness of the body's lymphatic fluid by assisting this nearly passive system in circulation. Responses to lymphatic massage include decreased pain, decreased inflammation and edema, a breakdown of scar tissue and easement of fibromyalgia. Other ways to improve lymphatic circulation and function are as simple as walking, bouncing on a mini trampoline, dry brushing, drinking plenty of water and maintaining balanced electrolytes.

OTHER HEALING MODALITIES

JIN SHIN JYUTSU:

“Listen until you can see, look until you can hear”

- Mary Burmeister

Jin Shin Jyutsu is a Japanese art of moving deep energy within the body. It involves simultaneous light touch upon two points in precise accordance relating to the particular pathway being treated. There are 52 SEL points in this system. Jin Shin Jyutsu induces instant therapeutic relaxation and eases away chronic tension and emotional stress. Jin Shin Jyutsu is an art which also connects us to our breath and is truly a unique and unforgettable experience.

CRANIOSACRAL THERAPY:

Craniosacral Therapy frees up the connective tissue surrounding your brain and spinal cord, your central nervous system. This therapy was developed in 1975 by Dr. John Upledger, an osteopath and professor of biomechanics. It is a light touch that creates dramatic improvements in your life by way of moving the soft tissues and fluid that protect and nourish your brain and spinal cord. Releasing connective tissue holding patterns allows the entire body to relax and self correct. Few body structures have more influence over your health and well being than the central nervous system.

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