

As Chinese Medicine practitioners, we are always looking for different ways to meet the needs of our patients. Whether we are utilizing more modalities, incorporating new techniques we learned, or just sharing personal experiences from our own journey, the main goal is to help you to continue moving forward.

When you look at yourself, your health, your well-being, do you ever ask: is there more I could be doing? Do you ever wish there was a more comprehensive, multi-dimensional approach when it comes to investing in your health?

Shore Points Acupuncture is now offering the ***Journey Package***. This is a plan for individuals who want to dive deeper and explore more options for achieving better health outcomes.

Essentially, the ***Journey Package*** asks the participant to select one health concern. From here, he or she will receive a questionnaire asking the individual to detail the treatment focus along with the intended goals, expectations, and potential obstacles. And then, over the course of four treatments spaced out over four to six weeks, the patient receives very directed, focused treatments that target this health concern by utilizing acupuncture and various Chinese Medicine modalities (i.e gua sha, cupping, moxibustion, E-stim) as well an Inner Voice Quantum Scan (with take-home audio and frequencies), four specifically tailored Essential Oil vials (based on the results from the scan), and four sessions of Celluma Light Therapy. Again, the idea is simple: choose one issue and dive deep.

While in our clinic, you have most likely heard us state that in order to make significant headway with an issue, the best course of action is more frequent treatments spaced closer together. That is why this ***Journey Package*** is so unique: by asking the patient to commit to more frequent treatments within a certain timeframe, we help you stay on track. Weekly treatments allow us to better gauge your progress and then quickly adjust/tailor treatments to keep you moving forward. And, while we ask for a more concerted effort on your part, understand that when not in clinic, we are also diving deeper into your case, conducting research, and reaching out to other practitioners.

This ***Journey Package*** could be tailored to meet any specific health concern whether it is physical, mental/emotional, or spiritual. For example, the focus could be: a long-haul COVID symptom, Lyme, skin issues, scar therapy, thyroid issues, insomnia, MCAS, auto-immunity, migraines, emotional imbalances, arthritis, hormonal irregularities, weight loss, chronic pain, diabetes, grief, or spiritual awakenings. And, the list goes on... Essentially, it all comes down to: what aspect of yourself do you want to face?

Here are some descriptions for the Inner Voice Quantum Scan and Celluma Light Therapy:

Celluma Light Therapy

Low-level-light therapy or photo-biomodulation is based on Light Emitting Diode (LED) technology and is the application of light energy to the body for therapeutic benefits. It promotes a natural photo-biochemical reaction similar to the process of plant photosynthesis. The energy delivered by the LEDs has been shown to enhance cellular metabolism, accelerate the repair and replenishment of damaged skin cells, as well as stimulate the production of collagen — the foundation of healthy, smooth skin. Research has shown that LED light therapy may help smooth skin texture, improve skin firmness and resilience, increase lymphatic system activity, restore skin's natural cellular activity, and reduce the appearance of fine lines, wrinkles, and superficial hyperpigmentation. The treatment is for all skin types, and is non-ablative, non-invasive, painless, and requires absolutely no downtime. Patients or clients can return to their normal activity immediately after the treatment. Based on extensive research, low-level-light therapy devices have been cleared by the FDA, and shown to manage:

- *Mild to moderate acne vulgaris*
- *Superficial, benign vascular and pigment lesions*
- *Periorbital wrinkles and rhytides*
- *Sub-optimal local blood flow and circulation*
- *Minor muscle and joint aches*
- *Minor muscle and joint pain*
- *Pain and stiffness associated with arthritis*
- *Minor arthritis or muscle spasms*
- *Minor chronic neck and shoulder pain of a musculoskeletal origin*

Inner Voice Quantum Scan

The Inner Voice program on the Solex device detects energetic stressors in the voice, and then provides the corresponding healing frequencies to balance it out! For example, someone's voice may reflect feelings of unworthiness, anger, conditional love, fear, etc. Those emotions have corresponding notes, and reasons contributing to this person's emotional state of being. Inner Voice helps harmonize our everyday life by improving concentration, creativity, mindfulness, emotional intelligence, stress management and interpersonal relationships.

Pricing Structure:

The cost for the ***Journey Package*** is set at \$625.00. This includes four acupuncture & Chinese Medicine treatments at \$444; one Inner Voice Scan at \$33; four essential oil vials at \$60; and four Celluma Light Therapy treatments at \$88. This could be paid in full or broken up: \$312.50 in the beginning and then \$312.50 at the halfway point.

The ***Journey Package*** is your opportunity to focus. Zero in on an issue and work side by side with your practitioner. Together, we can make some strides, one step at a time. If you have any questions or want to discuss any aspect of the ***Journey Package*** before committing, just reach out.

