
Other Complementary and Traditional Healing Services at First Nations

- *Aroma therapy for well-being*
- *New —Chakra and Energy
Balancing*
- *Hot stone therapy*
- *Traditional Healing for spiri-
tual connection and balancing
the mind, body and spirit with
all beings.*
- *Talking Circle, sweat lodge
and individual healing ceremo-
nies.*
- *Traditional healing and prayer
ceremony for the Homebound,
nursing home and hospital
patients.*
- *Homeless outreach and tradi-
tional healing*
- *Indigenous Healers annual si-
lent meditation retreat*



Acupuncture and Therapeutic Massage


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First Nations Community HealthSource

Acupuncture and Therapeutic Massage

Call for appointment: 505-262-2481



What is Acupuncture?

Acupuncture techniques have been used thousand of years by Native people. Sharp stones were used to make a small puncture in the skin to release energy from the body by bleeding. Later, many tribal healers used porcupine quills to perform the same activity.

Now, acupuncture is used throughout the world. Chinese medicine includes the use of needles to change, release or add energy into the body through *meridians*.

Meridians are pathways of energy that flow throughout the body. When the body becomes ill, the meridian pathway maybe blocked. Therefore, the body may be depleted or have excess energy in the area.

A doctor of Oriental Medicine is well trained to detect how your meridians are flowing. They may take your pulse, check the tongue, nails, skin, and ask questions about your sleep, eating, and overall well-being.

What techniques are used at First Nations?

Acupuncture:

The needles are hair-thin and are very safe. They are disposed of properly after each use. The needles are placed slightly below the skin. When the needles are inserted there may be a slight discomfort but due to the thinness of the needles, this will pass quickly. Often you can barely feel the needle. People note the sensation of “tingle”, “warming flow of energy” or “slight pressure”. Acupuncture is rarely painful. The body feels relaxed and the flow of energy is released to its normal state with no side effects or harmful chemicals.

Therapeutic Massage:

Massage and body work, through the variety of healing strokes, stretches, oils, and essential oils, can assist the nervous system that monitors our blood pressure, rate of breathing, digestive phases and relates information to the brain. The nervous system is greatly affected by stress and can affect it by making it hyper active (over active) or hypo active (under active). Massage can effectively balance the nervous system, therefore provide the body relief and promote well being.

Half hour treatment \$12.50

This is often used for maintenance when a patient is receiving regular one hour treatments

One hour treatment \$25.00

Includes pre assessment and diagnosis, treatment and post assessment.

Group acupuncture for alcohol and substance abuse treatment Must be AMCI client. Please check with BHS program

Needles are placed in the ear for detox or craving disorders.

If you are unable to make your scheduled appointment, please call 24 hours prior to your appointment. You will be charged half the price of the treatment should you cancel after the allotted time.

Acupuncture and massage can be used to treat:

- Back, neck and muscular pain
- Chronic illness
- Depression, stress and anxiety
- Migraines, sinus, and onset of cold or flu
- Sleep disorders, fatigue and overall male and female health maintenance
- Overall well being